

STANDARD MENU FOR QUARANTINE STAY (EFFECTIVE FROM 1 JUNE 2022) 檢疫住宿計劃標準餐單(2022年6月1日起生效)

Breakfast 早餐						
Day 星期	Asian 中式	Western 西式	Hong Kong Vegetarian 港式素菜	Western Vegetarian 西式素菜		
Mon —	Congee with Minced Chicken and Shiitake Mushroom, Twisted Scallion Roll and Stir-fried Mixed Vegetables 冬菇免治滑雞粥配蔥花卷 及炒雜菜	Spinach, Mushroom and Cheese Egg Muffin, Numberger Sausage, Streaky Bacon with Roasted Potatoes, Kernel Corn and Olive 菠菜蘑菇芝士蛋餅配紐倫堡腸、 煙肉、燒薯粒、粟米及黑水欖	✿ Continental Breakfast - Strawberry Cream Cheese Crepe, Seasonal Fresh Fruit, Mixed Fruit Compote, Cinnamon Apple and Quinoa Porridge 士多啤梨法式班戟配鮮果、 糖煮水果及玉桂蘋果藜麥粥	Spinach, Mushroom and Cheese Egg Muffin, Spices-caramelized Carrot, Roasted Tomato, Roasted Potatoes, Kernel Corn and Black Olive 菠菜蘑菇芝士蛋餅配 香草焦糖甘筍、燒番茄、 燒薯粒、粟米及黑水欖		
Tue =	Onigiri, Dim Sum, Chinese Tea Egg and Sesame Marinated Celtuce 日式飯糰配點心、 茶葉蛋及麻香萵筍	Scrambled Egg, Chicken Chipolata, Potatoes, Boston Bean and Green Soy Beans 炒蛋配雞肉腸、薯粒、 波士頓豆及毛豆	Stir-fried Rice Vermicelli with Vegetable and Mushroom, Vegetarian Dim Sum, Chinese Tea Egg and Sesame Marinated Celtuce 冬菇雜菜炒米粉配素點心、 茶葉蛋及麻香萵筍	★ Continental Breakfast - Blueberry Chia Seed Pudding with Seasonal Fruits and Cheeses 藍莓奇亞籽配鮮果及芝士		
Wed Ξ	Stir-fried Instant Noodle with Satay Beef, Boiled Egg and Dim Sum 沙嗲牛肉炒公仔麵 配烚蛋及點心	Kale and Tomato Frittata, Veal Sausage, Gammon Ham, Boston Bean and Stir-fried Mixed Mushroom 羽衣甘藍番茄蛋批配牛仔腸、 金門火腿、波士頓豆及炒雜菇	Continental Breakfast - Apple and Banana Bircher Muesli, Sesaonal Fresh Fruit and Croissant 蘋果香蕉瑞士麥片配鮮果 及牛角酥	Kale and Tomato Frittata, Zucchini and Corn Fritter, Boston Bean and Stir-fried Mixed Mushroom 羽衣甘藍番茄蛋批配青意瓜 粟米餡餅、波士頓豆及炒雜菇		
Thu 四	Shrimp Rice Flour Roll with Sweet and Spicy Sauce, Dim Sum, Boiled Egg and Stir-fried Carrot with Straw Mushroom 甜辣醬蝦米腸粉配點心、 恰蛋及炒甘筍草菇片	Scrambled Egg with Mushroom, Numberger Sausage, Streaky Bacon, Hash Brown, Potatoes, Corn and Cherry Tomatoes 蘑菇炒蛋配紐倫堡腸、煙肉、 薯粒及粟米及車厘茄	Rice Flour Roll with Sweet and Spicy Sauce, Vegetarian Dim Sum, Boiled Egg and Stir-fried Carrot with Straw Mushroom 甜辣醬腸粉配素點心、 恰蛋及炒甘筍草菇片	 Continental Breakfast - Strawberry Cream Cheese Crepe, Bircher Muesli, Seasonal Fresh Fruit, Banana and Raisin Muffin 士多啤梨法式班戟配瑞士 麥片、鮮果及香蕉提子鬆餅 		
