

| 日期 | | 6月15日 | | 6月16日 | | 6月17日 | | 6月18日 | | 6月19日 | | | | | | | |
|-----|-------------------------------------|---|---------------------------------------|---|---|---|--|---|--|---|--|--------------------------------------|---------------------|--|------|------|--|
| 餐別 | | 週一 | | 週二 | | 週三 | | 週四 | | 週五 | | | | | | | |
| 早餐 | 中式早餐 | | | 刈包套餐 (內容物:刈包、酸菜炒豬肉片、花生粉) 玉米炒蛋 薑絲小白菜 蜜汁烤雞堡套餐 | | 台式鹹粥套餐 (內容物:白飯、絞肉、鵝白菜、紅蘿蔔、乾香菇絲) 三角油豆腐 高麗菜炒蛋 薯泥沙威瑪套餐 | | 水煎包套餐 (內容物:水煎包) 南瓜粥 蒸蛋 蒜香青江菜 | | | | | | | | | |
| | | 西式早餐 | | | (內容物:芝麻漢堡、蜜汁雞柳、起司片、番茄片、小黃瓜) 烤薯餅 牛奶/薏仁漿 | | (內容物:大亨堡、火腿洋蛋沙拉) ◎烤雞塊 蒜香青花菜 芝麻飲/黑豆漿 | | (內容物:厚片土司、蒜香抹醬) 義式香草彩蔬雞丁 玉米炒蛋 百香果沙拉 豆漿/可可亞 | | | | | | | | |
| | | | 飲品 | 兩種可自取 | | | | | | | | | | | | | |
| 午餐 | 自助餐 | 主菜1 | 蜜汁地瓜雞丁 Stir-fried Chicken | 232 | 23.8 | 椰子燒雞 Stew Chicken with plum | 277.5 | 22.8 | 匈牙利腿排 Roasted Chicken | 187 | 23.8 | 時蔬焗烤雞丁 Roasted Chicken | 362 | 39.5 | | | |
| | | 主菜2 | 京醬豬柳 Stir-fried Pork | 297.5 | 23.3 | ★◎叉燒肉 Basted Pork | 320 | 23.3 | ◎糖醋咕咾肉 Fried Pork | 270 | 21 | 紅燒肉丁 Braised Pork | 270 | 23.1 | | | |
| | | 主菜3 | △泰式檸檬魚 Steamed Fish | 159.5 | 20.3 | 麻油白旗魚 Steamed Fish with sesame | 176.5 | 19.6 | 蒸樹子吳郭魚 Steamed Fish | 159.5 | 20.3 | ★◎炸蝦排 Fried Seafood | 350 | 15 | | | |
| | | 副主菜 | 香菇玉米雞丁 Pan-Fried chicken with corn | 76 | 5.9 | ◎高麗菜鹹豬肉 Fried Pork and Cabbage | 148.5 | 5.9 | 筍子雞丁 Slow Stewed Chicken | 92.5 | 7.2 | 豆薯炒肉絲 Pan-Fry pork | 118.5 | 7.6 | | | |
| | | 副菜 | ◎茄汁甜不辣 Stir-Fried tempura | 104.5 | 1.7 | ◆沙茶豆腐米血丁 Stir-Fried Satay Tofu | 136.5 | 7.5 | ◎豆輪滑香鮑菇 Braised King Oyster Mushroom | 32 | 1.9 | △泡菜年糕 Kimchi Rice Cakes | 177.5 | 5.1 | | | |
| | | 副菜 | 四季滑蛋 Scrambled eggs | 100 | 7.1 | 玉米馬鈴薯炒蛋 Scrambled eggs | 95 | 4.5 | 絲瓜豆腐 Braised luffa and tofu | 105 | 5.6 | 雪梨干丁 Stir-Fried bean curd | 114 | 8.7 | | | |
| | 美食街套餐 | 連博麵屋 | △酸辣湯餃 Soup dumplings | 749 | 40.7 | ◆粥燒意麵 Hot pot noodles in Satay Sauce | 683.5 | 39.5 | 清燉牛肉麵 Beef Noodle Soup | 767 | 40 | 肉骨茶麵 Bak Kut Teh Pork Noodles | 612.5 | 34.6 | | | |
