



## Indochinese Aged Care Services – Weekly Menu

## 印支高齡服務中心 - 每週菜單 Week 1

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Ham, minced chicken and veggie congee</li> <li>• Rice roll</li> <li>• Bread</li> </ul>	<ul style="list-style-type: none"> <li>• Minced pork and veggie macaroni in soup</li> <li>• Rice roll</li> <li>• Bread</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal with fresh milk, egg and creamy sweet corn</li> <li>• Rice roll</li> <li>• Bread</li> </ul>	<ul style="list-style-type: none"> <li>• Fish Fillet with shred ginger and shallot Congee</li> <li>• Rice roll</li> <li>• Bread</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Minced meat and spinach congee</li> <li>• Rice roll</li> <li>• Bread</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal with fresh milk, egg and creamy sweet corn</li> <li>• Rice roll</li> <li>• Bread</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken mince and seaweed congee</li> <li>• Rice roll</li> <li>• Bread</li> </ul>
<b>Morning Tea</b>	• <b>Cheese Cake</b>	• <b>Curry puff</b>	• <b>Banana Cake</b>	• <b>Muffin</b>	• <b>Sponge Cake</b>	• <b>Spring roll</b>	• <b>Lemon Cake</b>
<b>Lunch</b> <i>Soup of the Day</i>	1. Rice noddle in soup with Fried fish slide and fish ball 2. Steam pork mince and shrimp patty	1. Braised pork trotter and peanut with bean curd paste 2. Pan fry whole eggs	1. Braised pork chunk with hairy melon 2. Scrambled eggs with diced ham and chopped onion	1. Stir fry straw mushroom and chicken fillet in black bean paste 2. Steamed pork mince and preserved radish patty	1. Mixed egg noodle with pork shred and assorted veggie 2. Steam pork slices with “Mui choy”	1. Braised pork belly with spicy herbs 2. Steamed pork mince with eggs	1. Stir fry eggs slides with fresh tomato 2. Stew mixed veggie and tofu puff
<b>Afternoon Tea</b>	<b>Sweet Soup, Cake/ Dim Sum/ Fruit</b>						
<b>Dinner</b>	1. Steamed pork ribs with black bean paste 2. Pan fry egg with shred shallot	1. Pan fry fish fillet 2. Braised pork slice with straw mushroom	1. Braised spare ribs in “Jin Jiang vinegar” 2. Steamed fish fillet with ginger and shallot	1. Pan fry fish fillet in sweet and sour sauce 2. Braised pork slice with mushroom and assorted veggie	1. Steam pork rib with garlic and black bean sauce 2. Stewed tofu puff with pan fry fish fillet	1. Steam pork slices with “Mui choy” 2. Stir fry chicken fillet with seasonal veggie	1. BBQ pork with five spicy herb 2. Stir fry pork mince and tofu, “Mapo Tofu”

Each meal provides Milo/ Tea/ Milk tea/ Coffee/ Ensure



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## 印支高齡服務中心 - 每週菜單 Week 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Chicken mince and seaweed congee</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal with fresh milk, egg and creamy sweet corn</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Minced meat and shallot macaroni in soup</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Minced pork and century egg congee</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Minced meat and shred veggie congee</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal with fresh milk, egg and creamy sweet corn</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Pork mince and barley congee</li> <li>• Bread</li> <li>• Rice roll</li> </ul>
<b>Morning Tea</b>	• <b>Curry puff</b>	• <b>Banana Cake</b>	• <b>Muffin</b>	• <b>Sponge Cake</b>	• <b>Cheese Cake</b>	• <b>Lemon Cake</b>	• <b>Spring roll</b>
<b>Lunch</b> <i>Soup of the Day</i>	1. Vietnamese style minced chicken and rice vermicelli soup 2. Steam mince pork and “Mui-choy” patty	1. Stewed minced meat ball with tomato 2. Stewed minced chicken rissole with tomato paste	1. Stir fry eggs with tuna fish 2. Steam mince pork with water chestnut	1. Braised pork slice with dry and straw mushroom 2. Braised chicken mince and tofu puff	1. Stewed “Lo Han” assorted veggie 2. Pan fry whole eggs	1. Braised pork belly with spicy herbs 2. Scrambled eggs with diced ham	1. Deep fry fish and chips 2. Minced pork patty with preserved radish
<b>Afternoon Tea</b>	<b>Sweet Soup, Cake/Dim Sum/Fruit</b>						
<b>Dinner</b>	1. Braised pork ribs with taro 2. Pan fry eggs with chopped onion	1. Stewed chicken wings with potato and carrots 2. Steam fish fillet with shred ginger and shallot	1. Stir fry chicken fillet and green bean 2. Steam pork slice with pickled mustard tuber	1. Pan fry fish fillet 2. Stewed pork rib with carrot and black fungus	1. Steam chicken slides with black fungus and preserved veggie 2. Steam pork fillet with black fungus and preserved veg.	1. “Yang Zhou” fried rice 2. Stewed pork mince with vermicelli and hairy melon	1. Stewed pork chunk with pumpkin, potato, carrot and green bean 2. Pan fry eggs with chives

