

| 日期 Date         | 11/20                                | 11/21  | 11/22   | 11/23  | 11/24   |   |
|-----------------|--------------------------------------|--|---|--|---|---|
| 星期 Day          | (一)                                  | (二)  | (三)   | (四)  | (五)   |   |
| 早餐<br>Breakfast | 中式                                   | 油飯<br>Glutinous Oil Rice   | 蔥花餐包<br>Scallion Bun  | 雙色饅頭*2(30g)<br>Steamed Bun*2   | 燒餅<br>Clay Oven Roll  |   |
|                 | 副食1                                  | 白米 豬肉絲 香菇 枸杞 香菜<br>△菲力雞排<br>Chicken Chop                                   | 蔥花餐包<br>蜜汁油雞翅<br>Braised Chicken Wings with Honey Sauce     | 雞蛋饅頭 黑糖饅頭<br>豉汁排骨<br>Braised Pork Ribs with Soy Sauce                      | 燒餅(芝麻)<br>醬燒豬肉片<br>Stir-fried Pork Slices                         |   |
|                 | 副食2                                  | 蔥花炒蛋<br>Scrambled Eggs with Scallion                                       | 雞翅 芝麻<br>彩蔬炒蛋<br>Scrambled Eggs with Vegetables             | 鮮肉燒賣<br>Pork Shu Mai   | 豬肉片 小黃瓜 蔥段<br>蘑菇炒蛋<br>Scrambled Eggs with Mushrooms               |   |
|                 | 副食3                                  | 雞蛋 玉米 蔥花<br>履歷青菜<br>Fresh Vegetable  | 雞蛋 洋蔥 紅椒<br>履歷青菜<br>Fresh Vegetable                         | 鮮肉燒賣*2<br>履歷青菜<br>Fresh Vegetable  | 雞蛋 蘑菇<br>履歷青菜<br>Fresh Vegetable                                  |   |
|                 | 熱量                                   | 520  | 480   | 460  | 480   |   |
|                 | 西式                                   | 花旗排吐司套餐<br>全麥吐司<br>Whole Wheat Toast                                       | 泰式口袋餅套餐<br>口袋餅<br>Pita                                      | 核桃雞捲麵包套餐<br>核桃雞捲麵包<br>Walnut Multigrain Bread                              | 濃湯餐包套餐<br>雞捲紅蒜餐包<br>Red Quinoa and Multigrain Bun                 |   |
|                 | 副食1                                  | ◎△△六花枝排<br>Squid Steak   | △經典打拋豬<br>Thai Basil Minced Pork                            | 核桃雞捲麵包<br>水牛城辣翅腿<br>Buffalo Spicy Drumette                                 | 麵粉 蔓越莓乾 芝麻 蒜瓜子<br>照燒雞肉<br>Teriyaki Chicken                        |   |
|                 | 副食2                                  | 花旗排 塔塔醬<br>玉米起司炒蛋<br>Scrambled Eggs with Corn and Cheese                   | 豬絞肉 番茄 洋蔥 四季豆 魚露<br>◎泰式荷包蛋<br>Thai Pan Fried Egg            | 翅小饅頭*2<br>△◎地瓜薯條<br>Sweet Potato Fries                                     | 雞肉柳洋蔥<br>玉米濃湯<br>Corn Soup  |   |
|                 | 副食3                                  | 美生菜、番茄<br>Lettuce, Tomato  | ☆泰式涼拌沙拉<br>Thai Style Salad                                 | 履歷青菜<br>Fresh Vegetable  | 迷迭香烤時蔬<br>Roasted Vegetables with Rosemary                        |   |
|                 | 飲品                                   | 黑豆漿/柳橙綠茶<br>Black Soybean Milk/ Orange Green Tea                           | 低糖豆漿/無糖參茶<br>Low Sugar Soybean Milk/ Sugar Free Barley Tea  | 鮮奶綠/混漿<br>Milk and Green Tea/ Mixed Soymilk                                | 蓬仁/冬瓜鮮奶<br>Job's Tears Milk/ White Gourd Milk Tea                 |   |
| 熱量              | 600                                  | 510  | 500   | 530  |   |   |
