

# Pentahotel Hong Kong, Kowloon 香港九龍貝爾特酒店

## "Balanced Eats" Menu 3.0 (total 6 sets)

「食得均衡」餐單 3.0 (一共有6組餐單)

Menu effective from **1 December 2021** 餐單於 **12月1日** 生效

<b>REGULAR 標準</b>	<b>Breakfast</b> main dish + packed / canned drinks 主菜 + 包裝 / 罐裝 飲品	<b>Lunch</b> main dish + whole fruit 主菜 + 水果	<b>Dinner</b> main dish + daily soup or salad 主菜 + 是日餐湯或沙律
<b>Monday</b> 星期一	Two Eggs Scrambled and Bacon, English Muffin served with Jam Oolong Tea (VITA Dong Ding No Sugar 250ml/packed) 炒蛋及煙肉、英式麵包伴果醬 維他冷泡無糖凍頂烏龍茶紙包裝250毫升	Teriyaki Chicken, Steamed Rice Whole Fruit 照燒雞扒飯 水果	Spaghetti Bolognese with Chicken Chipolata Daily Soup 肉醬意粉伴法式小雞肉腸 是日餐湯
<b>Tuesday</b> 星期二	Egg Mayo Sandwich, Cherry Tomato and Hash Brown Lemon Tea (VITA 250ml/packed) 雞蛋沙律三文治、烤車厘茄及薯餅 維他檸檬茶紙包裝250毫升	Braised Beef Brisket and Vegetables, Steamed Rice Whole Fruit 時菜牛腩飯 水果	Fried Pork Chops with Onion Sauce, Roasted Potato Salad 洋葱豬扒伴烤薯角 沙律
<b>Wednesday</b> 星期三	Ham and Macaroni with Soup, Bread Roll Oolong Tea (VITA Dong Ding No Sugar 250ml/packed) 火腿湯通粉、餐包 維他冷泡無糖凍頂烏龍茶紙包裝250毫升	Chicken a la King, Steamed Rice Whole Fruit 白汁雞皇飯 水果	Herb-crusted Fish Fillet, Garlic Mashed Potato Daily Soup 香草魚柳伴蒜香薯蓉 是日餐湯
<b>Thursday</b> 星期四	Chicken Congee, Glutinous Rice Wrapped in Lotus Leaf, Fish 'Siew Mai' Lemon Tea (VITA 250ml/packed) 雞肉粥、珍珠雞、魚肉燒賣 維他檸檬茶紙包裝250毫升	Seafood Farfalle, Creamy Tomato Sauce Whole Fruit 忌廉蕃茄海鮮燴蝴蝶粉 水果	Mexican Taco Rice Salad 墨西哥牛肉飯 沙律
<b>Friday</b> 星期五	Tuna Salad Sandwich, Boiled Eggs Oolong Tea (VITA Dong Ding No Sugar 250ml/packed) 吞拿魚三文治、焗蛋 維他冷泡無糖凍頂烏龍茶紙包裝250毫升	Japanese Beef Curry, Steamed Rice Whole Fruit 日式咖喱牛肉伴白飯 水果	Barbeque Chicken, Mashed Potato Daily Soup 燒烤雞扒伴蒜香薯蓉 是日餐湯
<b>Saturday</b> 星期六	Two Eggs Scrambled and Ham, Mini Pan-cake served with Syrup Lemon Tea (VITA 250ml/packed) 炒蛋及火腿、迷你班戟伴糖漿 維他檸檬茶紙包裝250毫升	Spicy Tofu and Chicken, Steamed Rice Whole Fruit 麻婆豆腐雞粒飯 水果	Truffle Fusilli with Salmon and Mushroom Salad 三文魚松露野菌燴螺絲粉 沙律
<b>Sunday</b> 星期日	Penne with Minced Beef and Corn in Tomato Soup, Mini Croissant Coca-Cola (330ml/canned) 碎牛腩粟米蕃茄湯長通粉、迷你牛角酥 可口可樂罐裝330毫升	Braised E-fu Noodles with Mushroom Whole Fruit 乾燒伊麵 水果	Satay Pork chops, Coconut Rice Daily Soup 沙嗲豬扒伴椰香飯 是日餐湯
<b>Meals delivery time will be subject to Hotel's arrangement. Menu items will be subject to change without prior notice.</b> 餐膳派送時間視乎酒店安排。餐單如有調整或變更，恕不另行通知。			

In view of the sixth cycle of Designated Quarantine Hotel Scheme commencing on 1 December, we will also be introducing the "Balanced Eats" Menu 3.0 as included in the Penta Standard Package on the same day. All dishes are homemade by #pentachefs in the hotel. Bon Appetit!