| | | | 世界廚房 | 茄汁炒飯 Tomato Fried Rice | 736 | 39.9 | ★◎肉醬貝殼麵 Shell Pasta with Tomato Sauce | 748 | 34 | 手工白醬焗烤千層麵 Baked Lasagna with White Sauce | 800 | 38.6 | ◆炸醬麵 Dry Noodles | 752 | 40.2 | | |
| | | | | 米樂飯館 | ★咖哩炸雞飯 Fried Chicken Rice with curry sauce | 774 | 40.8 | △麻婆豆腐燴飯 Mapo tofu rice | 885 | 46.6 | △麻辣椒香雞飯 Spicy Mala Chicken with Rice | 768.7 | 48.3 | Stir-Fried Rice Vermicelli with Pumpkin | 765 | 40.1 | |
| | | 風味食堂 | ◆蕎麥麻醬麵 Peanut Sauce Noodles | 755.5 | 38.1 | 玉米排骨粥 Congee With Pork | 683 | 40.8 | 肉燥飯 Pork rice | 731 | 42.3 | ★韓式香鬆飯 Korean-style Furikake Rice | 715.8 | 36.7 | | | |
| | | | 水果 | 季節水果 | 60 | 0 | 季節水果 | 60 | 0 | 季節水果 | 60 | 0 | 季節水果 | 60 | 0 | | |
| | | | | 鹹湯品 | Seasonal Fruits 蘿蔔雞湯 Kohlrabi Soup | 12.5 | 0.9 | Seasonal Fruits 黃豆芽鹹湯 Soybean sprout soup | 5 | 0.2 | Seasonal Fruits 黃瓜湯 Cucumber Soup | 5 | 0.2 | Seasonal Fruits 青木瓜湯 Green Papaya Soup | 5 | 0.2 | |
| 甜湯品 | 燕麥仁牛奶 Oats and Barley Sweet Soup | 54.4 | 1.8 | | 燕麥飯 Plain Cooked Rice | 280 | 8 | 薏仁飯 Barley Rice | 280 | 8 | 藜麥飯 Quinoa Rice | 280 | 8 | | | | |
| | 主食 | 白飯 Steamed Rice | 280 | 8 | 厚切牛肉漢堡排三明治 Beef Sandwich | 682.5 | 32.9 | 瑪格麗特披薩 Margarita Pizza | 518 | 19.3 | 玉米濃湯佐法國麵包 Corn Puree Bread | 598 | 27.2 | | | | |
| 輕食1 | | 夏威夷拖鞋披薩 Hawaiian Pizza | 155 | 15 | 烤鮮蔬 Grilled vegetables | 54 | 0.85 | 燒烤雞腿 Grilled chicken legs | 192 | 19.6 | 烤鮮蔬、荷包蛋 Grilled vegetables, fried egg | 152 | 7 | | | | |
| | 輕食2 | 原味優酪乳 Yogurt Drink | 140 | 6.5 | 光泉珍穀堅果牛乳 Grain Nut Milk | 104 | 3.4 | 美祿 Milo | 142.6 | 1.3 | 蘋果汁 Apple Juice | 90 | 0 | | | | |
| 輕食3 | | 培棋墨魚義大利麵 Cuttlefish Bacon Spaghetti | 801 | 38.9 | 咖哩雞肉焗飯 Curry Mushroom Chicken Risotto | 500.3 | 31.3 | 佛蒙特咖哩牛肉飯 Curry Beef Rice | 566 | 30.5 | 蕃茄培根焗螺旋麵 Tomato Bacon Pasta | 597.3 | 28.4 | | | | |
| | 湯品 | 魚糖葡式蛋塔 Caramel Portuguese Egg Tarts | 101 | 3.4 | 原味蛋塔 Egg Tarts | 198 | 5.5 | 黑糖麻糬餐包 Brown Sugar Mochi Bun | 201 | 4.7 | 蜂蜜蛋糕 Honey Cake | 221.3 | 4.5 | | | | |
| 水果 | | 柳橙汁 Orange Juice | 95 | 0 | 可爾必思 Calpis | 58 | 0.4 | 蘋果汁 Apple Juice | 90 | 0 | 光泉豆漿 Soybean milk | 80.6 | 6.2 | | | | |
| | 甜品 | 什錦蔬菜湯 季節水果 Fruit | 22 | 0.8 | 馬鈴薯濃湯 季節水果 Fruit | 67.3 | 0.3 | 菠菜蛋花湯 季節水果 Fruit | 17.5 | 1.1 | 磨菇濃湯 季節水果 Fruit | 10 | 0.3 | | | | |
