

Lunch Menu

午餐餐單

TEENCAN



星期一

Monday

- 咖喱牛腩片
Beef Brisket with Curry
- 杞子蟲草花蒸雞
Steamed Chicken with Goji Berries and Cordyceps Flowers
- 素怡香茄子
Vegetarian Eggplant
- 四季時蔬
Seasonal Vegetable

星期五

Friday

- 西檸雞
Deep fried chicken with lemon sauce
- 黑椒薯仔豬肉片
Black Pepper Pork with Potatoes
- 蒸水蛋
Steamed Water Egg
- 四季時蔬
Seasonal Vegetable

星期二

Tuesday

- 炸菜蒸肉片
Steamed Sliced Pork with Preserved Vegetables
- 日式燒汁烤雞腿
Grilled Chicken Drumstick with Teriyaki Sauce
- 蕃茄炒蛋
Tomato Egg Stir-fry
- 四季時蔬
Seasonal Vegetable

星期六

Saturday

- 粟米雞球
Sweet Corn Chicken Balls
- 蘑菇蒸牛肉片
Steamed Sliced Beef with Mushrooms
- 洋蔥蘑菇炒蛋
Scrambled Egg with Mushrooms and Onions
- 四季時蔬
Seasonal Vegetable

星期三

Wednesday

- 咕嚕雞球
Sweet and Sour Chicken Balls
- 榨菜蒸牛肉片
Steamed Sliced Beef with Preserved Vegetables
- 素麻婆豆腐
Vegetarian Mapo Tofu
- 四季時蔬
Seasonal Vegetable

星期日

Sunday

- 日式薑燒豬肉片
Ginger Pork in Japanese style
- 冬菜蒜蓉粉絲蒸魚塊
Steamed Fish Fillets with Preserved Vegetables
- 粟米燴豆腐
Braised Tofu with Sweet Corn
- 四季時蔬
Seasonal Vegetable

星期四

Thursday

- 葡國雞
Macanese Portuguese Chicken
- 椒鹽豬扒
Salt and Pepper Pork Chops
- 冬菜粉絲浸娃娃菜
Braised Baby Cabbage with Vermicelli and Preserved Vegetables
- 四季時蔬
Seasonal Vegetable

每位 Per Person

HK \$50 HK \$60

普通份量
Normal Portion

加大份量
Large Portion

每餐包是日中湯及白飯

Each Meal Includes Daily Soup and Rice

加配時令糖水

Extra sweet soup

\$10 每位
Each

8人起 Minimum 8 Servings

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

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香港青年獎勵計劃

THE HONG KONG AWARD FOR YOUNG PEOPLE