

	日期Date	2023/11/27	2023/11/28	2023/11/29	2023/11/30	2023/12/1	
	星期Day	週一	週二	週三	週四	週五	
午餐 Lunch	輕食套餐	主食	奶油野菇雞胸排搭五穀飯 Creamy Mushroom Chicken with Mixed Grain Rice	首爾泡菜烤豬柳拌雜菜冬粉 Stir-Fried Glass Noodle with Korean Kimchi and Pork	蒜香海鮮墨魚飯Rice with Garlic and Seafood	印度咖哩牛肉拌麵Pasta with Tikka Curry and Beef	蘋果莎莎香雞塔Apple Salsa Chicken Meal
		飲料	法式洋蔥雞肉清湯French Chicken Soup with Onion	馬鈴薯排骨湯PotatoAnd Pork Ribs Soup	奶油野菇湯Cream Mushroom Soup	豆腐蔬菜湯Tofu and Vegetable Soup	玉米濃湯 Corn 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
		熱量	827	786	709	812	815
		套餐	輕食B餐	輕食B餐	輕食B餐	輕食B餐	輕食B餐
		主食	泰式打拋豬披薩Pizza with Thai Basil Minced Pork	乳酪雞腿排奶香堡Butter Burger with Cheese and Chicken	日式豬排地瓜吐司Sweet Potato Toast with Japanese Pork Chop	蜂蜜芥末雞肉帕瑪森堡Parmesan with Honey Mustard Chicken	黑胡椒豬柳玉米堡Corn Burger with Black Pepper Pork
		飲料	鮮豆漿Soy Milk	原味優酪乳Buttermilk	糙米漿Brown Rice Milk	保久乳 Long-lasting Milk	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
		熱量	800	847	903	822	819
晚餐	輕食套餐	主食	紅咖哩椰奶牛肉烏龍細麵 Udon with Red Curry and Coconut Milk Beef	辣番茄豬肉洋蔥堡Onion Burger with Spicy Tomato and Pork	咖哩雞柳潛艇堡Sub with Curry Chicken	檸檬番茄中卷搭起司飯 Rice with Tomato Lemon Sauce and Squid	
		飲料	糙米漿 Brown Rice Milk	黑豆漿 Black Soy Milk	柳橙汁Orange Juice	草莓優酪乳 Strawberry Buttermilk	
		水果	季節水果 Fruit	季節水果 Fruit	季節水果 Fruit	季節水果 Fruit	
		熱量	905	762	765	731	