

Chinese Meals on Wheels Menu

	Monday	Wednesday	Friday
Week 1	<ul style="list-style-type: none"> • Chicken Feet, Peanut and Mei Dou Soup • Steamed Fish with Preserved Vegetables 	<ul style="list-style-type: none"> • Dried Bak Choy Soup • Braised Diced Fish with Sweet Corn Sauce • Mixed Vegetables 	<ul style="list-style-type: none"> • Dried Octopus and Fuzzy Melon Soup • Braised Chicken and Potato with Portuguese Sauce • Mixed Vegetables
Week 2	<ul style="list-style-type: none"> • Black Bean and Chicken Soup • Baked Chicken Drumsticks with Five Spice Powder • Seasonal Vegetables 	<ul style="list-style-type: none"> • Watercress Soup • Grilled Chicken in Korean Style • Seasonal vegetables 	<ul style="list-style-type: none"> • Sweet Corn, Carrot and Pork Shank Soup • Steamed Egg with Seafood • Seasonal vegetables
Week 3	<ul style="list-style-type: none"> • Chinese Herbal and Chicken Soup • Steamed Fish and Tofu with Ginger and Green Onion • Seasonal Vegetables 	<ul style="list-style-type: none"> • Pumpkin and Pork Rib Soup • Steamed Three Colored Egg with Minced Pork and Tofu • Seasonal Vegetables 	<ul style="list-style-type: none"> • Coconut and Chicken Soup • Braised Seafood and Tofu with Satay Sauce • Seasonal Vegetables
Week 4	<ul style="list-style-type: none"> • Red Kidney and Pork Shank Soup • Braised Chicken Drumettes with Onion • Seasonal Vegetables 	<ul style="list-style-type: none"> • Carrot, Green Turnip and Pork Shank Soup • Braised Seafood and Vermicelli with Satay Sauce • Seasonal Vegetables 	<ul style="list-style-type: none"> • Chinese Herbal and Pork Shank Soup • Braised Minced Pork & Tofu with Salted Fish • Seasonal Vegetables