因應第六輪指定檢疫酒店計劃將於12月1日開始，貝爾特標準隔離住宿套餐中的「食得均衡」餐單亦會於同日推出3.0版本，所有菜式均由酒店廚師團隊 #pentachefs 炮製。請享用!

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<b>REGULAR 標準 - seafood free 無海鮮類</b>	<b>Breakfast</b> main dish + packed / canned drinks 主菜 + 包裝 / 罐裝 飲品	<b>Lunch</b> main dish + whole fruit 主菜 + 水果	<b>Dinner</b> main dish + daily soup or salad 主菜 + 是日餐湯或沙律
<b>Monday</b> 星期一	Two Eggs Scrambled and Bacon, English Muffin served with Jam Oolong Tea (VITA Dong Ding No Sugar 250ml/packed) 炒蛋及煙肉、英式麵包伴果醬 維他冷泡無糖凍頂烏龍茶紙包裝250毫升	Teriyaki Chicken, Steamed Rice Whole Fruit 照燒雞扒飯 水果	Spaghetti Bolognese with Chicken Chipolata Daily Soup 肉醬意粉伴法式小雞肉腸 是日餐湯
<b>Tuesday</b> 星期二	Egg Mayo Sandwich, Cherry Tomato and Hash Brown Lemon Tea (VITA 250ml/packed) 雞蛋沙律三文治、烤車厘茄及薯餅 維他檸檬茶紙包裝250毫升	Braised Beef Brisket and Vegetables, Steamed Rice Whole Fruit 時菜牛腩飯 水果	Fried Pork Chops with Onion Sauce, Roasted Potato Salad 洋葱豬扒伴烤薯角 沙律
<b>Wednesday</b> 星期三	Ham and Macaroni with Soup, Bread Roll Oolong Tea (VITA Dong Ding No Sugar 250ml/packed) 火腿湯通粉、餐包 維他冷泡無糖凍頂烏龍茶紙包裝250毫升	Chicken a la King, Steamed Rice Whole Fruit 白汁雞皇飯 水果	Herb-crusted Eggplant, Garlic Mashed Potato Daily Soup 香草茄子伴蒜香薯蓉 是日餐湯
<b>Thursday</b> 星期四	Chicken Congee, Mini Veggie Glutinous Rice Lemon Tea (VITA 250ml/packed) 雞肉粥、迷你素糯米雞 維他檸檬茶紙包裝250毫升	Chicken Farfalle, Creamy Tomato Sauce Whole Fruit 忌廉蕃茄雞肉燴蝴蝶粉 水果	Mexican Taco Rice Salad 墨西哥牛肉飯 沙律
<b>Friday</b> 星期五	Grilled Vegetable Sandwich, Boiled Eggs Oolong Tea (VITA Dong Ding No Sugar 250ml/packed) 扒菜三文治、焗蛋 維他冷泡無糖凍頂烏龍茶紙包裝250毫升	Japanese Beef Curry, Steamed Rice Whole Fruit 日式咖喱牛肉伴白飯 水果	Barbeque Chicken, Mashed Potato Daily Soup 燒烤雞扒伴蒜香薯蓉 是日餐湯
<b>Saturday</b> 星期六	Two Eggs Scrambled and Ham, Mini Pan-cake served with Syrup Lemon Tea (VITA 250ml/packed) 炒蛋及火腿、迷你班戟伴糖漿 維他檸檬茶紙包裝250毫升	Spicy Tofu and Chicken, Steamed Rice Whole Fruit 麻婆豆腐雞粒飯 水果	Truffle and Mushroom Fusilli Salad 松露菌燴螺絲粉 沙律
<b>Sunday</b> 星期日	Penne with Minced Beef and Corn in Tomato Soup, Mini Croissant Coca-Cola (330ml/canned) 碎牛腩米蕃茄湯長通粉、迷你牛角酥 可口可樂罐裝330毫升	Braised E-fu Noodles with Mushroom Whole Fruit 乾燒伊麵 水果	Pork chops with Apple Gravy, Coconut Rice Daily Soup 蘋果豬扒伴椰香飯 是日餐湯