| 午餐<br>Lunch     | 套餐                                   | 椒鹽排骨酥套餐  | 酥炸柳葉魚套餐   | 蜜汁腰果雞套餐  | 麻辣水煮魚套餐   | 雞肉飯套餐   |
|                 | 主食                                   | 糙米飯<br>Brown Rice  | 白飯<br>Rice  | 五穀飯<br>Grain Rice  | 白飯<br>Rice  | 雞肉飯<br>Chicken Rice                             |
|                 | 主菜                                   | ◎椒鹽排骨酥<br>Salt and Pepper Pork Ribs  | ◎△酥炸柳葉魚X3<br>Deep-fried Shishamo x3                         | 醬爆肉絲<br>Stir-fried Shredded Pork with Sauce                                | 豆瓣雞<br>Braised Chicken with Fermented Soybean Sauce               | 白米 雞肉絲 紅蔥頭                                      |
|                 | 副主菜                                  | 豬肉角 豬軟骨丁   | 柳葉魚   | 豬肉絲 小黃瓜 洋蔥   | 雞胸丁 豆薯 青椒   | 菜脯蛋<br>Scrambled Eggs with Preserved Radish     |
|                 | 副菜1                                  | 彩蔬雞丁<br>Stir-fried Diced Chicken and Vegetables                            | 豆干炒肉絲<br>Stir-fried Shredded Pork and Dried Tofu            | 蜜汁腰果雞丁<br>Stir-fried Diced Chicken and Cashew with Honey Sauce             | △麻辣水煮魚<br>Spicy Fish Dices  | 雞蛋 菜脯蔥花   |
|                 | 副菜2                                  | 雞胸丁 菜豆 黃椒 紅蘿蔔<br>鮑菇雙花<br>Stir-fried Broccoli and Cauliflower with Mushroom | 豬肉絲 白豆干片 青椒 紅蘿蔔<br>珍菇結頭菜<br>Stir-fried Turnip with Mushroom | 雞胸丁 洋蔥 彩椒 腰果 白芝麻<br>鮮菇炒寬冬粉<br>Stir-fried Mung Bean Noodles with Vegetables | 水蜜桃丁 豆芽菜 蔥花 乾辣椒 芝麻<br>麻油高麗菜<br>Stir-fried Cabbage with Sesame Oil | 雞蛋 菜脯蔥花<br>素雞 韭菜 紅蘿蔔<br>履歷青菜<br>Fresh Vegetable |
|                 | 湯品                                   | 海帶結 蘿蔔 湯<br>Kelp Sprouts and Radish Soup                                   | 山藥 蔥仁 湯<br>Yam and Job's Tears Soup                         | 鮮菇 玉米 湯<br>Mushroom and Corn Soup  | 芋圓 燒仙草<br>Taro Balls and Hot Grass Jelly                          | 芥菜肉片 湯<br>Mustard and Pork Slices Soup          |
|                 | 水果                                   | 水果<br>Fruit  | 水果<br>Fruit   | 水果<br>Fruit  | 水果<br>Fruit   | 水果<br>Fruit                                     |
|                 | 熱量                                   | 820  | 800   | 860  | 830   | 850   |
|                 | 麵食                                   | 酸辣海鮮粉套餐  | 醬油雞拉麵套餐   | 廣式牛肉麵套餐  | 蔥油餅套餐   | 紅燒牛肉麵套餐   |
| 主食              | 寬冬粉<br>Mung Bean Noodles             | 日式拉麵<br>Ramen  | 白油麵<br>Oil Noodles  | 白麵<br>Noodles  | 家常麵<br>Noodles  |   |
| 主菜              | ☆★蝦子*2+花枝圈*2<br>Shrimp+Cuttlefish    | 叉燒風味雞腿<br>Barbecued Style Drumstick  | ●羊內片<br>Lamb  | 豬梅花<br>Pork  | ●牛肉<br>Beef   |   |
| 副菜              | △黃金魚蛋*2+香菜<br>Fish Ball +Coriander   | 玉米粒+筍乾+蔥花<br>Corn Kernel+Dried Bamboo+Scallion                             | 角醬+枸杞<br>Bean Curd+Goji                                     | △貢丸+蔥段+★蝦米<br>Meat Ball+Scallion+Dried Shrimp                              | 紅蘿蔔+白蘿蔔+酸菜<br>Carrot+Radish+Preserved Vegetables                  |   |
| 小菜              | 梅汁苦瓜<br>Bitter Melon with Plum Sauce | 可樂餅<br>Croquette   | 薄鹽毛豆<br>Salted Edamame                                      | 花生油味<br>Braised Dishes with Peanuts  | 台式泡菜<br>Taiwanese Pickled Cabbage                                 |   |