| 晚餐 | | 自助餐 | 主菜1 | 青醬鮑菇雞 Chicken | 234 | 21.7 | 枸杞山藥燉雞 Slow Stewed Chicken | 298 | 29.7 | 咖哩雞 Stir-fried curry chicken | 265.7 | 25 | | | | | |
| | 主菜2 | | △韓式泡菜豬 Pan-Fry pork | 289 | 23.2 | 蜜汁豬肉 Pan-Fry pork | 299 | 23.5 | 碎瓜蒸肉 Steamed Pork | 250 | 23.4 | | | | | | |
| | 主菜3 | | 西芹鮭魚 Stir-fried Seafood | 272 | 28.3 | ◎烤蝦捲 Roasted Seafood | 187.2 | 12.4 | ★◎炸花枝條 Fried squid strips | 360 | 21 | | | | | | |
| | 副主菜 | | 雞肉菜肉煮 Braised Chicken | 77.9 | 9.1 | 茄汁肉末豆腐煲 Tomato Meat Sauce with Tofu | 135.5 | 10.7 | 大頭菜炒肉絲 Pan-Fry pork | 121.3 | 9 | | | | | | |
| | 副菜1 | | ★義式洋芋培根 Potato | 107 | 2.2 | 彩椒銀芽 Bean sprouts | 37.5 | 0.6 | 山藥玉米粒 Pan-Fry corn | 41.2 | 1.2 | | | | | | |
| | 副菜2 | | 佛手瓜炒蛋 Scrambled eggs | 100 | 7.1 | 蟬絲大頭菜 Stir-fried shredded crab with kohlrabi | 41.1 | 0.9 | △豆瓣燒豆腐 Spicy Tofu | 68.5 | 6.5 | | | | | | |
| | 快餐 | 副菜3 | 白菜冬粉 Fried Bean Noodles | 49.7 | 0.9 | 三杯滷米血 Stewed Pigs blood cake | 153.5 | 8.6 | 薑絲冬瓜 Gojo Winter Melon | 37.5 | 0.6 | | | | | | |
| | | | 有機 | 有機蔬菜 Organic vegetables | 37.5 | 0.6 | 有機蔬菜 Organic vegetables | 37.5 | 0.6 | 有機蔬菜 Organic vegetables | 37.5 | 0.6 | | | | | |
| | | | | 快餐 | 快餐 | | | | | | | | | | | | |
| | | 自取 | 水果 | 季節水果 Seasonal Fruits | 60 | 0 | 季節水果 Seasonal Fruits | 60 | 0 | 季節水果 Seasonal Fruits | 60 | 0 | | | | | |
| | | | 主食 | 白飯/炒飯 Steamed Rice/Fried Rice | 280 | 8 | 白飯/炒麵 Steamed Rice/Fried Noodles | 280 | 8 | 白飯/炒飯 Steamed Rice/Fried Rice | 280 | 8 | | | | | |
| | | | 鹹湯品 | 關東煮湯 Oden Broth | 115 | 5.4 | 青菜豆腐湯 Vegetables Soup | 12.5 | 0.9 | 紫菜蛋花湯 Seaweed soup | 12.5 | 0.9 | | | | | |
| 甜湯品 | | | | 雪蓮子甜湯 Lotus Seed Soup | 4 | 0.12 | | | | | | | | | | | |
| 備註 | | <p>一、符號說明 ★:含炸物 ◎:調理主菜 △:會辣 ◆:含有海鮮或堅果種子類</p> <p>二、本校區各餐點肉品 產地說明:豬肉 產地為台灣、牛肉 產地為澳洲或紐西蘭或巴拉圭或尼加拉瓜。本校區未使用輻射 污染食品。</p> <p>三、各項檢驗報告及三餐實際照片皆定期更新並公告於學校官網 "團體專區",網址:http://www.kcis.ntpc.edu.tw/Restaurant/index.html, 歡迎點閱。</p> <p>四、學校午餐菜單設計不含六大類食物之乳品類,建議學生另行補充,以每日一份 (例如:鮮奶240cc)為原則。</p> <p>五、吃不飽可以回原價還加量,為避免浪費或挑食,加量原則有明確規範,公告於預選系統首頁及餐廳電視螢幕,請用樂者自行詳閱並遵守。</p> | | | | | | | | | | | | | | | |