

日期		10月12日		10月13日		10月14日		10月15日		10月16日						
餐別		週一		週二		週三		週四		週五						
早餐	中式早餐			高麗菜炒飯套餐 (內容物:白米、高麗菜、 洋葱、紅蘿蔔) 柚香醬雞丁 紅蘿蔔炒蛋 薑絲小白菜	587.3 27.5		小米粥套餐 (內容物:糯小米) 肉鬆 ◎豬肉餡餅 蒜香炒小黃瓜	440 17		家常板條湯 (內容物:板條、肉絲、紅蘿蔔、 綠豆芽) 蒜香高麗菜	498 14	小湯包套餐 (內容物:小湯包) 時蔬炒蛋 味噌貢丸湯	442 23			
	西式早餐			墨西哥塔可飯套餐 (內容物:薑黃飯、美生菜、絞肉、洋 蔥、番茄、 帕馬森起司粉) 荷包蛋	480 27.1		(內容物:西式燒餅、鐵路豬排、 蘋果片、美生菜、番茄片) ◎烤雞塊	435.8 16.7		厚片吐司套餐 (內容物:厚片土司、 巧克力抹醬/花生抹醬) ◎檸檬雞柳條 南瓜烘蛋 義式香烤時蔬	404.6 17.1	夏威夷吐司披薩 (內容物:厚片吐司、◎小熱狗、 起司絲、鳳梨片) 蒜香青花菜 荷包蛋	509 23.6			
	飲品	兩種可自取				五穀奶/薏仁漿	150 8	芝麻飲/黑豆漿	100.7 7.4	豆漿/可可亞	150 8	豆漿/奶綠	150 8			
午餐	自助餐	主菜1	◆沙嗲炒雞 Satay Chicken Stir-Fry △泰式紅咖哩炒豬 Stir-Fried Pork with Thai Red Curry	209.5 23.8	347 28	250 23.3	馬鈴薯炒肉絲 Pan-Fry pork ◎花椰甜甜不辣 Stir-Fried Tempura with Broccoli 紅蘿蔔炒蛋 Scrambled Eggs 什錦蒲瓜 Stir-Fried Bottle gourd 有機蔬菜 Organic vegetables	96.5 6 72 1.5 87.5 5.8 37.5 0.6 37.5 0.6	玉米鮮蔬雞丁 Pan-Fried Cucumber with Chicken 香烤洋芋時蔬 Potato 梅汁燒豆腐 Braised Tofu with Plum Sauce 紅絲高麗菜 Cabbage 有機蔬菜 Organic vegetables	90 7.5 60.5 1.2 90 3.8 37.5 0.6 37.5 0.6	青花白醬燴雞 Pan-Fry Broccoli with Chicken 毛豆乾丁 Stir-fried Bean Curd 三色蛋 Steamed Egg 黃芽雙絲 Stir-Fried Bean Sprouts 有機蔬菜 Organic vegetables	87.5 7.4 135 10.5 89 7 35 0.5 37.5 0.6	芋香肉醬 Slow Stewed Pork 絲瓜冬粉 Fried Bean Noodles △★避風塘豆腐 Typhoon Shelter-Style Tofu 塔香紫茄 Pan-Fried Eggplant 有機蔬菜 Organic vegetables	132.5 8 65 1.3 112 5.4 60 0.6 37.5 0.6	青木瓜炒肉絲 Stir-fried Pork ◎咖哩魚蛋馬鈴薯 Potatoes in Curry Sauce 番茄豆腐炒蛋 Scrambled Eggs 芹香海帶絲 kelp base 有機蔬菜 Organic vegetables	113.2 8 62.5 1.2 105 7.3 82 5.1 37.5 0.6
		主菜2	馬鈴薯炒肉絲 Pan-Fry pork ◎花椰甜甜不辣 Stir-Fried Tempura with Broccoli	96.5 6 72 1.5	87.5 5.8	37.5 0.6	玉米鮮蔬雞丁 Pan-Fried Cucumber with Chicken 香烤洋芋時蔬 Potato 梅汁燒豆腐 Braised Tofu with Plum Sauce 紅絲高麗菜 Cabbage 有機蔬菜 Organic vegetables	90 7.5 60.5 1.2 90 3.8 37.5 0.6 37.5 0.6	青花白醬燴雞 Pan-Fry Broccoli with Chicken 毛豆乾丁 Stir-fried Bean Curd 三色蛋 Steamed Egg 黃芽雙絲 Stir-Fried Bean Sprouts 有機蔬菜 Organic vegetables	87.5 7.4 135 10.5 89 7 35 0.5 37.5 0.6	芋香肉醬 Slow Stewed Pork 絲瓜冬粉 Fried Bean Noodles △★避風塘豆腐 Typhoon Shelter-Style Tofu 塔香紫茄 Pan-Fried Eggplant 有機蔬菜 Organic vegetables	132.5 8 65 1.3 112 5.4 60 0.6 37.5 0.6	青木瓜炒肉絲 Stir-fried Pork ◎咖哩魚蛋馬鈴薯 Potatoes in Curry Sauce 番茄豆腐炒蛋 Scrambled Eggs 芹香海帶絲 kelp base 有機蔬菜 Organic vegetables	113.2 8 62.5 1.2 105 7.3 82 5.1 37.5 0.6		