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## Indochinese Aged Care Services – Weekly Menu

## 印支高齡服務中心 - 每週菜單 Week 3

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Chicken mince and pumpkin congee</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Mince pork and taro congee</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Minced meat and veggie macaroni in soup</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal with fresh milk, egg and creamy corn</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Minced meat and dry bean curd sheet congee</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Minced meat and sweet potato congee</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut and black eye bean congee</li> <li>• Bread</li> <li>• Rice roll</li> </ul>
<b>Morning Tea</b>	• <b>Banana Cake</b>	• <b>Muffin</b>	• <b>Sponge Cake</b>	• <b>Cheese Cake</b>	• <b>Lemon Cake</b>	• <b>Spring roll</b>	• <b>Curry puff</b>
<b>Lunch</b> <i>Soup of the Day</i>	1. Vietnamese style rice vermicelli in soup  2. Steam pork slice with pickled mustard tuber	1. Braised pork belly with sour mustard stem  2. Pan fry whole egg	1. Braised pork slice with black fungus and tofu puff  2. Stir fry chicken fillet with seasonal veggie	1. Braised pork chunk with bitter melon  2. Steam egg, salty egg and preserved egg	1. Stewed pork slides with tofu puff and seasonal veggie  2. Stir fry chicken fillet and seasonal veggie	1. Braised pork ribs with white radish and mushroom  2. Stir fry minced meat with preserved radish	1. Minced meat, veg and egg noodle or rice vermicelli in soup  2. Braised Chicken fillet with “Mui-choy”
<b>Afternoon Tea</b>	<b>Sweet Soup, Cake/Dim Sum/Fruit</b>						
<b>Dinner</b>	1. Steamed mince pork patty with salted fish  2. Stir fry chicken with mix veggie	1. Steam chicken fillet with dry mushroom and Day Lili  2. Pan fry fish fillet	1. Baked chicken wing and drum stick  2. Pork patty with shred black fungus and water chestnut	1. Braised pork ribs with bean curd stick, tofu puff and mushroom  2. Stir fry egg with diced onion, shrimp	1. BBQ pork with five spicy powder  2. Steam fish fillet with preserved veggie	1. Stewed white radish with pan fry fish fillet  2. Braised chicken wing with spicy herbs	1. Braised pork belly and egg with spicy soy sauce  2. Steam fish fillet with shred ginger and shallot

