

公告欄



永不消逝的情懷——茶餐廳

冰室的誕生標誌著香港西式飲食文化的一次革命。早期在香港，享用西餐是一種奢侈的消費，因為只能在大酒店裡才能找到。

20 至 30 年代，冰室開始出現，最初只供應奶茶、咖啡、簡單的西點和刨冰等輕食，如三文治、紅豆冰、菠蘿冰、蓮子冰等。

到了 40 年代，茶餐廳開始在香港興起，逐漸成為香港人生活的一部分，也成為香港文化的象徵。50 至 60 年代，經濟困難，茶餐廳專注提供價格實惠且營養豐富的食物，如牛奶麥皮、滾水蛋等。到了 70 年代，香港經濟起飛，受西方文化影響，外國食材融入當地烹飪，形成了獨特的本地風味。

茶餐廳的食物種類繁多，不知院友們是否還記得我們在下午茶時段供應的蛋撻、椰撻、雞尾包、菠蘿包、冰花蛋球和南乳咸煎餅？主餐也曾提供過羅宋湯、吉列魚柳、焗豬扒飯和咖喱牛腩。

奶茶——茶餐廳的靈魂

一杯靚奶茶的關鍵在於茶葉的混合，通常以錫蘭紅茶為主，配合粗茶、中茶和幼茶的比例。傳統上，會用瓦煲明火煲滾，再反覆拉茶四次，使茶味更加濃郁且均勻。泡製一杯香滑的港式奶茶，色澤、香氣、絲滑的口感和回甘的味道缺一不可。

隨著時代變遷，茶餐廳不斷創新和演化，但其風格、精神和原則始終不變，依然提供高性價比的美食，充滿人情味。傳說「冰室」這個名稱源於清末改革先驅梁啟超的「飲冰室文集」，梁自稱為「飲冰室主人」。你是否認同呢？

何謂飲冰室？
留住那份永不消散的美味與情懷！



大廚琛哥上

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The feelings that never fade away— Hong Kong Style Cafe
The development of the Hong Kong style café room marked a revolution in Hong Kong's Western food culture. In the early days of Hong Kong, eating Western food was a luxury because it could only be found in hotels.

In the 1920s and 1930s, Hong Kong style café began to appear. Initially they only served milk tea, coffee, simple pastries, iced drink, and other light meals, such as sandwiches, ice drinking with red bean, pineapple, lotus seed, etc.

In the 1940s, cafe began to emerge in Hong Kong, gradually becoming a part of Hong Kong people's lives and a symbol of Hong Kong culture. In the 1950s and 1960s, when the economy was difficult, cafe focused on providing affordable and nutritious food, such as oatmeal, hot water with egg, etc. In the 1970s, Hong Kong's economy boom and the Influence of Western culture, foreign ingredients were integrated into local cooking, forming a unique local flavour.

Café provides wide variety of foods. I wonder if our residents still remember the egg tarts, coconut tarts, cocktail buns, pineapple buns, egg puffs, and preserved taro round doughnut that we served during afternoon tea. Main meals have also included borscht, crumbed fish fillet, baked pork chop with rice, and beef brisket in curry sauce.



Milk tea—the soul of the Hong Kong Style Cafe

The key to a cup of milk tea relies on the blend of tea leaves, usually Ceylon black tea, with a proportion of coarse tea, medium tea, and fine tea. Traditionally, the tea is boiled in a clay pot over an open flame, and the tea is repeatedly pulled four times to make the tea flavour more intense and even. To brew a cup of fragrant Hong Kong-style milk tea, colour, aroma, silky texture, and sweet aftertaste are all indispensable.

With the changing time, the café has continued to innovate and evolve, but its style, spirit, and principles remain unchanged, and they still provide cost-effective food full of human touch. Legend has it that the term "Hong Kong style café " originates from the "Hong Kong style café Collection," written by Liang Qichao, a reformist in the late Qing Dynasty. Liang called himself as the "Master of the Hong Kong style café ." Do you agree?

What is an Hong Kong style café ?
Keep the delicious taste and feelings that will never fade away!

Melvin, Chef

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中秋月圓人團圓

佳節



我院於九月份舉行中秋慶祝活動

九月活動回顧 SEPTEMBER ACTIVITIES REVIEW

Happy Father's Day 父親節快樂: 拍照, 派禮物



Celebrated on the first Sunday of September each year, **Father's Day** in Australia is a special day dedicated to honoring and appreciating fathers and father figures.

澳洲的父親節於每年九月的第一個星期日慶祝，是專門紀念和感謝父親和父親形象的特殊日子。



Happy Mid-Autumn Festival 慶祝中秋節: 飲茶, 猜燈謎

The **Mid-Autumn Festival** originated in China and is held on the 15th day of the eighth lunar month every year. Mid-Autumn Festival is a day for family reunion. People will return home to eat together, reunite, and worship their ancestors. There will also be different traditional customs, such as eating moon cakes, appreciating the moon, playing with lanterns, guessing lantern riddles, etc.

中秋節起源於中國，為每年的農曆八月十五。中秋是一家團圓的日子，人們都會回到家中一起吃飯、團聚、祭祖。也會有不同的傳統習俗，例如：吃月餅、賞月、玩燈籠、猜燈謎等。



十月活動回顧 OCTOBER ACTIVITIES REVIEW

Bus Trip 巴士遊: Warran Glen Nursery & Café

With the spring breeze coming, we organized **bus trips** on 24/9 and 23/10, taking the consumers to Warran Glen Nursery & Café to drink coffee, see the scenery, and get close to nature!

春風得意，我們於 24/9 和 23/10 舉辦了巴士遊活動，帶院友們到 Warran Glen Nursery & Café 喝咖啡、看風景、親近大自然！



Daily Activities 日常活動: 運動, 遊戲, 烹飪, 日光浴, 麻將

Sensory therapy is often used to help seniors with Alzheimer's or dementia because it can help them stay in the moment and interact with their current surroundings. Studies have shown that when done on a regular basis, sensory stimulation can be very helpful in treating memory issues.

感覺療法通常用於幫助患有阿茲海默症或認知障礙症的長者，因為它可以幫助他們活在當下並與當前的環境互動。研究表明，定期進行感官刺激對於治療記憶問題非常有幫助。