		主菜3	馬鈴薯炒肉絲 Pan-Fry pork ◎花椰甜甜不辣 Stir-Fried Tempura with Broccoli	96.5 6 72 1.5	87.5 5.8	37.5 0.6	玉米鮮蔬雞丁 Pan-Fried Cucumber with Chicken 香烤洋芋時蔬 Potato 梅汁燒豆腐 Braised Tofu with Plum Sauce 紅絲高麗菜 Cabbage 有機蔬菜 Organic vegetables	90 7.5 60.5 1.2 90 3.8 37.5 0.6 37.5 0.6	青花白醬燴雞 Pan-Fry Broccoli with Chicken 毛豆乾丁 Stir-fried Bean Curd 三色蛋 Steamed Egg 黃芽雙絲 Stir-Fried Bean Sprouts 有機蔬菜 Organic vegetables	87.5 7.4 135 10.5 89 7 35 0.5 37.5 0.6	芋香肉醬 Slow Stewed Pork 絲瓜冬粉 Fried Bean Noodles △★避風塘豆腐 Typhoon Shelter-Style Tofu 塔香紫茄 Pan-Fried Eggplant 有機蔬菜 Organic vegetables	132.5 8 65 1.3 112 5.4 60 0.6 37.5 0.6	青木瓜炒肉絲 Stir-fried Pork ◎咖哩魚蛋馬鈴薯 Potatoes in Curry Sauce 番茄豆腐炒蛋 Scrambled Eggs 芹香海帶絲 kelp base 有機蔬菜 Organic vegetables	113.2 8 62.5 1.2 105 7.3 82 5.1 37.5 0.6		
		副主菜	馬鈴薯炒肉絲 Pan-Fry pork ◎花椰甜甜不辣 Stir-Fried Tempura with Broccoli	96.5 6 72 1.5	87.5 5.8	37.5 0.6	玉米鮮蔬雞丁 Pan-Fried Cucumber with Chicken 香烤洋芋時蔬 Potato 梅汁燒豆腐 Braised Tofu with Plum Sauce 紅絲高麗菜 Cabbage 有機蔬菜 Organic vegetables	90 7.5 60.5 1.2 90 3.8 37.5 0.6 37.5 0.6	青花白醬燴雞 Pan-Fry Broccoli with Chicken 毛豆乾丁 Stir-fried Bean Curd 三色蛋 Steamed Egg 黃芽雙絲 Stir-Fried Bean Sprouts 有機蔬菜 Organic vegetables	87.5 7.4 135 10.5 89 7 35 0.5 37.5 0.6	芋香肉醬 Slow Stewed Pork 絲瓜冬粉 Fried Bean Noodles △★避風塘豆腐 Typhoon Shelter-Style Tofu 塔香紫茄 Pan-Fried Eggplant 有機蔬菜 Organic vegetables	132.5 8 65 1.3 112 5.4 60 0.6 37.5 0.6	青木瓜炒肉絲 Stir-fried Pork ◎咖哩魚蛋馬鈴薯 Potatoes in Curry Sauce 番茄豆腐炒蛋 Scrambled Eggs 芹香海帶絲 kelp base 有機蔬菜 Organic vegetables	113.2 8 62.5 1.2 105 7.3 82 5.1 37.5 0.6		
