

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

"Balanced Eats" Menu 3.2 (total 7 sets)

「食得均衡」餐單 3.2 (一共有7組餐單)

Menu effective from **7 May 2022** 餐單於 **5月7日** 生效

REGULAR 標準	Breakfast main dish + packed / canned drinks 主菜 + 包裝 / 罐裝 飲品	Lunch main dish + whole fruit 主菜 + 水果	Dinner main dish + daily soup or salad 主菜 + 是日餐湯或沙律
Monday 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
Tuesday 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 洋蔥豬扒伴烤薯角 沙律
Wednesday 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
Thursday 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	Korean Beef Stew, Steamed Rice Salad 韓式燴牛肉伴白飯 沙律
Friday 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
Saturday 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	Braised Chicken in Portuguese Sauce, Steamed Rice Whole Fruit 椰香葡汁雞肉飯 水果	Truffle Fusilli with Salmon and Mushroom Salad 三文魚松露野菌燴螺絲粉 沙律
Sunday 星期日	Penne with Minced Beef and Corn in Tomato Soup, Mini Croissant Coca-Cola (330ml/canned) 碎牛粟米蕃茄湯長通粉、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	Pork chop Sartane (with Fried Egg and Ham), Steamed Rice Daily Soup 沙丹豬扒(伴煎蛋及火腿)配白飯 是日餐湯

Meals delivery time will be subject to Hotel's arrangement. Menu items will be subject to change without prior notice.

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

"Balanced Eats" Menu 3.2 (total 7 sets)

「食得均衡」餐單 3.2 (一共有7組餐單)

Menu effective from **7 May 2022** 餐單於 **5月7日** 生效

REGULAR 標準 - beef free 無牛肉類	Breakfast main dish + packed / canned drinks 主菜 + 包裝 / 罐裝 飲品	Lunch main dish + whole fruit 主菜 + 水果	Dinner main dish + daily soup or salad 主菜 + 是日餐湯或沙律
Monday 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 Arrabiata with Vegetable Salad 意式香辣蕃茄燴意粉 沙律
Tuesday 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	Egg Fried Rice with Olive Pickled Vegetable Whole Fruit 攪菜素粒蛋炒飯 水果	Fried Pork Chops with Onion Sauce, Roasted Potato Salad 洋蔥豬扒伴烤薯角 沙律
Wednesday 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
Thursday 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	Korean Potato and Vegetable Stew, Steamed Rice Salad 韓式燴素菜伴白飯 沙律
Friday 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	Vegetarian Japanese Curry, Steamed Rice Whole Fruit 日式素菜咖喱伴白飯 水果	Barbeque Chicken, Mashed Potato Daily Soup 燒烤雞扒伴蒜香薯蓉 是日餐湯
Saturday 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	Braised Chicken in Portuguese Sauce, Steamed Rice Whole Fruit 椰香葡汁雞肉飯 水果	Truffle Fusilli with Salmon and Mushroom Salad 三文魚松露野菌燴螺絲粉 沙律
Sunday 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	Pork chop Sartane (with Fried Egg and Ham), Steamed Rice Daily Soup 沙丹豬扒(伴煎蛋及火腿)配白飯 是日餐湯

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"Balanced Eats" Menu 3.2 (total 7 sets)

「食得均衡」餐單 3.2 (一共有7組餐單)

Menu effective from **7 May 2022** 餐單於 **5月7日** 生效

REGULAR 標準 - seafood free 無海鮮類	Breakfast main dish + packed / canned drinks 主菜 + 包裝 / 罐裝 飲品	Lunch main dish + whole fruit 主菜 + 水果	Dinner main dish + daily soup or salad 主菜 + 是日餐湯或沙律
Monday 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
Tuesday 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 洋蔥豬扒伴烤薯角 沙律
Wednesday 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
Thursday 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	Korean Beef Stew, Steamed Rice Salad 韓式燴牛肉伴白飯 沙律
Friday 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
Saturday 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	Braised Chicken in Portuguese Sauce, Steamed Rice Whole Fruit 椰香葡汁雞肉飯 水果	Truffle and Mushroom Fusilli Salad 松露野菌燴螺絲粉 沙律
Sunday 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 chop Sartane (with Fried Egg and Ham), Steamed Rice Daily Soup 沙丹豬扒(伴煎蛋及火腿)配白飯 是日餐湯

