

**GLUTEN FRIENDLY MENU**  
**28 Nov 2021 – 28 Feb 2022**

Sun	Mon	Tue	Wed	Thur	Fri	Sat
<b>Breakfast 早餐</b>						
Omelette, Boiled Potato, Mixed Mushroom & Vegetables 奄列、水煮薯仔、雜菇及菜	Scrambled Egg, Baked Bean, Boiled Potato Wedge, Mixed Mushroom and Vegetables 炒蛋、焗豆、焗薯角、雜菇及菜	Omelette, Roasted Chicken, Roasted Potato, Roasted Red and Yellow Pepper 奄列、燒雞肉、烤薯仔及紅黃燈籠椒	Steamed Egg White with Spinach, Chicken Sausage, Roasted Potato Wedge and Mixed Vegetables 蒸菠菜蛋白、雞肉腸、烤薯角及雜菜	Scrambled Egg, Roasted Chicken, Roasted Potato Wedge and Mixed Vegetables 炒蛋、燒雞肉、烤薯角及雜菜	Poached Salmon, Poached Egg, Roasted Potato Wedge and Tomato Cherry 水煮三文魚、水波蛋、烤薯角及車厘茄	Scrambled Egg, Chicken Sausage, Potato Cube and Mixed Vegetables 炒蛋、雞肉腸、薯粒及雜菜
<b>Lunch 午餐</b>						
Roasted Chicken with Tomato Sauce, Potato Wedge, Carrot and Capsicum 燒雞肉配蕃茄汁、薯角、甘筍及燈籠椒	Pan-fried Pork Chop, Sautéed Onion Julienne, Millet, Pumpkin, Zucchini and Capsicum 煎豬扒、炒洋葱絲、小米、南瓜、意瓜及紅椒	Roasted Fish, Mashed Potato with Green Pea, Carrot and Green Bean 焗魚、青豆薯蓉、甘筍及青豆角	Roasted Chicken with Tomato Sauce, Potato Wedge, Carrot and Capsicum 燒雞肉配蕃茄汁、薯角、甘筍及燈籠椒	Roasted Beef with Tomato Sauce, Quinoa, Potato Wedge, Pumpkin and Broccoli 炒牛肉配蕃茄汁、藜麥、薯角、南瓜及西蘭花	Pan-fried Pork Chop with Tomato Sauce, Brown Rice, Pumpkin, Zucchini and Cauliflower 煎豬扒配蕃茄汁、糙米、南瓜、意瓜及椰菜花	Roasted Fish, Brown Rice, Carrot and Green Pea 焗魚、糙米、甘筍及青豆
<b>Dinner 晚餐</b>						
Roasted Chicken with Creamy Mushroom Sauce, Potato & Pumpkin 燒雞肉配忌廉磨菇汁、薯仔及南瓜	Roasted Chicken with Red Salsa, Potato Wedge, Pumpkin and Broccoli 焗雞配紅莎莎醬、薯角、南瓜及西蘭花	Roasted Beef with Tomato Sauce, Quinoa, Potato Wedge, Pumpkin and Broccoli 燒牛肉配蕃茄汁、藜麥、薯角、南瓜及西蘭花	Pan-fried Pork Chop with Mushroom Sauce, Boiled Potato Rissolle, Mixed Vegetables 煎豬扒配磨菇汁、焗無皮薯粒及雜菜	Roasted Fish with Green Zucchini Sauce, Red Rice, Zucchini and Cauliflower 焗魚配青意瓜汁、紅米、意瓜及椰菜花	Roasted Chicken with Pumpkin Sauce, Potato, Carrot and Green Bean 燒雞肉配南瓜汁、薯粒、甘筍及青豆角	Roasted Fish with Tomato Sauce, Potato with Green Peas, Carrot and Green Bean 焗魚配蕃茄汁、青豆薯碎、甘筍及青豆角

Remarks 備註:

- The menu items do not contain ingredients with gluten. However, the food factory and raw material's factory might handle gluten in other production areas.  
此菜單上的食品並不含有麩質成分。可是，生產食品的廠房和原料處理場可能會在其他生產區域處理麩質。
- Order must be placed at least 72 hours in advance 必須於最少72小時前預訂。
- Please email your request to [lphksales.coordinator@lansonplace.com](mailto:lphksales.coordinator@lansonplace.com) 如需預訂，請電郵至 [lphksales.coordinator@lansonplace.com](mailto:lphksales.coordinator@lansonplace.com).