		副菜	馬鈴薯炒肉絲 Pan-Fry pork ◎花椰甜甜不辣 Stir-Fried Tempura with Broccoli	96.5 6 72 1.5	87.5 5.8	37.5 0.6	玉米鮮蔬雞丁 Pan-Fried Cucumber with Chicken 香烤洋芋時蔬 Potato 梅汁燒豆腐 Braised Tofu with Plum Sauce 紅絲高麗菜 Cabbage 有機蔬菜 Organic vegetables	90 7.5 60.5 1.2 90 3.8 37.5 0.6 37.5 0.6	青花白醬燴雞 Pan-Fry Broccoli with Chicken 毛豆乾丁 Stir-fried Bean Curd 三色蛋 Steamed Egg 黃芽雙絲 Stir-Fried Bean Sprouts 有機蔬菜 Organic vegetables	87.5 7.4 135 10.5 89 7 35 0.5 37.5 0.6	芋香肉醬 Slow Stewed Pork 絲瓜冬粉 Fried Bean Noodles △★避風塘豆腐 Typhoon Shelter-Style Tofu 塔香紫茄 Pan-Fried Eggplant 有機蔬菜 Organic vegetables	132.5 8 65 1.3 112 5.4 60 0.6 37.5 0.6	青木瓜炒肉絲 Stir-fried Pork ◎咖哩魚蛋馬鈴薯 Potatoes in Curry Sauce 番茄豆腐炒蛋 Scrambled Eggs 芹香海帶絲 kelp base 有機蔬菜 Organic vegetables	113.2 8 62.5 1.2 105 7.3 82 5.1 37.5 0.6		
	副菜	馬鈴薯炒肉絲 Pan-Fry pork ◎花椰甜甜不辣 Stir-Fried Tempura with Broccoli	96.5 6 72 1.5	87.5 5.8	37.5 0.6	玉米鮮蔬雞丁 Pan-Fried Cucumber with Chicken 香烤洋芋時蔬 Potato 梅汁燒豆腐 Braised Tofu with Plum Sauce 紅絲高麗菜 Cabbage 有機蔬菜 Organic vegetables	90 7.5 60.5 1.2 90 3.8 37.5 0.6 37.5 0.6	青花白醬燴雞 Pan-Fry Broccoli with Chicken 毛豆乾丁 Stir-fried Bean Curd 三色蛋 Steamed Egg 黃芽雙絲 Stir-Fried Bean Sprouts 有機蔬菜 Organic vegetables	87.5 7.4 135 10.5 89 7 35 0.5 37.5 0.6	芋香肉醬 Slow Stewed Pork 絲瓜冬粉 Fried Bean Noodles △★避風塘豆腐 Typhoon Shelter-Style Tofu 塔香紫茄 Pan-Fried Eggplant 有機蔬菜 Organic vegetables	132.5 8 65 1.3 112 5.4 60 0.6 37.5 0.6	青木瓜炒肉絲 Stir-fried Pork ◎咖哩魚蛋馬鈴薯 Potatoes in Curry Sauce 番茄豆腐炒蛋 Scrambled Eggs 芹香海帶絲 kelp base 有機蔬菜 Organic vegetables	113.2 8 62.5 1.2 105 7.3 82 5.1 37.5 0.6			
	有機	馬鈴薯炒肉絲 Pan-Fry pork ◎花椰甜甜不辣 Stir-Fried Tempura with Broccoli	96.5 6 72 1.5	87.5 5.8	37.5 0.6	玉米鮮蔬雞丁 Pan-Fried Cucumber with Chicken 香烤洋芋時蔬 Potato 梅汁燒豆腐 Braised Tofu with Plum Sauce 紅絲高麗菜 Cabbage 有機蔬菜 Organic vegetables	90 7.5 60.5 1.2 90 3.8 37.5 0.6 37.5 0.6	青花白醬燴雞 Pan-Fry Broccoli with Chicken 毛豆乾丁 Stir-fried Bean Curd 三色蛋 Steamed Egg 黃芽雙絲 Stir-Fried Bean Sprouts 有機蔬菜 Organic vegetables	87.5 7.4 135 10.5 89 7 35 0.5 37.5 0.6	芋香肉醬 Slow Stewed Pork 絲瓜冬粉 Fried Bean Noodles △★避風塘豆腐 Typhoon Shelter-Style Tofu 塔香紫茄 Pan-Fried Eggplant 有機蔬菜 Organic vegetables	132.5 8 65 1.3 112 5.4 60 0.6 37.5 0.6	青木瓜炒肉絲 Stir-fried Pork ◎咖哩魚蛋馬鈴薯 Potatoes in Curry Sauce 番茄豆腐炒蛋 Scrambled Eggs 芹香海帶絲 kelp base 有機蔬菜 Organic vegetables	113.2 8 62.5 1.2 105 7.3 82 5.1 37.5 0.6			
