

日期Date	午餐 Lunch Menu's Detail						下午點心 Afternoon Snack	營養成分分析 Nutritional Ingredient Analysis							
	全穀 類(份)	豆魚 肉蛋類 (份)	蔬菜 類(份)	油脂 及 堅果 (份)	水果 (份)	奶 類(份)		熱量 (Kcal)							
3/1 (三)	五穀飯 Grain Rice	紅燒肉丁 Braised Diced Pork	竹筍炒雞 Stir-fried Chicken and Bamboo Shoots	玉米炒蛋 Scrambled Eggs with Corn Kernels	履歷青菜 Fresh Vegetable	水果 Fruit	大黃瓜排骨湯 Cucumber and Pork Ribs Soup	糯米珍珠丸X3 Sticky Rice Pearl Ball x3	3.8	3.0	2.0	3.0	1.0	0.0	766
3/2 (四)	白飯 Rice	安東燻雞 Andong Braised Chicken	六宮鮑菇炒花枝 Stir-fried Cuttlefish with King Oyster Mushrooms	南瓜豆腐煲 Pumpkin and Tofu Stew	有機青菜 Organic Vegetable	水果 Fruit	大黃瓜 龍骨丁 Cucumber and Pork Ribs	糯米珍珠丸 30g/顆 Sticky Rice Pearl Ball 30g/颗	3.8	3.0	2.0	3.0	1.0	0.0	766
3/3 (五)	特餐	咖哩炒飯 Curry Fried Rice	迷迭香雞腿 Rosemary Chicken Drumsticks	白菜炒年糕 Stir-fried Chinese Cabbage and Rice Cake	履歷青菜 Fresh Vegetable	水果 Fruit	玉米大骨湯 Bone Broth with Corn	奶酥麵包*1 Milky Filling Bread	3.6	4.0	2.0	2.5	1.0	0.0	797
3/6 (一)	糙米飯 Brown Rice	野菜炒豚肉 Stir-fried Assorted Vegetables and Pork Slices	和風醬燒雞 Braised Chicken with Japanese Style Sauce	鮮菇茶蛋 Steamed Eggs with Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	佛手瓜雞湯 Chayote and Chicken Soup	蘋果派(30G)*2 Apple Pie x2	3.5	5.0	2.0	2.5	1.0	0.0	865
3/7 (二)	白飯 Rice	◎酥炸烏魚片 Deep-fried Fish Fillet	黃金泡菜炒肉片 Stir-fried Pork Slices with Golden Kimchi	肉末燒豆腐 Braised Tofu with Shredded Pork	有機青菜 Organic Vegetable	水果 Fruit	金針雞湯 Daylily and Chicken Soup	豆沙包*1 Red Bean Bun	3.5	3.8	1.5	4.0	1.0	0.1	865
3/8 (三)	五穀飯 Grain Rice	◎孜然羊肉炒小黃瓜 Stir-fried Lamb and Cucumber with Cumin	彩蔬炒雞丁 Stir-fried Assorted Vegetables and Diced Chicken	蘿蔔燒海蜇 Braised Kelp and Radish	履歷青菜 Fresh Vegetable	水果 Fruit	薑絲冬瓜湯 White Gourd Soup with Shredded Ginger	◎黃金地瓜QQ棒*2 Sweet Potato Sticks x2	3.8	2.5	1.3	3.5	1.0	0.0	741
3/9 (四)	白飯 Rice	三杯雞翅 3-cup Chicken Wings	六宮香魚丁 Stir-fried Fish Dices with White Sauce	馬鈴薯豌豆角 Stir-fried Potato and Green Beans	有機青菜 Organic Vegetable	水果 Fruit	米苔目綠豆甜湯 Thick Rice Noodles and Mung Bean Sweet Soup	馬拉糕(50G) Mala Cake	3.8	4.0	2.0	3.0	1.0	0.0	841
3/10 (五)	特餐	古早味飯條 Fried Rice Noodles with Shredded Pork	五香滷雞排 Braised Chicken Thigh	塔香海椒 Stir-fried Kelp with Basil	履歷青菜 Fresh Vegetable	水果 Fruit	味噌豆腐湯 Tofu Miso Soup	六福魚手卷 Tuna Hand Roll	3.8	4.0	2.0	3.0	1.0	0.0	841