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Menu effective from **7 May 2022** 餐單於 **5月7日** 生效

HALAL 清真	Breakfast main dish + packed drinks 主菜 + 包裝飲品	Lunch main dish + whole fruit 主菜 + 水果	Dinner main dish + daily soup or salad 主菜 + 是日餐湯或沙律
Monday 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
Tuesday 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
Wednesday 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
Thursday 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	Korean Beef Stew, Steamed Rice Salad 韓式燴牛肉伴白飯 沙律
Friday 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
Saturday 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	Braised Chicken in Portuguese Sauce, Steamed Rice Whole Fruit 椰香葡汁雞肉飯 水果	Truffle Fusilli with Salmon and Mushroom Salad 三文魚松露野菌燴螺絲粉 沙律
Sunday 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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Menu effective from **7 May 2022** 餐單於 **5月7日** 生效

HALAL 清真 - seafood free 無海鮮類	Breakfast main dish + packed drinks 主菜 + 包裝飲品	Lunch main dish + whole fruit 主菜 + 水果	Dinner main dish + daily soup or salad 主菜 + 是日餐湯或沙律
Monday 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
Tuesday 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
Wednesday 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
Thursday 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	Korean Beef Stew, Steamed Rice Salad 韓式燴牛肉伴白飯 沙律
Friday 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
Saturday 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	Braised Chicken in Portuguese Sauce, Steamed Rice Whole Fruit 椰香葡汁雞肉飯 水果	Truffle and Mushroom Fusilli Salad 松露野菌燴螺絲粉 沙律
Sunday 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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VEGGIE 素菜	Breakfast main dish + packed / canned drinks 主菜 + 包裝 / 罐裝 飲品	Lunch main dish + whole fruit 主菜 + 水果	Dinner main dish + salad 主菜 + 沙律
Monday 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	Veggie Teriyaki with Tofu, Steamed Rice Whole Fruit 日式煎燒素菜豆腐飯 水果	Spaghetti Arrabiata with Vegetable Salad 意式香辣蕃茄燴意粉 沙律
Tuesday 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 攪菜素粒蛋炒飯 水果	Chickpea and Vegetable Masala, Steamed Rice Salad 印度鷹嘴豆素菜咖喱伴白飯 沙律
Wednesday 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
Thursday 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	Korean Potato and Vegetable Stew, Steamed Rice Salad 韓式燴素菜伴白飯 沙律
Friday 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
Saturday 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	Mock Chicken in Portuguese Sauce, Steamed Rice Whole Fruit 椰香素雞飯 水果	Truffle and Mushroom Fusilli Salad 松露野菌燴螺絲粉 沙律
Sunday 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

Meals delivery time will be subject to Hotel's arrangement. Menu items will be subject to change without prior notice.

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。

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

"Balanced Eats" Menu 3.2 (total 7 sets)

「食得均衡」餐單 3.2 (一共有7組餐單)

Menu effective from **7 May 2022** 餐單於 **5月7日** 生效

VEGAN 純素食	Breakfast main dish + packed / canned drinks 主菜 + 包裝 / 罐裝 飲品	Lunch main dish + whole fruit 主菜 + 水果	Dinner main dish + salad 主菜 + 沙律
Monday 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	Veggie Teriyaki with Tofu, Steamed Rice Whole Fruit 日式照燒素菜豆腐飯 水果	Vegan Spaghetti with Spinach and Mushroom Salad 菠菜野菌全麥意粉 沙律
Tuesday 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 攪菜素粒炒飯 水果	Chickpea and Vegetable Masala, Steamed Rice Salad 印度鷹嘴豆素菜咖喱伴白飯 沙律
Wednesday 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
Thursday 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	Korean Potato and Vegetable Stew, Steamed Rice Salad 韓式燴素菜伴白飯 沙律
Friday 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
Saturday 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	Chickpea Rice with Grilled Vegetable Whole Fruit 鷹嘴豆飯伴烤素菜 水果	Mushroom with Creamy Coconut Vegan Spaghetti Whole Fruit 椰香野菌全麥意粉 沙律
Sunday 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
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