

Monthly Menu - October 2025



Trigo d'Ouro
Bread of Portugal
黃金小麥 - 葡式麵包

GENERATIONS
GENACONS - 代辦
Part of MARS GROUP



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				01/10/25	02/10/25	03/10/25	04/10/25	05/10/25
Week 1	Soup			Holiday	Chinese Broth	Chinese Broth		
	Main Dish				Chickpea Soup	Vegetable Soup		
	Vegetarian Dish				Chicken w/ Soya Sauce	Meatballs w/ Tomato Sauce		
	Side Dish				Vegetable Quiche	Vegetable Curry		
	Fruit				Plain Rice	Plain Rice		
					-	Spaghetti		
					Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables		
					Seasonal Fruit	Seasonal Fruit		
		06/10/25	07/10/25	08/10/25	09/10/25	10/10/25	11/10/25	12/10/25
Week 2	Soup	Chinese Broth	Holiday	Chinese Broth	Chinese Broth	Chinese Broth		
		Leek Soup		Pumpkin Soup	Broccoli Soup	Vegetable Soup		
	Main Dish	Shepherd's Meat Pie		Pork Stew	Chicken w/ Mushroom and Soya Sauce	Hamburger (on the plate)		
	Vegetarian Dish	Vegetable Skewer		Mushroom Stroganoff	Cauliflower and Chickpea Curry	Vegetable 'à Brás'		
	Side Dish	Plain Rice		Plain Rice	Plain Rice	Plain Rice		
		Fusilli		Spaghetti w/ Tomato Sauce	-	-		
		Boiled/ Sautéed Vegetables		Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables		
	Fruit	Seasonal Fruit		Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		
		13/10/25	14/10/25	15/10/25	16/10/25	17/10/25	18/10/25	19/10/25
Week 3	Soup	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth		
		Red Bean Soup	Chickpea Soup	Coriander Soup	Carrot Soup	Vegetable Soup		
	Main Dish	Chicken Stroganoff	Noodles w/ Beef and Veggies	Pork Loin	Minchi	Meat Bolognese		
	Vegetarian Dish	Pasta with Vegetables	Vegetable Bolognese	Couscous w/ Chickpeas and Spinach	Vegetable Lasagna	Vegetable Pancake		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		Penne	-	Fusilli w/ Tomato Sauce	-	Spaghetti		
		Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables		
	Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		
		20/10/25	21/10/25	22/10/25	23/10/25	24/10/25	25/10/25	26/10/25
Week 4	Soup	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth		
		Green Pea Soup	Leek Soup	Pumpkin Soup	Broccoli Soup	Vegetable Soup		
	Main Dish	Chicken Curry	Chicken Wings w/ Sauce	Pork Stroganoff	Noodles w/ Chicken and Veggies	Lasagna		
	Vegetarian Dish	Mushroom Stroganoff	Green Peas Stew w/ Poached Egg	Vegetable Bolognese	Pasta w/ Vegetables	Cauliflower and Chickpea Curry		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		-	-	Spaghetti	-	-		
		Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables		
	Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		
		27/10/25	28/10/25	29/10/25	30/10/25	31/10/25		
Week 5	Soup	Chinese Broth	Chinese Broth	Holiday	Chinese Broth	Chinese Broth		
		Chickpea Soup	Carrot Soup		Coriander Soup	Vegetable Soup		
	Main Dish	Pork Stew	Chicken w/ Onion and Soya Sauce		Pork w/ Mushroom w/ Soya Sauce	Chicken Wrap		
	Vegetarian Dish	Vegetables w/ Curry	Vegetable 'à Brás'		Vegetable Skewer	Vegetable Quiche		
	Side Dish	Plain Rice	Plain Rice		Plain Rice	Plain Rice		
		-	-		-	-		
		Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables		Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables		
	Fruit	Seasonal Fruit	Seasonal Fruit		Seasonal Fruit	Seasonal Fruit		