3/13 (一)	糙米飯 Brown Rice	柚香蜜汁燒肉 Braised Pork with Honey Sauce	蠔油鮮菇雞丁 Stir-fried Diced Chicken and King Oyster Mushrooms with Oyster Sauce	蒜炒雙花 Stir-fried Cauliflower and Broccoli with Garlic	履歷青菜 Fresh Vegetable	水果 Fruit	紫菜蛋花湯 Seaweed and Egg Drop Soup	紅豆麵包 Red Bean Bread	3.8	3.0	2.0	2.5	1.0	0.0	736
3/14 (二)	白飯 Rice	六福鯛魚 Kabuyaki Sea Bream	桂竹筍炒肉絲 Stir-fried Shredded Pork and Bamboo Shoots	茄汁豆腐 Braised Tofu with Tomato Sauce	有機青菜 Organic Vegetable	水果 Fruit	黃金鮮菇雞湯 Chicken Soup with Mushrooms and Cordyceps Flower	筍香包(70G) Bamboo Shoot Steamed Bun	3.5	3.2	1.5	4.0	1.0	0.1	820
3/15 (三)	五穀飯 Grain Rice	豉汁排骨 Pork Ribs with Black Bean Sauce	糖醋雞丁 Sweet and Sour Diced Chicken	塔香茄子 Stir-fried Eggplant and Basil	履歷青菜 Fresh Vegetable	水果 Fruit	枸杞山藥湯 Goji Yam Soup	芝麻蔥油餅(90G)*1 Sesame and Onion Bun	3.5	2.5	1.3	3.5	1.0	0.0	720
3/16 (四)	白飯 Rice	雞肉蒜苗煮 Chicken Chikuzen	◎酥炸虱目魚條 Deep-fried Milkfish Sticks	媽燒上樹 Stir-fried Mung Bean Noodles	有機青菜 Organic Vegetable	水果 Fruit	紅豆湯圓 Red Beans Tangyuan (Sweet Soup)	油蛋(55G)*1+蘋果汁 Braised Eggs+Apple Juice	3.5	3.0	2.0	4.0	1.0	0.0	805
3/17 (五)	特餐	炸醬麵 Fried Sauce Noodles	五香滷雞排 Braised Chicken Thigh	蛋酥白菜 Stir-fried Chinese Cabbage with Egg Crisp	履歷青菜 Fresh Vegetable	水果 Fruit	海芽薑絲湯 Kelp Sprouts Soup with Shredded Ginger	沖曬黑糖捲*1 Brown Sugar Roll	3.8	3.2	2.0	3.0	1.0	0.2	805
3/20 (一)	糙米飯 Brown Rice	照燒里肌排 Teriyaki Pork Chop	栗子燒雞 Braised Chicken and Chestnuts	香菇高麗菜 Stir-fried Cabbage and Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	麻油雞湯 Sesame Oil Chicken Soup	大三角薯餅*2 Hash Brown x2	3.5	3.0	2.0	2.5	1.0	0.0	715
3/21 (二)	白飯 Rice	★蒜蓉蒸蝦 Steamed Garlic Shrimp	沙茶彩椒豬柳(含芝麻) Pork Tenderloin and Sweet Pepper with Shacha Sauce (include Sesame)	番茄炒蛋 Scrambled Eggs with Tomato	有機青菜 Organic Vegetable	水果 Fruit	黃豆芽肉絲湯 Soybean Sprouts and Shredded Pork Soup	◎黃金水煎包*1(60G) Pan-fried Steamed Bun	3.5	3.2	1.5	4.0	1.0	0.1	820
3/22 (三)	五穀飯 Grain Rice	●高麗菜炒牛肉絲 Stir-fried Shredded Beef with Cabbage	豆瓣雞丁 Braised Chicken with Fermented Soy Sauce	胡瓜燻雞絲 Stir-fried Cucumber and Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	芥菜雞湯 Mustard and Chicken Soup	香菇燒賣(30G)*2 Mushroom Shumai x2	4.0	2.5	1.3	3.5	1.0	0.0	755