Fri 五	Steamed Glutinous Rice with Chicken, Steamed Rice Flour Roll with Sweet and Spicy Sauce, Stir-fried Mixed Vegetables 糯米雞配甜辣醬腸粉 及炒雜菜	Spanish Omelette (Spanish Tortilla), Chicken Chipolata, Baked Bean, Roasted Potatoes and Shimeji Mushroom 西班牙奄列配雞肉腸、 茄汁焗豆、燒薯粒及黑本菇	Stir-fried Udon with Vegetarian Barbecued Pork, Vegetarian Dim Sum and Stir-fried Mixed Vegetables 素叉燒烏冬配素點心 及炒雜菜	 Continental Breakfast - Orange and Prune Muesli, Seasonal Fresh Fruit and Croissant 香橙梅子果麥配鮮果及牛角酥 		
Sat 六	Hawaii Style Loco Moco 夏威夷漢堡飯	Mediterranean Baked Egg, Veal Sausage, Streaky Bacon, Roasted Tomato and Sauteed Mixed Mushroom 地中海烤蛋配牛仔腸、 煙肉、燒番茄及炒雜菇	Continental Breakfast - Apple Oatmeal, Seasonal Fresh Fruit and Chocolate Muffin 蘋果燕麥粥配鮮果及 朱古力鬆餅	Mediterranean Baked Egg, Cabbage, Baked Bean, Roasted Tomato and Sauteed Mix Mushroom 地中海烤蛋配椰菜、 茄汁焗豆、燒番茄及炒雜菇		
Sun 日	Rice Porridge - Pumpkin and Shiitake, Korean Mayak Egg, Dim Sum, Braised Burdock Root and Carrots 冬菇南瓜潮州粥配韓式麻藥 蛋、點心及紅燒牛蒡胡蘿蔔	English Muffin with Bacon, Scrambled Egg, Roasted Cherry Tomatoes and Green Soy Bean 英式鬆餅配煙肉、炒蛋、 燒車厘茄及毛豆	Rice Porridge - Pumpkin and Shiitake, Korean Mayak Egg, Vegetarian Dim Sum, Braised Burdock Root and Carrots 冬菇南瓜潮州粥配韓式 麻藥蛋、素點心及 紅燒牛蒡胡蘿蔔	Continental Breakfast - Blueberry and Sago Cereal, Pancake with Banana Compote, Seasonal Fresh Fruit 藍莓西米麥片配香蕉醬班戟 及鮮果		



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Lunch 午餐						
Day 星期	Asian 中式	Western 西式	Hong Kong Vegetarian 港式素菜	Western Vegetarian 西式素菜		
Mon —	Sweet and Sour Chicken, Stir-fried Spring Bean with Preserved Olive Leaf, Steamed Rice with Kernel Corn 菠蘿咕嚕雞球配欖菜四季豆 及粟米飯	Cider Pork and Apple Stew, Butter Potatoes with Parsley, Green Soy Bean and Corn Succotash 蘋果醋炆豬肉配蕃茜牛油薯 粒及豆煮粟米炸醬	Sweet and Sour Plant-based Meatball, Stir-fried Spring Bean with Preserved Olive Leaf, Steamed Rice with Kernel Corn 菠蘿咕嚕素獅子頭配欖菜 四季豆及粟米飯	Cider Apple and Mushroom Stew, Butter Potatoes with Parsley, Green Soy Bean and Corn Succotash 蘋果醋炆蘑菇配蕃茜牛油薯 粒及豆煮粟米炸醬		
Tue =	Silver Pin Noodle Laksa with Prawn and Fish Balls 鮮蝦魚蛋喇沙銀針粉	Mongolian Lamb Casserole, Chick Pea Stew, Haricot Vert with Spiced Chickpeas 蒙古燉羊肉配雞豆及 香草雞豆邊豆	Silver Pin Noodle in Kimchi Tofu Soup 泡菜豆腐湯銀針粉	Mongolian Plant-based Chicken Casserole, Chick Pea Stew, Haricot Vert with Spiced Chickpeas 蒙古燉素雞配雞豆及 香草雞豆邊豆		
Wed Ξ	Taiwanese Minced Pork with Crispy Chicken, Stir-fried Mixed Vegetables, Chinese Tea Egg, Steamed Rice 台式滷肉炸雞配炒雜菜、 茶葉蛋及白飯	Hungarian Beef Goulash, Herbs-roasted Sweet Potatoes and Broccoli 匈牙利牛肉粒配香草燒蕃薯 及西蘭花	Stewed Winter Melon with Mushroom, Stir-fried Chinese Mixed Vegetable, Chinese Tea Egg, Steamed Rice 蠔皇冬瓜炆冬菇配炒雜菜、 茶葉蛋及白飯	Hungarian Plant-based Minced Beef Goulash, Herbs-roasted Sweet Potatoes and Broccoli 匈牙利素免治牛配 香草燒蕃薯及西蘭花		