	美食街套餐	速博麵屋	△韓式豬肉大醬鍋 Kimchi Hot Pot with pork 蔬食豆腐燴飯 vegetarian choice-Rice with Curry Sauce	628 37 734 41	823.5 41.2	637 39.5	蛋酥絲瓜麵線 Thin noodles with Chicken △辣奶湯烤飯 Gratin Rice with Cream Sauce	726.3 41.2 761 45 783.5 41.1	肉骨茶麵 Bak Kut Teh Pork Noodles 紅醬燴烤千層麵 Baked Lasagna with Tomato Sauce ◎港式叉燒飯 Pork Rice	612.5 34.6 707 34.1 774.5 40.3	火腿玉米湯餃套餐 Soup dumplings △韓式泡菜炒飯 Kimchi Fried Rice 牛肉絲拌刀削麵 Beef with Noodles	738 33.2 754.5 36.3 677.5 38	清燉牛肉麵 Beef Noodle Soup 雞肉飯 Chicken rice ★蜜汁雞排飯 Fried Chicken rice	767 40 752 42 776 32		
		世界廚房	蔬食豆腐燴飯 vegetarian choice-Rice with Curry Sauce	734 41	823.5 41.2	637 39.5	蛋酥絲瓜麵線 Thin noodles with Chicken △辣奶湯烤飯 Gratin Rice with Cream Sauce	726.3 41.2 761 45 783.5 41.1	肉骨茶麵 Bak Kut Teh Pork Noodles 紅醬燴烤千層麵 Baked Lasagna with Tomato Sauce ◎港式叉燒飯 Pork Rice	612.5 34.6 707 34.1 774.5 40.3	火腿玉米湯餃套餐 Soup dumplings △韓式泡菜炒飯 Kimchi Fried Rice 牛肉絲拌刀削麵 Beef with Noodles	738 33.2 754.5 36.3 677.5 38	清燉牛肉麵 Beef Noodle Soup 雞肉飯 Chicken rice ★蜜汁雞排飯 Fried Chicken rice	767 40 752 42 776 32		
		米樂飯館	培根炒飯 Fried rice With Pork	823.5 41.2	637 39.5	637 39.5	蛋酥絲瓜麵線 Thin noodles with Chicken △辣奶湯烤飯 Gratin Rice with Cream Sauce	726.3 41.2 761 45 783.5 41.1	肉骨茶麵 Bak Kut Teh Pork Noodles 紅醬燴烤千層麵 Baked Lasagna with Tomato Sauce ◎港式叉燒飯 Pork Rice	612.5 34.6 707 34.1 774.5 40.3	火腿玉米湯餃套餐 Soup dumplings △韓式泡菜炒飯 Kimchi Fried Rice 牛肉絲拌刀削麵 Beef with Noodles	738 33.2 754.5 36.3 677.5 38	清燉牛肉麵 Beef Noodle Soup 雞肉飯 Chicken rice ★蜜汁雞排飯 Fried Chicken rice	767 40 752 42 776 32		
風味食堂		什錦拌麵 Mixed Noodles	637 39.5	637 39.5	637 39.5	蛋酥絲瓜麵線 Thin noodles with Chicken △辣奶湯烤飯 Gratin Rice with Cream Sauce	726.3 41.2 761 45 783.5 41.1	肉骨茶麵 Bak Kut Teh Pork Noodles 紅醬燴烤千層麵 Baked Lasagna with Tomato Sauce ◎港式叉燒飯 Pork Rice	612.5 34.6 707 34.1 774.5 40.3	火腿玉米湯餃套餐 Soup dumplings △韓式泡菜炒飯 Kimchi Fried Rice 牛肉絲拌刀削麵 Beef with Noodles	738 33.2 754.5 36.3 677.5 38	清燉牛肉麵 Beef Noodle Soup 雞肉飯 Chicken rice ★蜜汁雞排飯 Fried Chicken rice	767 40 752 42 776 32			