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<b>HALAL 清真</b>	<b>Breakfast</b> main dish + packed drinks 主菜 + 包裝飲品	<b>Lunch</b> main dish + whole fruit 主菜 + 水果	<b>Dinner</b> main dish + daily soup or salad 主菜 + 是日餐湯或沙律
<b>Monday</b> 星期一	Two Eggs Scrambled, English Muffin served with Jam Soy Bean Milk (Yeo's 250ml/packed) 炒蛋、英式麵包伴果醬 楊協成豆奶紙包裝250毫升	Teriyaki Chicken, Steamed Rice Whole Fruit 照燒雞扒飯 水果	Spaghetti Bolognese with Chicken Chipolata Daily Soup 肉醬意粉伴法式小雞肉腸 是日餐湯
<b>Tuesday</b> 星期二	Egg Mayo Sandwich, Cherry Tomato and Hash Brown Sugar Cane Drink (Yeo's 250ml/packed) 雞蛋沙律三文治、烤車厘茄及薯餅 楊協成甘蔗水紙包裝250毫升	Braised Beef Brisket and Vegetables, Steamed Rice Whole Fruit 時菜牛腩飯 水果	Chicken Masala, Steamed Rice Salad 印度咖喱雞肉飯 沙律
<b>Wednesday</b> 星期三	Spicy Chicken Macaroni with Soup, Bread Roll Soy Bean Milk (Yeo's 250ml/packed) 香辣雞肉湯通粉、餐包 楊協成豆奶紙包裝250毫升	Thai Red Curry, Beef, Steamed Rice Whole Fruit 泰式紅咖喱牛肉伴白飯 水果	Herb-crusted Fish Fillet, Garlic Mashed Potato Daily Soup 香草魚柳伴蒜香薯蓉 是日餐湯
<b>Thursday</b> 星期四	Chicken Congee, Mini Veggie Glutinous Rice Sugar Cane Drink (Yeo's 250ml/packed) 雞肉粥、迷你素糯米雞 楊協成甘蔗水紙包裝250毫升	Seafood Farfalle, Creamy Tomato Sauce Whole Fruit 忌廉蕃茄海鮮燴蝴蝶粉 水果	Mexican Taco Rice Salad 墨西哥牛肉飯 沙律
<b>Friday</b> 星期五	Tuna Salad Sandwich, Boiled Eggs Soy Bean Milk (Yeo's 250ml/packed) 吞拿魚三文治、焗蛋 楊協成豆奶紙包裝250毫升	Japanese Beef Curry, Steamed Rice Whole Fruit 日式咖喱牛肉伴白飯 水果	Barbeque Chicken, Mashed Potato Daily Soup 燒烤雞扒伴蒜香薯蓉 是日餐湯
<b>Saturday</b> 星期六	Two Eggs Scrambled, Mini Pan-cake served with Syrup Sugar Cane Drink (Yeo's 250ml/packed) 炒蛋、迷你班戟伴糖漿 楊協成甘蔗水紙包裝250毫升	Spicy Tofu and Chicken, Steamed Rice Whole Fruit 麻婆豆腐雞粒飯 水果	Truffle Fusilli with Salmon and Mushroom Salad 三文魚松露野菌燴螺絲粉 沙律
<b>Sunday</b> 星期日	Penne with Minced Beef and Corn in Tomato Soup, Mini Croissant Soy Bean Milk (Yeo's 250ml/packed) 碎牛粟米蕃茄湯長通粉、迷你牛角酥 楊協成豆奶紙包裝250毫升	Braised E-fu Noodles with Mushroom Whole Fruit 乾燒伊麵 水果	Nasi Lemak Daily Soup 炸雞伴椰漿飯 是日餐湯