Thu 四	Bulgogi Beef Bibimbap 韓式烤牛肉拌飯	Pan-fried Chicken Picatta, Tomato Concasse Sauce, Mashed Potatoes, Haricot Vert with Spiced Chickpeas 香煎意式芝士雞配茄汁、 薯蓉及香草雞豆邊豆	Minced Plant-based Beef Bulgogi Bibimbap 韓式烤素免治牛肉拌飯	Pan-fried Burdock Steak, Tomato Concasse Sauce, Mashed Potatoes, Haricot Vert with Spiced Chickpeas 煎牛蒡漢堡扒配茄汁、 薯蓉及香草雞豆邊豆		
Fri 五	Green Curry Duck, Mixed Vegetables and Steamed Rice 青咖喱鴨配雜菜及白飯	Rosemary-roasted Chicken, Roasted Potatoes, Zuchinni and Carrot 迷迭香燒雞扒配燒薯粒、 意青瓜及甘筍	Green Curry Pineapple, Mixed Vegetables and Steamed Rice 青咖喱菠蘿配雜菜及白飯	Mushroom and Eggplant Lasagne, Roasted Potatoes, Zuchinni and Carrot 蘑菇茄子千層麵配燒薯粒 及青意瓜甘筍		
Sat 六	Pork Ribs in Black Vinegar Sauce, Broccoli and Carrot, Quinoa steamed Rice 鎮江骨配西蘭花甘筍及藜麥飯	Meatballs in Tomato Ragout, Marinara Spaghetti and Paprika-roasted Fennel 意式豬肉丸配番茄醬 意大利麵及紅椒粉烤茴香	Deep-fried Mock Fish Fillet with Corn Sauce, Broccoli and Carrot and Quinoa Steamed Rice 粟米汁素魚扒配西蘭花甘筍 及藜麥飯	Plant-based Meatballs in Tomato Sauce, Marinara Spaghetti and Paprika-roasted Fennel 番茄汁素肉丸配番茄醬 意大利麵及紅椒粉烤茴香		
Sun 日	Malaysian Curry Chicken, Stir-fried Spring Bean and Sesame Steamed Rice 馬來咖喱雞配四季豆及 芝麻飯	Moroccan Fish Tagine, Cous Cous and Rattatouille 摩洛哥魚鍋配中東米及 法式雜菜	Malaysian Curry Vegetable, Stir-fried Spring Bean and Sesame Steamed Rice 馬來咖喱雜菜配四季豆及 芝麻飯	Moroccan Vegetable Tagine, Cous Cous and Ratatouille 摩洛哥蔬菜鍋配中東米 及法式雜菜		



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Dinner 晚餐						
Day 星期	Asian 中式	Western 西式	Hong Kong Vegetarian 港式素菜	Western Vegetarian 西式素菜		
Mon —	Chicken Steak with Teriyaki Sauce, Mixed Capsicum, Onion, Pineapple, White and Red Steamed Rice 照燒汁雞扒配雜椒洋蔥菠蘿 及紅米飯	12hrs Braised Beef Brisket with Demi-Glace, Lyonnaise Potatoes and Broccoli 12小時慢煮牛腩配燒汁、 洋蔥炒薯及西蘭花	Plant-based Crispy Pork with Teriyaki Sauce, Mixed Capsicum, Onion, Pineapple, White and Red Steamed Rice 照燒汁素香酥肉配雜椒洋蔥 菠蘿及紅米飯	Spaghetti with Plant-based Bolognese, Lyonnaise Potatoes and Broccoli 素肉醬意粉配洋蔥炒薯 及西蘭花		
Tue =	Wok-fried Beef with Scallion and Capsicum, Baby Chinese Cabbage, Vegetable Rice 尖椒蔥爆牛肉配 娃娃菜及菜飯	Parmesan Crusted Chicken Breast, Tomato Concasse Sauce, White Cream Penne, Chili and Herbs- marinated Zucchini 巴馬臣芝士雞胸配茄汁、忌廉 白汁尖通粉及香草辣椒意青瓜	Stewed NOChicken Spicy Hot Pot, Baby Chinese Cabbage, Vegetable Rice 麻辣素雞煲配娃娃菜及菜飯	Cauliflower and Green Pea Arancini, Tomato Concasse Sauce, White Cream Penne, Chili and Herbs- marinated Zucchini 青豆椰菜花飯丸配茄汁、忌廉白 汁尖通粉及香草辣椒意青瓜		
