

	日期Date	2023/6/12	2023/6/13	2023/6/14	2023/6/15	2023/6/16	2023/6/17補班	
	星期Day	週一	週二	週三	週四	週五	週六	
午餐 Lunch	輕食套餐	主食	粉紅醬嫩雞燉飯 Chicken Risotto with Tomato in Cream Sauce	咖哩豬肉貝殼麵 Conchiglie with Curry and Pork	海鮮青醬焗飯 Baked Pesto Risotto with Seafood	野菇蕃茄牛肉蝴蝶麵 Farfalle with Mushroom, Tomato and Beef	全麥雞肉套餐 Whole Wheat Chicken Set	南瓜奶油豬肉義大利麵 Cream Pasta with Pumpkin and Pork
		飲料	奶油蘑菇濃湯 Cream Mushroom Soup	和風蔬菜湯 Vegetable Soup	玉米濃湯 Corn Soup	羅宋湯 Borscht Soup	南瓜濃湯 Pumpkin Soup	牛肉蔬菜湯 Beef and Vegetable Soup
		水果	季節水果 Fruit	季節水果 Fruit	季節水果 Fruit	季節水果 Fruit	季節水果 Fruit	季節水果 Fruit
		熱量	690	690	680	700		690
		套餐	輕食B餐	輕食B餐	輕食B餐	輕食B餐	輕食B餐	輕食B餐
		主食	日式味噌燒肉披薩 Miso Pork Pizza	花椒雞排三明治 Sandwich with Sichuan Pepper and Chicken Chop	泡菜豬肉玉米堡 Corn Burger with Kimchi and Pork	香濃乳酪雞丁起司堡 Cheese Burger with Cheese and Diced Chicken	黑胡椒豬排藜麥三明治 Quinoa Toast with Black Pepper and Pork Chop	辣蕃茄雞丁潛艇堡 Burger with Spicy Tomato and Chicken
		飲料	鮮豆漿 Soybean Milk	原味優酪乳 Buttermilk	糙米漿 Brown Rice Milk	保久乳 Long-lasting Milk	柳橙汁 Orange Juice	蘋果汁 Apple Juice
		水果	季節水果 Fruit	季節水果 Fruit	季節水果 Fruit	季節水果 Fruit	季節水果 Fruit	季節水果 Fruit
		熱量	750	740	760	720	680	680
晚餐	輕食套餐	主食	奶香牛肉燉飯 Beef Risotto with Cream Sauce	韓式香辣雞丁大亨堡 Burger with Korean Spicy Diced Chicken	咖哩孜然豬肉洋蔥堡 Onion Pork Burger with Cumin and Curry	泰式椒麻海鮮麵 Thai Spicy Seafood Noodles	蜂蜜芥末豬肉全麥核桃堡 Walnut Whole Wheat Burger with Honey Mustard and Pork	
		飲料	薏仁糙米漿 Brown Rice Milk with Job's Tears	保久乳 Long-lasting Milk	蘋果汁 Apple Juice	黑豆漿 Black Soybean Milk	糙米漿 Brown Rice Milk	
		水果	季節水果 Fruit	季節水果 Fruit	季節水果 Fruit	季節水果 Fruit	季節水果 Fruit	
		熱量	720	720	680	720	730	