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<b>HALAL 清真</b> <b>- seafood free</b> <b>無海鮮類</b>	<b>Breakfast</b> main dish + packed drinks 主菜 + 包裝飲品	<b>Lunch</b> main dish + whole fruit 主菜 + 水果	<b>Dinner</b> main dish + daily soup or salad 主菜 + 是日餐湯或沙律
<b>Monday</b> 星期一	Two Eggs Scrambled, English Muffin served with Jam Soy Bean Milk (Yeo's 250ml/packed) 炒蛋、英式麵包伴果醬 楊協成豆奶紙包裝250毫升	Teriyaki Chicken, Steamed Rice Whole Fruit 照燒雞扒飯 水果	Spaghetti Bolognese with Chicken Chipolata Daily Soup 肉醬意粉伴法式小雞肉腸 是日餐湯
<b>Tuesday</b> 星期二	Egg Mayo Sandwich, Cherry Tomato and Hash Brown Sugar Cane Drink (Yeo's 250ml/packed) 雞蛋沙律三文治、烤車厘茄及薯餅 楊協成甘蔗水紙包裝250毫升	Braised Beef Brisket and Vegetables, Steamed Rice Whole Fruit 時菜牛腩飯 水果	Chicken Masala, Steamed Rice Salad 印度咖喱雞肉飯 沙律
<b>Wednesday</b> 星期三	Spicy Chicken Macaroni with Soup, Bread Roll Soy Bean Milk (Yeo's 250ml/packed) 香辣雞肉湯通粉、餐包 楊協成豆奶紙包裝250毫升	Chicken a la King, Steamed Rice Whole Fruit 白汁雞皇飯 水果	Herb-crusted Eggplant, Garlic Mashed Potato Daily Soup 香草茄子伴蒜香薯蓉 是日餐湯
<b>Thursday</b> 星期四	Chicken Congee, Mini Veggie Glutinous Rice Sugar Cane Drink (Yeo's 250ml/packed) 雞肉粥、迷你素糯米雞 楊協成甘蔗水紙包裝250毫升	Chicken Farfalle, Creamy Tomato Sauce Whole Fruit 忌廉蕃茄雞肉燴蝴蝶粉 水果	Mexican Taco Rice Salad 墨西哥牛肉飯 沙律
<b>Friday</b> 星期五	Grilled Vegetable Sandwich, Boiled Eggs Soy Bean Milk (Yeo's 250ml/packed) 扒菜三文治、焗蛋 楊協成豆奶紙包裝250毫升	Japanese Beef Curry, Steamed Rice Whole Fruit 日式咖喱牛肉伴白飯 水果	Barbeque Chicken, Mashed Potato Daily Soup 燒烤雞扒伴蒜香薯蓉 是日餐湯
<b>Saturday</b> 星期六	Two Eggs Scrambled, Mini Pan-cake served with Syrup Sugar Cane Drink (Yeo's 250ml/packed) 炒蛋、迷你班戟伴糖漿 楊協成甘蔗水紙包裝250毫升	Spicy Tofu and Chicken, Steamed Rice Whole Fruit 麻婆豆腐雞粒飯 水果	Truffle and Mushroom Fusilli Salad 松露野菌燴螺絲粉 沙律
<b>Sunday</b> 星期日	Penne with Minced Beef and Corn in Tomato Soup, Mini Croissant Soy Bean Milk (Yeo's 250ml/packed) 碎牛腩米蕃茄湯長通粉、迷你牛角酥 楊協成豆奶紙包裝250毫升	Braised E-fu Noodles with Mushroom Whole Fruit 乾燒伊麵 水果	Nasi Lemak Daily Soup 炸雞伴椰漿飯 是日餐湯
<p align="center"><b>Meals delivery time will be subject to Hotel's arrangement. Menu items will be subject to change without prior notice.</b>                      餐膳派送時間視乎酒店安排。餐單如有調整或變更，恕不另行通知。</p>			