| 青菜              | 苦瓜 梅子<br>Bean Sprouts+Onion+Basil    | 可樂餅<br>Croquette   | 毛豆 莢<br>Edamame   | 小黃瓜 麵筋 花生<br>Fresh Vegetable   | 高麗菜 紅蘿蔔 辣椒<br>Fresh Vegetable                                     |   |
| 湯品              | 泰式酸辣湯底 Thai Hot and Sour Soup        | 醬油雞高湯<br>Chicken Soup  | 腐乳湯<br>Fermented Bean Curd soup                             | 蔥味豬骨湯<br>Pork Ribs and Scallion Soup                                       | 紅燒牛肉湯底<br>Stewed Beef Soup  |   |
| 水果              | 水果<br>Fruit                          | 水果<br>Fruit  | 水果<br>Fruit   | 水果<br>Fruit  | 水果<br>Fruit   |   |
| 熱量              | 820                                  | 840  | 725   | 790  | 810大卡   |   |
| 晚餐<br>Dinner    | 套餐                                   | 照燒雞腿排套餐  | 梅菜燒肉套餐  | 印度套餐   | 香烤豬排套餐  | 酥炸雞腿套餐  |
|                 | 主食                                   | 五穀飯<br>Grain Rice  | 小米飯<br>Millet Rice  | 薑黃飯<br>Turmeric Rice   | 糙米飯<br>Brown Rice   | 白飯<br>Rice                                      |
|                 | 主菜                                   | 照燒雞腿排<br>Teriyaki Chicken Thigh  | 梅菜燒肉<br>Stir-fried Pork with Preserved Vegetables           | 坦都里烤雞<br>Tandoori Roasted Chicken  | 香烤豬排<br>Roasted Pork Knuckle                                      | 酥炸雞腿<br>Deep-fried Drumstick                    |
|                 | 副主菜                                  | 雞腿排<br>Stir-fried Shredded Pork with Bean Sprouts                          | 豬肉角 麵輪 紅蘿蔔 梅乾菜<br>★△蝦捲*2<br>Deep-fried Shrimp Roll*2        | 骨腿 坦都里香料<br>印度豬肉咖哩<br>Indian Pork Curry                                    | 豬排腿<br>Pork Knuckle   | 瓜仔肉燥<br>Minced Pork and Pickled Cucumber        |
|                 | 副菜1                                  | 蒜炒胡瓜<br>Stir-fried Cucumber and Garlic                                     | 蒜香扁蒲<br>Stir-fried Bottle Gourd with Garlic                 | ◎△香料炸餃<br>Deep-fried Dumplings with Spices                                 | 雞胸丁 馬鈴薯 洋蔥 紅蘿蔔 鱈魚露<br>Stir-fried Bamboo Shoots and Dried Tofu     | 荷包蛋<br>Sunny-side-up                            |
|                 | 副菜2                                  | 扁蒲 木耳<br>履歷青菜<br>Fresh Vegetable   | 扁蒲 蒜粒<br>履歷青菜<br>Fresh Vegetable                            | 水餃*3 馬蹄 韭菜<br>履歷青菜<br>Fresh Vegetable                                      | 豆干片 脆筒片 青蔥 辣椒片<br>履歷青菜<br>Fresh Vegetable                         | 雞蛋<br>履歷青菜<br>Fresh Vegetable                   |
|                 | 湯品                                   | 羅宋湯<br>Borscht   | 傳統花生甜湯<br>Peanut Sweet Soup                                 | 薑黃蔬菜湯<br>Vegetables Soup with Turmeric                                     | 金針花排骨湯<br>Daylily and Pork Ribs Soup                              | 竹筍雞湯<br>Bamboo Shoots and Chicken Soup          |
|                 | 水果                                   | 水果<br>Fruit  | 水果<br>Fruit   | 水果<br>Fruit  | 水果<br>Fruit   | 水果<br>Fruit                                     |
|                 | 熱量                                   | 850  | 850   | 850  | 900   | 880   |

△表加工品 Processed Food

◎表油炸物 Deep-fried Food

☆表魚類 Fish

★表帶殼海鮮 Shrimp and Shelled Seafood

●表牛乳製品

本校食材一律使用國產糖、未使用輻射污染食品