附品		水果 季節水果 Seasonal Fruits 鹹湯品 黃豆芽鹹湯 Yellow bean sprouts soup 堅果/甜湯 白飯 Steamed Rice	60 0 5 0.2 280 8	60 0 5 0.2 280 8	60 0 5 0.2 280 8	季節水果 Seasonal Fruits 蘿蔔雞湯 Daikon Soup 綜合堅果隨身包 Mixed Nuts Snack Pack 黑豆飯 Black bean rice	60 0 12.5 0.9 280 9.4	季節水果 Seasonal Fruits 當歸薏仁湯 Angelica and Job's Tears Soup 五穀飯 Five grain rice	60 0 6.8 0.19 280 8	季節水果 Seasonal Fruits 薑絲冬瓜湯 Ginger White Gourd Soup 紫米飯 Purple rice	60 0 5 0.2 280 8	季節水果 Seasonal Fruits 竹筍湯 Bamboo Shoot Soup 紫米薏仁甜湯 Purple Rice and Barley Sweet Soup 燕麥飯 oatmeal Rice	60 0 5 0.2 35 1 280 8			
輕食	輕食1	◎夏威夷拖鞋披薩 Hawaiian Pizza 烤雞翅 Grilled Chicken Wings ◆光泉薏仁糙米漿 Brown rice and coix seed drink	625.2 23.8 155 15 113.8 2	625.2 23.8 155 15 113.8 2	625.2 23.8 155 15 113.8 2	玉米濃湯佐法國麵包 Corn Puree Bread 烤鮮蔬、荷包蛋 Grilled vegetables, frisd eg 光泉豆漿 Soybean milk	598 27.2 152 7 80.6 6.2	◎培根蛋沙拉披薩 Bacon and Egg Salad Pizza 雞米球 Popcorn Chicken 光泉高鈣保久乳 High Calcium Milk	678 26.6 154 9 111.8 3.2	◎雞腿排起司堡 Chicken and Cheese Sandwich 洋葱圈 Onion Ring 可爾必思 Calpis	840 30.4 140 2.5 58 0.4	◎◆熔岩花生醬牛肉排堡 Peanut Butter Beef Burger 薯條 French Fries 仙草汁 Herbal Tea	743 37.4 249 2.7 112 0			
	輕食2	◎培根黑魚義大利麵 Cuttlefish Bacon Spaghetti 焦糖葡式蛋塔 Caramel Portuguese Egg Tarts 柳橙汁 Orange Juice	801 38.9 101 3.4 95 0	801 38.9 101 3.4 95 0	801 38.9 101 3.4 95 0	茄汁牛肉燴斜管麵 Tomato Sauce Beef Pasta 北海道牛奶杯 Hokkaido Milk Cake 蘋果汁 Apple Juice	681.8 37.5 191.6 2.7 90 0	日式燒肉飯 Yakiniku Rice 黑糖麻糬餐包 Brown Sugar Mochi Bun 草莓優酪乳 Strawberry Yogurt Drink	693 30.1 201 4.7 121.2 6.5	◆蒜香青醬雞肉貝殼麵 Shell Pasta With Garlic Chicken In Pesto Sauce 巧克力瑞士捲 Chocolate Swiss Roll ◆光泉珍穀堅果牛乳 Grain Nut Milk	737.7 34 131.7 2.7 104 3.4	蛋燒咖哩燴飯 Baked Egg Curry Rice 雞肉鮮蔬 Chicken and vegetables 光泉黑豆漿 Black Soy Milk	612 23.7 110 10.7 101.6 6.4			
	湯品	什錦蔬菜湯 季節水果 Fruit	22 0.8	22 0.8	22 0.8	巧達濃湯 季節水果 Fruit	84.8 2.7	味噌豆腐湯 季節水果 Fruit	50.3 4.3	羅宋湯 季節水果 Fruit	24.8 0.9	野菇奶湯 季節水果 Fruit	46 1.9			