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## 印支高齡服務中心 - 每週菜單 Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>Chicken mince &amp; lettuce congee</li> <li>Bread</li> <li>Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>Fish fillet with ginger and shallot congee</li> <li>Bread</li> <li>Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>Minced meat with century egg congee</li> <li>Bread</li> <li>Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>Minced pork &amp; veggie macaroni</li> <li>Bread</li> <li>Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>Oatmeal with fresh milk, egg and creamy sweet corn</li> <li>Bread</li> <li>Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>Minced meat, red bean and green bean congee</li> <li>Bread</li> <li>Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>Chicken mince and seaweed congee</li> <li>Bread</li> <li>Rice rolls</li> </ul>
<b>Morning Tea</b>	● <b>Muffin</b>	● <b>Sponge Cake</b>	● <b>Cheese Cake</b>	● <b>Lemon Cake</b>	● <b>Spring roll</b>	● <b>Curry puff</b>	● <b>Banana Cake</b>
<b>Lunch</b> <i>Soup of the Day</i>	<ol style="list-style-type: none"> <li>Vietnamese style beef noodle</li> <li>Braised pork chunk with spicy soy sauce</li> </ol>	<ol style="list-style-type: none"> <li>Braised pork belly with straw mushroom, bean curd stick and vermicelli</li> <li>Steam minced pork with eggs</li> </ol>	<ol style="list-style-type: none"> <li>Braised pork chunk with pumpkin, potato and carrot with green</li> <li>Stir fry chicken mince with green pea</li> </ol>	<ol style="list-style-type: none"> <li>Bake bean in tomato sauce and pork fillet</li> <li>Steam fish fillet with shred ginger and shallot</li> </ol>	<ol style="list-style-type: none"> <li>Stir fry rice noodle with mix veggie, snow/black fungus, and mushroom</li> <li>Braised pork chunk with green pea</li> </ol>	<ol style="list-style-type: none"> <li>Braised pork fillet with tofu puff, bean curd stick and veggie</li> <li>Steam Mince pork and pickled mustard tuber</li> </ol>	<ol style="list-style-type: none"> <li>Minced meat, veg and noodle in soup</li> <li>Pan fry eggs with chopped onion</li> </ol>
<b>Afternoon Tea</b>	Sweet Soup, Cake/Dim Sum/Fruit						
<b>Dinner</b>	<ol style="list-style-type: none"> <li>Braised meat ball and veggie with oyster sauce</li> <li>Braised mince eat with green pea and tofu</li> </ol>	<ol style="list-style-type: none"> <li>Pan fry fish fillet</li> <li>Stir fry pork fillet with broccoli</li> </ol>	<ol style="list-style-type: none"> <li>Baked chicken wing and drum stick</li> <li>Stir fry chicken fillet with carrot and potato</li> </ol>	<ol style="list-style-type: none"> <li>Stir fry Sweet and sour chicken fillet with pineapple carrot and capsicum</li> <li>Stir fry pork slice with sour mustard stem</li> </ol>	<ol style="list-style-type: none"> <li>Braised pork trotter and peanut</li> <li>Steam mince pork with tofu</li> </ol>	<ol style="list-style-type: none"> <li>Braised pork chunk with eggplant</li> <li>Braised pork mince with hairy melon</li> </ol>	<ol style="list-style-type: none"> <li>Stewed beef brisket with potato and carrot</li> <li>Braised pork with bean curd stick</li> </ol>

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## Indochinese Aged Care Services – Weekly Menu

## 印支高齡服務中心 - 每週菜單 Week 5

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Chicken mince and pumpkin congee</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Mince pork and taro congee</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Minced meat and veggie macaroni in soup</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal with fresh milk, egg and creamy corn</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Minced meat and dry bean curd sheet congee</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Minced meat and sweet potato congee</li> <li>• Bread</li> <li>• Rice roll</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut and black eye bean congee</li> <li>• Bread</li> <li>• Rice roll</li> </ul>
<b>Morning Tea</b>	• <b>Spring roll</b>	• <b>Muffin</b>	• <b>Sponge Cake</b>	• <b>Cheese Cake</b>	• <b>Lemon Cake</b>	• <b>Banana Cake</b>	• <b>Curry puff</b>
<b>Lunch</b> <i>Soup of the Day</i>	1.Vietnamese style rice vermicelli in soup  2.Steam pork slice with pickled mustard tuber	1.Braised pork belly with sour mustard stem  2.Pan fry whole egg	1.Braised pork slice with black fungus and tofu puff  2.Stir fry chicken fillet with seasonal veggie	1.Braised pork chunk with bitter melon  2.Steam egg, salty egg and preserved egg	1.Stewed pork slides with tofu puff and seasonal veggie  2.Stir fry chicken fillet and seasonal veggie	1.Braised pork ribs with white radish and mushroom  2.Stir fry minced meat with preserved radish	1.Minced meat, veg and egg noodle or rice vermicelli in soup 2.Braised Chicken fillet with “Mui-choy”
<b>Afternoon Tea</b>	<b>Sweet Soup, Cake/Dim Sum/Fruit</b>						
<b>Dinner</b>	1.Steamed mince pork patty with salted fish  2.Stir fry chicken with mix veggie	1.Steam chicken fillet with dry mushroom and Day Lili  2.Pan fry fish fillet	1.Baked chicken wing and drum stick  2.Pork patty with shred black fungus and water chestnut	1.Braised pork ribs with bean curd stick, tofu puff and mushroom  2.Stir fry egg with diced onion, shrimp	1.BBQ pork with five spicy powder  2.Steam fish fillet with preserved veggie	1.Stewed white radish with pan fry fish fillet  2.Braised chicken wing with spicy herbs	1.Braised pork belly and egg with spicy soy sauce  2.Steam fish fillet with shred ginger and shallot

Each meal provides Milo/ Tea/ Milk tea/ Coffee/ Ensure