3/23 (四)	白飯 Rice	咖哩雞丁 Chicken Curry	六味蔬炒魷魚 Stir-fried Vegetables and Squid	蔥燒豆腐 Braised Tofu	有機青菜 Organic Vegetable	水果 Fruit	椰汁西米露 Sweet Soup with Coconut Milk	蔥花捲(70G)*1 Scallion Roll	3.5	3.0	2.0	3.0	1.0	0.0	745
3/24 (五)	特餐	高麗菜肉絲炒麵 Stir-fried Noodles with Cabbage and Shredded Pork	醬油雞翅 Braised Chicken Wings	滑蛋燻南瓜 Steamed Pumpkin with Scrambled Eggs	履歷青菜 Fresh Vegetable	水果 Fruit	芹香蘿蔔湯 Radish and Celery Soup	燒雞御飯團 Smoked Chicken Onigiri	4.0	3.2	2.0	4.0	1.0	0.0	855
3/25 (六)	白飯 Rice	◎酥炸柳魚 Fried Shishamo	鐵板豬柳 Teppanyaki Pork Tenderloin	紅燒扁扁 Stir-fried Bottle Gourd and Shredded Carrot	履歷青菜 Fresh Vegetable	水果 Fruit	番茄蛋花湯 Tomato Egg Drop Soup	雞肉捲*1(60G) Chicken Roll	3.8	3.0	2.0	2.5	1.0	0.0	736
3/27 (一)	糙米飯 Brown Rice	豆腐燒肉 Pork and Yam Bean with Tonkatsu Sauce	香菇燒雞 Braised Chicken and Mushrooms	★開陽白菜 Stir-fried Chinese Cabbage	履歷青菜 Fresh Vegetable	水果 Fruit	山藥排骨湯 Yam and Pork Ribs Soup	鬆餅*2 Waffle x2	3.8	3.0	2.0	2.5	1.0	0.0	736
3/28 (二)	白飯 Rice	六寶雞花枝 Stir-fried Cuttlefish with Sauce	◎鳳梨咕咕肉 Sweet and Sour Diced Pork with Pineapple	鮮菇炒白菜 Stir-fried Cauliflower with Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	玉米濃湯 Corn Soup	蔥燒大肉包*1 Scallion and Pork Bun	3.5	3.2	1.5	4.0	1.0	0.1	820
3/29 (三)	五穀飯 Grain Rice	芋頭燻雞丁 Braised Pork and Taro	奶油燻雞丁 Braised Diced Chicken with Butter	鮮菇燻芥菜 Stir-fried Mustard and Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	結頭菜雞湯 Turnip and Chicken Soup	玉兔包*1+蒜醬汁 Jade Rabbit Steamed Bun+Grape Juice	3.7	2.5	1.3	3.5	1.0	0.0	734
3/30 (四)	白飯 Rice	紅燒小龍蝦 Braised Chicken Drumette	☆五味魚丁 Spicy Stir-fried Diced Fish	翡翠茶蛋 Steamed Eggs with Spinach	有機青菜 Organic Vegetable	水果 Fruit	銀耳薏仁紅棗湯 Red Dates and Job's Tears Sweet Soup with Snow Fungus	蘿蔔糕*2 Radish Cake x2	3.5	3.0	2.0	3.0	1.0	0.0	745
3/31 (五)	特餐	白醬奶油飯 Alfredo Risotto	香料燻雞排 Braised Pork Drumsticks with Spices	△☆☆章魚燒 Takoyaki	香蒜綠花椰 Stir-fried Broccoli with Garlic	水果 Fruit	冬瓜茶三兄弟 White Gourd Tea with Pearl, Coconut Jelly and Bubble	威風帽子蛋糕 Chiffon Cup Cake	3.7	3.0	2.0	3.0	1.0	0.0	759
兒童節	白飯	素豬柳肉 五香 紅蘿蔔 起司 雞絲	糖醋雞 義式香料	章魚小丸子 美乃滋 (2顆/人)	香花菜 蒜頭		OOO 椰菜珍珠冬瓜燻	威風帽子蛋糕(40G)(麵、蛋、奶)							

◎高麗菜炒牛肉絲  
☆表帶殼海鮮 Shrimp or Shelled Seafood  
△表加工品 Processed Product  
●表牛軋糖  
沙茶醬使用全蛋製成的全蛋沙茶醬，不含花生成分