

RGSH Daily Vegetarian Menu 每日送餐菜單(素)

①	星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday	星期日 Sunday
Breakfast 早餐	Steamed Bun, Vegetable Dumpling, Vegetable Siu Mai, HI-CAL Low Fat Milk 蒸饅頭 · 素粉果 · 素燒賣 · 高鈣低脂奶	Macaroni with Impossible Meat and Tomato in Soup, Boiled Egg, Juice, Fruit 茄醬素肉通心粉 · 焗蛋 · 紙包果汁 · 生果	Daily Bread, Baked Beans with Mushroom, Boiled Egg, Soya Milk 西式麵包 · 蘑菇焗豆 · 焗蛋 · 豆奶	Egg Custard Bun, Vegetable Dumpling, Vegetable Siu Mai, HI-CAL Low Fat Milk, Fruit 奶皇包 · 素粉果 · 素燒賣 · 高鈣低脂奶 · 生果	Macaroni with Impossible Meat and Tomato in Soup, Boiled Egg, Juice 茄醬素肉通心粉 · 焗蛋 · 紙包果汁	Daily Bread, Baked Beans with Mushroom, Boiled Egg, Soya Milk, Fruit 西式麵包 · 蘑菇焗豆 · 焗蛋 · 豆奶 · 生果	Fried Rice Noodles with Vegetables, Vegetable Siu Mai, Oolong Tea 素菜炒米粉 · 素燒賣 · 烏龍茶
Lunch 午餐	Satay Impossible Meat, Daily Vegetables, Soup of The Day, Steamed Rice, Drink 沙嗲素肉絲 · 是日時蔬 · 是日餐湯 · 白飯 · 紙包飲品	Braised Bean Curd, Daily Vegetables, Soup of The Day, Steamed Rice, Drink 麻婆素豆腐 · 是日時蔬 · 是日餐湯 · 白飯 · 紙包飲品	Vegetarian Fish with Unagi Sauce, Daily Vegetables, Soup of The Day, Steamed Rice, Drink 鰻魚汁燒素魚柳 · 是日時蔬 · 是日餐湯 · 白飯 · 紙包飲品	Braised Vegetables with Chili Preserved Olives, Daily Vegetables, Soup of The Day, Steamed Rice, Drink 辣欖菜燴雜菜 · 是日時蔬 · 是日餐湯 · 白飯 · 紙包飲品	Thai Curry Vegetarian Scallop, Daily Vegetables, Soup of The Day, Steamed Rice, Drink 泰式咖喱素帶子 · 是日時蔬 · 是日餐湯 · 白飯 · 紙包飲品	Mushroom with Vegetarian Tuna, Daily Vegetables, Soup of The Day, Spaghetti, Drink 蘑菇素吞拿魚 · 是日時蔬 · 是日餐湯 · 意大利粉 · 紙包飲品	String Bean with Impossible Meat and Preserved Vegetable, Daily Vegetables, Soup of The Day, Steamed Rice, Drink 杭菜素肉碎四季豆 · 是日時蔬 · 是日餐湯 · 白飯 · 紙包飲品
Dinner 晚餐	Spicy Miso Sauce Vegetarian Fish, Daily Vegetables, Steamed Rice, Fruit, Drink 辣味噌素魚柳 · 是日時蔬 · 白飯 · 生果 · 紙包飲品	Curry with Potato and Vegetables, Daily Vegetables, Steamed Rice, Dessert, Drink 咖喱薯仔燴雙蔬 · 是日時蔬 · 白飯 · 甜品 · 紙包飲品	Impossible Meat in Spicy Tomato Sauce, Daily Vegetables, Steamed Rice, Fruit, Drink 香辣茄醬素牛肉 · 是日時蔬 · 白飯 · 生果 · 紙包飲品	Impossible Meat with Tariyaki Sauce, Daily Vegetables, Spaghetti, Dessert, Drink 照燒植物素肉扒 · 是日時蔬 · 意大利粉 · 甜品 · 紙包飲品	Stew Tomato with Impossible Meat, Daily Vegetables, Steamed Rice, Fruit, Drink 鮮茄素餐肉 · 是日時蔬 · 白飯 · 生果 · 紙包飲品	Braised Eggplant with Dried Bean Curd and Preserved Vegetable, Daily Vegetables, Steamed Rice, Dessert, Drink 梅菜豆卜炆茄子 · 是日時蔬 · 白飯 · 甜品 · 紙包飲品	Grilled with Impossible Meat with Onion Black Pepper Sauce, Daily Vegetables, Steamed Rice, Fruit, Drink 黑椒洋蔥煎素肉扒 · 是日時蔬 · 白飯 · 生果 · 紙包飲品

*菜譜如有更改 · 恕不另行通知 This menu is subject to change without prior notice

*以上是七天的標準菜譜 The above is a typical seven days menu

*可按要求提供清真和素食菜譜 Halal and Vegetarian Menus are on offer upon request