

	日期 Date	2023/3/20	2023/3/21	2023/3/22	2023/3/23	2023/3/24	2023/3/25	
	星期 Day	週一	週二	週三	週四	週五	週六	
午餐 Lunch	輕食 套餐	主食	迷迭香烤雞腿排飯Rice with Roasted Chicken Leg and Rosemary	青醬豬肉玉米筆管麵Penne with Pesto Corn, and Pork	蒜味奶油海鮮飯Risotto with Cream Sauce and Seafood	番茄牛肉醬義大利麵Pasta with Beef sauce and Tomato	核桃雞肉套餐Walnut Chicken Meal	紅咖哩豬肉飯Rice with Red Curry and Pork
		飲料	羅宋湯 Borscht Soup	地瓜濃湯Sweet Potato Soup	牛肉蔬菜湯Beef Vegetable Soup	巧達濃湯Chowder Soup	韓式豆腐湯 Korean Tofu Soup	南瓜濃湯Pumpkin 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	700	690	680	700	635	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	瑪格麗特豬肉薄餅Pizza with Margaret Pork	蜂蜜芥末雞排三明治 Sandwich with Honey and Mustard and Chicken Leg	黑胡椒豬肉洋蔥堡Onion Burger with Black pepper and Pork	花生醬雞肉全麥核桃堡 Wholemeal Walnu Burger with Peanut Butter and Chicken	日式豬柳奶香堡Butter Bread with Japanese Pork	韓式泡菜雞肉大亨堡 Burger with Kimchi and Chicken
		飲料	鮮豆漿Soy Milk	草莓優酪乳 Strawberry Buttermilk	薏仁糙米漿 Coix Seed Brown Rice Milk	保久乳 Long-lasting Milk	蘋果汁Apple Juice	鮮豆漿Soy 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	季節水果 Fruit
		熱量	750	740	750	730	680	730
晚餐	輕食 套餐	主食	南洋咖哩牛肉烏龍麵 Udon with Curry and Beef	蒜香雞肉潛艇堡Burger with Garlic and Chicken	泰式酸辣豬肉麵Pasta with Spicy and Sour Pork	奶油白醬海鮮燉飯Risotto with Cream and Seafood	烤嫩雞玉米堡Corn Burger with Tender Chicken	
		飲料	糙米漿Brown Rice Milk	保久乳 Long-lasting Milk	柳橙汁Orange Juice	黑豆漿 Black Soy 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	750	710	700	720	730	