

# Breakfast Menu

TEENCAN

## 早餐餐單



### 西式早餐 Western Breakfast

逢星期一、三、五、日供應 Every Monday, Wednesday, Friday and Sunday

- ◀ 自家製香草麵包  
Homemade Bread
- ◀ 牛油粟米  
Buttered Corn
- ◀ 香腸及焗蛋  
Sausage and Boiled Egg
- ◀ 火腿通粉  
Macaroni Soup with Ham

### 中式早餐 Chinese Breakfast

逢星期二、四、六供應 Every Tuesday, Thursday and Saturday

- ◀ 魚蛋  
Fish Ball
- ◀ 燒賣  
Shumai
- ◀ 腸粉  
Rice Noodle Roll
- ◀ 粟米肉碎粥  
Congee with Corn and Minced Pork

每位 Per Person

# HK\$30

8人起 Minimum 8 Servings



# Lunch Menu

## 午餐餐單

TEENCAN



星期一

Monday

蕃茄牛肉片

Tomato Beef Fillet

豉汁蒸豬肉

Steamed Pork in Soy Sauce

雜菇蠔皇豆腐

Tofu with Mushrooms in Oyster Sauce

四季時蔬

Seasonal Vegetables

星期二

Tuesday

黑椒薯仔豬肉粒

Black Pepper Pork Cubes with Potato

粟米忌廉魚柳

Fish Fillet in Creamy Corn Sauce

蕃茄炒蛋

Tomato Scrambled Eggs

四季時蔬

Seasonal Vegetables

星期三

Wednesday

咕嚕肉

Sweet and Sour Pork

雲耳蒸雞

Steamed Chickens with Black Fungus

蒜香茄子

Garlic Eggplant

四季時蔬

Seasonal Vegetables

星期四

Thursday

香烤雞翼

BBQ Chicken Wings

蕃茄豬肉粒

Tomato Pork Cubes

蒜蓉豆豉蒸蝦肉豆腐

Steamed Shrimp and Tofu in Garlic and Soy Sauce

四季時蔬

Seasonal Vegetables

星期五

Friday

咖喱牛腩

Curry Beef Flank

蕃茄雞球

Tomato Chicken Cubes

蒸水蛋

Chinese Steamed Eggs

四季時蔬

Seasonal Vegetables

星期六

Saturday

粟米雞球

Chicken Cubes in Corn Sauce

咸蛋蒸肉餅

Steamed Pork Patty with Salted Egg

雜菇蠔皇扣冬瓜

Mushrooms with Wax Gourd in Oyster Sauce

四季時蔬

Seasonal Vegetables

星期日

Sunday

咖喱雞球

Curry Chicken Cubes

滑蛋粟米牛肉片

Beef fillet with Egg in Corn Sauce

奶油津白

Chinese Creamed Cabbage

四季時蔬

Seasonal Vegetables

每位 Per Person

# HK\$50

8人起 Minimum 8 Servings

每餐包 例湯及白飯  
Each Meal Includes Soup and Rice

圖片只供參考，菜式或因供應而有更改 The illustration is for reference only, dishes are subject to change



香港青年獎勵計劃

THE HONG KONG AWARD FOR YOUNG PEOPLE

# Dinner Menu

TEENCAN



## 晚餐餐單

星期一

Monday

咖喱牛腩  
Curry Beef Flank  
蕃茄雞球  
Tomato Chicken Cubes  
蒸水蛋  
Chinese Steamed Eggs  
四季時蔬  
Seasonal Vegetables

星期二

Tuesday

粟米雞球  
Chicken Cubes in Corn Sauce  
咸蛋蒸肉餅  
Steamed Pork Patty with Salted Egg  
雜菇蠔皇扣冬瓜  
Mushrooms with Wax Gourd in Oyster Sauce  
四季時蔬  
Seasonal Vegetables

星期三

Wednesday

咖喱雞球  
Curry Chicken Cubes  
滑蛋粟米牛肉片  
Beef fillet with Egg in Corn Sauce  
奶油津白  
Chinese Creamed Cabbage  
四季時蔬  
Seasonal Vegetables

星期四

Thursday

蕃茄牛肉片  
Tomato Beef Fillet  
豉汁蒸豬肉  
Steamed Pork in Soy Sauce  
雜菇蠔皇豆腐  
Tofu with Mushrooms in Oyster Sauce  
四季時蔬  
Seasonal Vegetables

星期五

Friday

黑椒薯仔豬肉粒  
Black Pepper Pork Cubes with Potato  
粟米忌廉魚柳  
Fish Fillet in Creamy Corn Sauce  
蕃茄炒蛋  
Tomato Scrambled Eggs  
四季時蔬  
Seasonal Vegetables

星期六

Saturday

咕嚕肉  
Sweet and Sour Pork  
雲耳蒸雞  
Steamed Chickens with Black Fungus  
蒜香茄子  
Garlic Eggplant  
四季時蔬  
Seasonal Vegetables

星期日

Sunday

香烤雞翼  
BBQ Chicken Wings  
蕃茄豬肉粒  
Tomato Pork Cubes  
蒜蓉豆豉蒸蝦肉豆腐  
Steamed Shrimp and Tofu in Garlic and Soy Sauce  
四季時蔬  
Seasonal Vegetables

每位 Per Person

# HK\$50

8人起 Minimum 8 Servings

每餐包 例湯及白飯  
Each Meal Includes Soup and Rice

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# SPECIAL MENU 特別套餐

南瓜忌廉湯  
PUMPKIN SOUP

蕃茄牛腩肉醬長通粉  
BEEF CHEEK RAGU WITH PENNE

或 OR

香煎豬柳配蘑菇汁伴薯角  
PAN-FRIED PORK FILLET IN MUSHROOM SAUCE WITH POTATO WEDGES

或 OR

香烤魚柳伴忌廉蔬菜螺絲粉  
GRILLED FISH FILLET WITH FUSILLI IN CREAMY VEGETABLE SAUCE

或 OR

青醬蘑菇長通粉  
PESTO PASTA WITH MUSHROOM

HK\$80@

(8人起 Minimum 8 orders)