





	Monday (3 Aug 2020)	Tuesday (4 Aug 2020)	Wednesday (5 Aug 2020)	Thursday (6 Aug 2020)	Friday (7 Aug 2020)
MEAT 	泰式鸡 Thai Style Chicken	卤三成肉 Braised Pork Belly	蘑菇鸡丁 Braised Chicken W Mushrooms	白萝卜排骨 Pork Ribs Stew W Radish	金瓜蒸鸡肉 Steamed Chicken With Pumpkin
MEAT/VEG 	蒸姜丝鱼 Steamed Ginger Fish	马铃薯 Potato Stew	肉脆蒸蛋 Steamed Minced Pork	豆酱鸡翅 Soy Sauce Chicken Wing	红烧豆腐 Braised Tofu With Mushrooms
SOUP 	苦瓜肉片汤 Bitter Gourd Slice Pork Soup	冬瓜鸡肉汤 Winter Melon Soup	鱼圆汤 Fish Ball Soup	莲藕鸡肉汤 Lotus Soup	肉骨茶汤 Bak Kut Teh Soup
VEG 	小白菜 Xiao Bai Cai	大白菜 Cabbage	炒长豆 Long Bean	大白菜 Cabbage	炒青菜 Spinach

**\*The Menu above is for 3 dishes 1 soup from 3 Aug 2020 to 7 Aug 2020. As Hong Choo Plan on a daily basis, this is an example of our dinner served that week. (Dinner)**