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<b>VEGGIE 素菜</b>	<b>Breakfast</b> main dish + packed / canned drinks 主菜 + 包裝 / 罐裝 飲品	<b>Lunch</b> main dish + whole fruit 主菜 + 水果	<b>Dinner</b> main dish + salad 主菜 + 沙律
<b>Monday</b> 星期一	Two Eggs Scrambled, English Muffin served with Jam Oolong Tea (VITA Dong Ding No Sugar 250ml/packed) 炒蛋、英式麵包伴果醬 維他冷泡無糖凍頂烏龍茶紙包裝250毫升	Sweet and Sour 'Mock Chicken', Steamed Rice Whole Fruit 咕嚕素雞飯 水果	Spaghetti Arrabiata with Vegetable Salad 意式香辣蕃茄燴意粉 沙律
<b>Tuesday</b> 星期二	Tomato and cucumber Sandwich, Boiled Eggs Lemon Tea (VITA 250ml/packed) 蕃茄青瓜三文治、焗蛋 維他檸檬茶紙包裝250毫升	Egg Fried Rice with Olive Pickled Vegetable Whole Fruit 襏菜素粒蛋炒飯 水果	Chickpea and Vegetable Masala, Steamed Rice Salad 印度鷹嘴豆素菜咖喱伴白飯 沙律
<b>Wednesday</b> 星期三	Vegetable Macaroni with Tomato Soup, Bread Roll Oolong Tea (VITA Dong Ding No Sugar 250ml/packed) 蕃茄素菜湯通粉、餐包 維他冷泡無糖凍頂烏龍茶紙包裝250毫升	Thai Red Curry, Vegetable, Steamed Rice Whole Fruit 泰式紅咖喱素菜伴白飯 水果	Herb-crusted Eggplant, Garlic Mashed Potato Salad 香草茄子伴蒜香薯蓉 沙律
<b>Thursday</b> 星期四	Corn Congee, Mini Veggie Glutinous Rice Lemon Tea (VITA 250ml/packed) 粟米粥、迷你素糯米雞 維他檸檬茶紙包裝250毫升	Vegetable Farfalle, Creamy Tomato Sauce Whole Fruit 忌廉蕃茄素菜燴蝴蝶粉 水果	Vegetarian Mexican Rice Salad 素食蕃茄墨西哥飯 沙律
<b>Friday</b> 星期五	Grilled Vegetable Sandwich, Boiled Eggs Oolong Tea (VITA Dong Ding No Sugar 250ml/packed) 扒菜三文治、焗蛋 維他冷泡無糖凍頂烏龍茶紙包裝250毫升	Vegetarian Japanese Curry, Steamed Rice Whole Fruit 日式素菜咖喱伴白飯 水果	Penne with Creamed Leek and Spinach Salad 忌廉大蒜菠菜長通粉 沙律
<b>Saturday</b> 星期六	Two Eggs Scrambled, Mini Pan-cake served with Syrup Lemon Tea (VITA 250ml/packed) 炒蛋、迷你班戟伴糖漿 維他檸檬茶紙包裝250毫升	Spicy Braised Tofu, Steamed Rice Whole Fruit 麻婆豆腐飯 水果	Truffle and Mushroom Fusilli Salad 松露野菌燴螺絲粉 沙律
<b>Sunday</b> 星期日	Penne with Corn in Tomato Soup, Mini Croissant Coca-Cola (330ml/canned) 粟米蕃茄湯長通粉、迷你牛角酥 可口可樂罐裝330毫升	Braised E-fu Noodles with Mushroom Whole Fruit 乾燒伊麵 水果	Laksa Vegetable, Steamed Rice Salad 喇沙素菜伴白飯 沙律

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因應第六輪指定檢疫酒店計劃將於12月1日開始，貝爾特標準隔離住宿套餐中的「食得均衡」餐單亦會於同日推出3.0版本，所有菜式均由酒店廚師團隊 #pentachefs 炮製，請享用！

