

GLUTEN-FREE MENU FOR QUARANTINE STAY

檢疫住宿計劃無麩質餐單

Day 星期	Breakfast 早餐	Lunch 午餐	Dinner 晚餐
Mon —	Boiled Egg with Tomato Sauce, Nurnberger Sausage and Potato Wedge 烚蛋配蕃茄汁、紐倫堡腸及燒薯角	參 Caesar Salad with Prawn 大蝦凱撒沙律	Pan-fried Duck Breast with Chimichurri Sauce and Parsley Risotto 煎鴨胸配阿根廷蕃茄青醬 及蕃茜意大利飯
Tue 二	券 Fresh Cut Fruit with Yoghurt 新鮮水果碟配乳酪	≉ Green Goddess Salad 綠色女神沙律	Pan-fried Salmon with Herb Butter and Roasted Potato Wedge 煎三文魚配香草牛油及燒薯角
Wed 三	Boiled Egg with Salsa Verde, Mushroom, Veal Sausage and Roasted Potato Wedge 烚蛋配羅馬青醬、炒磨菇、 牛仔腸及燒薯角	Sous-Vide Chicken Breast with Tomato Sauce and Roasted Potato Wedge 扒雞胸配番茄汁及燒薯角	Pan-fried Ling Fish with Tomato & Pesto Sauce and Mashed Potato 燒青衣魚配番茄香草醬及薯茸
Thu 四	Emmental Cheese Omelette with Pumpkin Sauce, Veal Sausage and Roasted Potato Rissole 埃文達士奄列配南瓜汁、 牛仔腸及燒薯粒		Pan-fried Chicken Breast with Red Capsicum Sauce and Pesto Sauce Risotto 扒雞胸配紅椒汁及 香草醬意大利飯
Fri 五	Boiled Egg with Pumpkin Sauce, Bacon, Nuernberger Sausage and Roasted Potato Wedge 烚蛋配南瓜汁、煙肉、 紐倫堡腸及薯角	✿ Mediterranean Salad with Chicken 雞胸地中海沙律	Pan-fried Ling Fish with Pumpkin Sauce and Roasted Potato Rissole 燒青衣魚配南瓜汁及燒薯粒
Sat 六	Ham & Cheese Omelette with Tomato Sauce, Bacon and Roasted Potato Rissole 火腿芝士奄列配番茄汁、 焗煙肉及燒薯粒	Pan-fried Duck Breast with Tomato and Pesto Sauce and Roasted Potato Wedge 煎鴨胸配蕃茄香草醬及燒薯角	Pan-fried Salmon with Red Saffron and Tomato Sauce and Roasted Potato Wedge 煎三文魚配紅花粉番茄汁 及燒薯角
Sun 日	Mushroom and Leek Frittata with Tomato Sauce, Veal Sausage and Roasted Potato Rissole 雜菇大蒜蛋餅配番茄汁、 牛仔腸及燒薯粒	參 Super Green Salad 超營沙律	Sous-Vide Chicken Breast with Cranberry Orange Sauce and Roasted Potato Wedge 慢煮橙片雞胸配紅莓橙燒汁 及燒薯角