

IN ROOM DINING
MENU

BREAKFAST

早餐

8:00 A.M. - 11:00 A.M.

上午八時至上午十一時

Western Breakfast

西式早餐

| CODE | | PRICE |
|------|--|-------|
| | <u>Continental Breakfast 歐陸式早餐</u> | |
| | Juice 果汁: Orange 橙汁, Apple 蘋果汁, Peach 桃汁, Mango 芒果汁, Pineapple 菠蘿汁 | |
| B01 | Cereal 麥片: Corn Flakes 粟米片, Oatmeal Square 燕方麥, Alpen 燕麥片, High Fibre 高纖麥片, All Bran 全穀麥片 with Skimmed Milk 配脫脂奶 Muffin & Sliced Farmer Bread 鬆餅及農夫包 Seasonal Whole Fruit 生果 | \$68 |
| B03 | Egg Omelette with Toast – Choose from Bacon, Cheese, Ham, Mushroom, Sausage or Tomato 自選奄列 配多士—可選擇：煙肉、芝士、火腿、蘑菇、腸仔或蕃茄 | \$70 |
| B04 | Two Eggs with Toast 煎雙蛋配多士 | \$45 |
| B05 | Scrambled Eggs with Ham and Toast  炒蛋,火腿及多士 | \$55 |
| B06 | Scrambled Eggs with Sliced Farmer Bread 炒蛋白配農夫包 | \$59 |
| B07 | Boiled Egg with Toast 焗蛋配多士 | \$45 |
| B08 | Pancake with Honey 班戟配蜜糖楓樹糖漿 | \$55 |
| B09 | Oatmeal with Skim Milk  脫脂奶麥皮 | \$55 |
| S18 | Wholemeal or White Toast with Butter and Jam 麥包或白包多士配牛油及果醬 | \$26 |
| S16 | Fruit Yogurt   生果乳酪 | \$22 |

Coffee/ Chinese Tea/ English Tea/ Herbal Tea

咖啡/ 中國茶/ 西式紅茶/草茶



: Gluten free 無麩質食品



: Soft Diet 軟餐

Chinese Breakfast

中式早餐

CODE : B02 (Price \$70)

Monday (星期一)

Mushroom and Shredded Chicken Congee

北菇雞粥

Steamed Rice-roll with Barbecued Pork

叉燒腸粉

418 kcal/ 卡路里, 12g protein/ 克蛋白質, 63g carbohydrate/ 克醣質,
13g fat/ 克脂肪, 4g fiber/ 克纖維素

Tuesday (星期二)

Sweet Corn Congee

粟米粥

Steamed Pork and Vegetables Bun

菜肉包

365 kcal/ 卡路里, 12g protein/ 克蛋白質, 68g carbohydrate/ 克醣質,
6g fat/ 克脂肪, 5g fiber/ 克纖維素

Wednesday (星期三)

Sliced Fish Congee

魚片粥

Steamed Oatmeal Vega Char Siu Bun

燕麥素叉燒包

570 kcal/ 卡路里, 25g protein/ 克蛋白質, 51g carbohydrate/ 克醣質,
12g fat/ 克脂肪, 6g fiber/ 克纖維素

Thursday (星期四)

Minced Pork Congee

免治豬肉粥

Mini Glutinous Rice Dumpling

珍珠雞

496 kcal/ 卡路里, 19g protein/ 克蛋白質, 35g carbohydrate/ 克醣質,
336g fat/ 克脂肪, 1g fiber/ 克纖維素

Friday (星期五)

Vega Abalone Congee

素鮑魚粥

Steamed Barbecued Pork Bun

叉燒包

434 kcal/ 卡路里, 11g protein/ 克蛋白質, 81g carbohydrate/ 克醣質,
8g fat/ 克脂肪, 8g fiber/ 克纖維素

Saturday (星期六)

Minced Beef Congee

免治牛肉粥

Steamed Vega Bun

素菜包

607 kcal/ 卡路里, 22g protein/ 克蛋白質, 86g carbohydrate/ 克醣質,
19g fat/ 克脂肪, 10g fiber/ 克纖維素

Sunday (星期日)

Preserved Egg and Pork Congee 皮蛋瘦肉粥

Steamed Rice-roll with Shrimps 鮮蝦腸粉

467 kcal/ 卡路里, 12g protein/ 克蛋白質, 66g carbohydrate/ 克醣質, 18g fat/ 克脂肪, 6g fiber/ 克纖維素

All sets are served with 以上均配

Seasonal Whole Fruit & Coffee/ Chinese Tea/ English Tea/ Herbal Tea

合時鮮果 + 咖啡/ 中國茶/ 西式紅茶/ 香草茶

Catering and Dietary Service

Thank you for choosing Matilda International Hospital. We hope you enjoy the meals served during your stay here. Some choices are highlighted in the menu particularly for vegetarians, heart conscious clients and nursing mothers. Nutrition values are provided to the majority of food items for your reference. Please let us know should you have any specific dietary needs. **The following special diets (but not limited to) are available upon request tailored to your current health condition:**

- ☞ Modified Texture Meals (liquid, pureed, soft diets)
- ☞ Gastrointestinal Meals (low residue, high fiber, lactose free diets)
- ☞ Energy-controlled Meals (low calorie, high energy diets)
- ☞ Protein-controlled Meals (protein restricted, high protein diets)
- ☞ Healthy heart Meals (Fat-reduced, low cholesterol, low sodium diet)
- ☞ Allergy Meals (egg, gluten, nut, soy, seafood, milk free diets, etc.)

Special Meal

If you have special dietary requests which require external catering services (only limited to Kosher and Halal meal), please order and pay directly to the external party. Under this circumstance, the hospital will deduct the standard meal charges from your package upon discharge. Any food ordered from our kitchen will then be charged to your bill. Should you have any queries, please contact us.


膳食及營養服務

多謝選擇明德國際醫院，希望您滿意我們為您提供的膳食。此餐單包括適合素食、關注心臟健康人士或餵飼母乳女士的食物；大部份食物都列出主要營養成份，希望能助您作出合意之選。如果您對我們提供的膳食有特別的需求，請通知我們，我們能根據您的飲食或營養需求作出特別安排：

- ☞ 食物質地調節餐 (流質、糊餐、軟餐)
- ☞ 腸胃適應餐 (低渣、高纖維、低乳糖)
- ☞ 能量控制餐 (低卡路里、高能量)
- ☞ 蛋白質控制餐 (低蛋白質、高蛋白質)
- ☞ 護心餐 (低脂、低膽固醇、低鈉質餐)
- ☞ 食物敏感餐 (蛋、麩質、果仁、黃豆、海鮮、奶)

特別膳食

若閣下需要安排特別膳食(只限於猶太教規食物及伊斯蘭教律法食物), 歡迎閣下自行在外訂購及自行付款。本院會將住院套式計劃內的膳食費用於賬單上扣除。而閣下於本院餐廳所享用之食物，將會逐一收費。如有任何查詢，請聯絡本院職員。

 : Good for heart protection.
護心之選。



: May improve the supply and quality of breast milk for nursing mothers.
可助增加母乳質量。



: Suitable for vegetarian, may contain egg & dairy products.
素食食物可能含有雞蛋或奶製品。



: Gluten free.
無麩質食品。

All dishes are prepared with olive oil or canola oil. 所有熱葷均用橄欖油或芥花籽油烹調。

The nutrition information is for reference only and does not represent the dietary treatment. The nutrient contents may be slightly varied by the choice of seasonal fruits and vegetables. 營養資料僅供參考，並不代表營養治療。所列出之營養資料會因時令蔬菜及水果之配搭而略有不同。