Wed Ξ	Pork Bulgogi, Snap Pea and Furikake Kimchee Steamed Rice 韓式燒烤醬炒豬肉配蜜豆及 瀨戶飯素泡菜飯	Stewed Pork in Caper and Tomato Sauce, Gnocchi with Pumpkin, Roasted Parsley Cauliflower 番茄水瓜豆燴豬肉配 南瓜薯仔丸子及燒蕃茜椰菜花	Seitan Bulgogi, Snap Pea and Furikake Kimchee Steamed Rice 韓式燒烤醬炒麵筋配蜜豆及 瀨戶飯素泡菜飯	Leek, Mushroom and Pumpkin Quiche, Tomato Concasse Sauce, Gnocchi with Pumpkin, Roasted Parsley Cauliflower 大蒜蘑菇南瓜撻配茄汁、南瓜 薯仔丸子及燒蕃茜椰菜花		
Thu 四	Three Treasure Rice Bowl (Barbecued Pork, Soy Chicken Wing, Red Sausage) 港式三寶飯 (叉燒、雞翼、紅腸)	Creamy Mushroom Chicken Stew, Marinara Penne and Spices-caramelized Carrot 忌廉蘑菇燉雞配番茄醬 尖通粉及香草焦糖甘筍	Braised Vegetables with Red Fermented Beancurd, Choy Sum, Steamed Rice 南乳炆粗齋配菜心及白飯	Creamy Mushroom Pumpkin Stew, Marinara Penne and Spices-caramelized Carrot 忌廉蘑菇燉南瓜配番茄醬尖 通粉及香草焦糖甘筍		
Fri 五	Tofu with Minced Pork and Preserved Vegetables, Stewed Mushroom with Ginger and Wine, Oatmeal Steamed Rice 梅菜肉鬆豆腐配三杯菇及 燕麥飯	Pork Cutlet with Dijon Mushroom Sauce, Lyonnaise Potatoes, Rosemary-roasted Apple 吉列豬扒配第戎芥末蘑菇醬、 洋蔥炒薯及迷迭香烤蘋果	Fried Eggplant in Vegan Spicy Garlic Sauce, Stewed Mushroom with Ginger, Oatmeal Steamed Rice 素魚香汁茄子配三杯菇及 燕麥飯	Roasted Cauliflower Souffles, Dijon Mushroom Sauce, Lyonnaise Potatoes, Rosemary-roasted Apple 椰菜花梳乎厘配第戎芥末蘑菇 醬、洋蔥炒薯及迷迭香烤蘋果		
Sat 六	Steamed Pork Patty with Water Chestnut and Mushroom, Shiitake Broth Chinese Brassica, Shallot Noodles in Taiwanese-Style 馬蹄冬菇蒸肉餅配冬菇清湯 小棠菜及蔥油擔仔麵	Roasted Chicken Steak with Tomato Concasse Sauce, Rosemary Potato Wedges, Haricot Vert with Spiced Chickpeas 燒雞扒配茄汁、迷迭香燒薯角 及燒香草雞豆邊豆	Red Braised Plant-based Meatball, Shiitake Broth Chinese Brassica, Shallot Noodles in Taiwanese-Style 紅燒素獅子頭配冬菇清湯 小棠菜及蔥油擔仔麵	Tofu and Chickpea Burger Steak with Tomato Concasse Sauce, Rosemary Potato Wedges, Haricot Vert with Spiced Chickpeas 豆腐雞豆漢堡配茄汁、 迷迭香燒薯角及燒香草雞豆邊豆		
Sun 日	Braised Beef Brisket with Turnip, Shiitake Broth Baby Chinese Cabbage and Furikake Steamed Rice 柱侯蘿蔔炆牛腩配冬菇清湯 娃娃菜及瀨戶飯素白飯	Prawn and Mussel Cioppino, Marinara Penne, Vegetable Ratatouille 意式燉青口鮮蝦配番茄醬 尖通粉及法式雜菜	Braised Mock Meatball in Enoki and Beancurd Stick, Shiitake Broth Baby Chinese Cabbage and Furikake Steamed Rice 金菇枝竹燴素丸配冬菇清湯娃 娃菜及瀨戶飯素白飯	Crockpot Moroccan Chickpea Stew, Marinara Penne, Vegetable Ratatouille 摩洛哥雞豆燉鍋配番茄醬 尖通粉及法式雜菜		