# Pentahotel Hong Kong, Kowloon 香港九龍貝爾特酒店

## "Balanced Eats" Menu 3.0 (total 6 sets)

「食得均衡」餐單 3.0 (一共有6組餐單)

Menu effective from **1 December 2021** 餐單於 **12月1日** 生效

VEGAN 純素食	<b>Breakfast</b> main dish + packed / canned drinks 主菜 + 包裝 / 罐裝 飲品	<b>Lunch</b> main dish + whole fruit 主菜 + 水果	<b>Dinner</b> main dish + salad 主菜 + 沙律
<b>Monday</b> 星期一	English Muffin served with Jam, Roasted Cherry Tomato and Potato Oolong Tea (VITA Dong Ding No Sugar 250ml/packed) 英式麵包伴果醬、烤車厘茄及薯角 維他冷泡無糖凍頂烏龍茶紙包裝250毫升	Sweet and Sour 'Mock Chicken', Steamed Rice Whole Fruit 咕嚕素雞飯 水果	Vegan Spaghetti with Spinach and Mushroom Salad 菠菜野菌全麥意粉 沙律
<b>Tuesday</b> 星期二	Tomato and cucumber Sandwich, Baked Bean Lemon Tea (VITA 250ml/packed) 蕃茄青瓜三文治、焗豆 維他檸檬茶紙包裝250毫升	Fried Rice with Olive Pickled Vegetable Whole Fruit 檳菜素粒炒飯 水果	Chickpea and Vegetable Masala, Steamed Rice Salad 印度鷹嘴豆素菜咖喱伴白飯 沙律
<b>Wednesday</b> 星期三	Vegetable Vermicelli with Tomato Soup, Chinese Steamed Bun Oolong Tea (VITA Dong Ding No Sugar 250ml/packed) 蕃茄素菜湯米粉、饅頭 維他冷泡無糖凍頂烏龍茶紙包裝250毫升	Curry Fried Rice in Vegetarian Style Whole Fruit 素菜咖喱炒飯 水果	Herb-crusted Eggplant, Roasted Potato Salad 香草茄子伴烤薯角 沙律
<b>Thursday</b> 星期四	Corn Congee, Mini Veggie Glutinous Rice Lemon Tea (VITA 250ml/packed) 粟米粥、迷你素糯米雞 維他檸檬茶紙包裝250毫升	Vegan Potato Patties Burger Whole Fruit 純素薯餅漢堡 水果	Vegetarian Mexican Rice Salad 素食蕃茄墨西哥飯 沙律
<b>Friday</b> 星期五	Grilled Vegetable Sandwich, Baked Bean Oolong Tea (VITA Dong Ding No Sugar 250ml/packed) 扒菜三文治、焗豆 維他冷泡無糖凍頂烏龍茶紙包裝250毫升	Vegetarian Japanese Curry, Steamed Rice Whole Fruit 日式素菜咖喱伴白飯 水果	Vegan Shepherds Pie with Chickpea Salad 純素鷹嘴豆牧羊人批 沙律
<b>Saturday</b> 星期六	Muesli with Fresh Fruit and Soy Milk Lemon Tea (VITA 250ml/packed) 鮮果豆漿燕麥片 維他檸檬茶紙包裝250毫升	Spicy Braised Tofu, Steamed Rice Whole Fruit 麻辣豆腐飯 水果	Mushroom with Creamy Coconut Vegan Spaghetti Whole Fruit 椰香野菌全麥意粉 沙律
<b>Sunday</b> 星期日	Vermicelli with Corn in Tomato Soup, Chinese Steamed Bun Coca-Cola (330ml/canned) 粟米蕃茄湯米粉、饅頭 可口可樂罐裝330毫升	Braised Vermicelli with Preserved Vegetables Whole Fruit 雪菜炆米粉 水果	Tomato and Roasted Mediterranean Vegetable Risotto Salad 地中海素菜蕃茄意大利飯 沙律
<p align="center"><b>Meals delivery time will be subject to Hotel's arrangement. Menu items will be subject to change without prior notice.</b>                      餐膳派送時間視乎酒店安排。餐單如有調整或變更，恕不另行通知。</p>			

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