	水果	季節水果 Fruit	22 0.8	22 0.8	22 0.8	巧達濃湯 季節水果 Fruit	84.8 2.7	味噌豆腐湯 季節水果 Fruit	50.3 4.3	羅宋湯 季節水果 Fruit	24.8 0.9	野菇奶湯 季節水果 Fruit	46 1.9			
	主菜1	蔥油雞 Green Onion Chicken	232 23.8	232 23.8	232 23.8	腐乳燒雞 Chicken Stew with Bean Curd Sauce ★◎鳳梨咕咾肉 Fried Pork 豆豉魚 Steamed Fish	265 28 474 28 156 20	★百香果脆皮雞 Fried Chicken 蔥爆豬 Pan-Fry pork 清蒸魚 Steamed Fish	391 21 289.7 21.3 156 20	三杯雞 Pan-Fry chicken 義式番茄燉肉 Pork Stew ◎塔塔醬佐花枝捲 Fried seafood with Tartar sauce	265 28 302 23.4 248 12					
	主菜2	黃瓜炒豬肉 Pan-Fry pork 三杯炒花枝 Stir-fried Seafood	293 23 193.5 18.9	293 23 193.5 18.9	293 23 193.5 18.9	腐乳燒雞 Chicken Stew with Bean Curd Sauce ★◎鳳梨咕咾肉 Fried Pork 豆豉魚 Steamed Fish	265 28 474 28 156 20	★百香果脆皮雞 Fried Chicken 蔥爆豬 Pan-Fry pork 清蒸魚 Steamed Fish	391 21 289.7 21.3 156 20	三杯雞 Pan-Fry chicken 義式番茄燉肉 Pork Stew ◎塔塔醬佐花枝捲 Fried seafood with Tartar sauce	265 28 302 23.4 248 12					
	主菜3	雪菜炒肉末 Pork with Green Vegetables 開陽高麗 Stir-Fried Cabbage △韓式年糕 Kimchi Topokki 紅燒豆腐 Braised Tofu 有機蔬菜 Organic vegetables	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	高麗炒肉片 Stir-Fried Pork 金沙南瓜 Pumpkin 塔香海茸 Stewed Seaweed 紅絲炒豆干 Stir-Fried Bean Curd 有機蔬菜 Organic vegetables	129 9.4 61 2.2 37.5 0.6 165.8 11.2 37.5 0.6	◎鹹豬肉炒花椰 Stir-Fried Pork 茄汁冬粉 green bean noodles ◆★◎海苔香鬆花枝丸 Fried cuttlefish ball 魚板絲蒸蛋 Steamed Egg 有機蔬菜 Organic vegetables	160.9 8 60.7 1.1 118 7 96.7 8.9 37.5 0.6	京醬肉絲 Stir-fried Pork 白菜滷 Stewed Chinese Cabbage △韓式拌豆芽 Bean sprouts 蟬絲洋葱炒蛋 Scrambled eggs 有機蔬菜 Organic vegetables	146 11.7 55.5 1.6 37.4 0.5 94.5 6.3 37.5 0.6					
晚餐	副主菜	雪菜炒肉末 Pork with Green Vegetables 開陽高麗 Stir-Fried Cabbage △韓式年糕 Kimchi Topokki 紅燒豆腐 Braised Tofu 有機蔬菜 Organic vegetables	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	高麗炒肉片 Stir-Fried Pork 金沙南瓜 Pumpkin 塔香海茸 Stewed Seaweed 紅絲炒豆干 Stir-Fried Bean Curd 有機蔬菜 Organic vegetables	129 9.4 61 2.2 37.5 0.6 165.8 11.2 37.5 0.6	◎鹹豬肉炒花椰 Stir-Fried Pork 茄汁冬粉 green bean noodles ◆★◎海苔香鬆花枝丸 Fried cuttlefish ball 魚板絲蒸蛋 Steamed Egg 有機蔬菜 Organic vegetables	160.9 8 60.7 1.1 118 7 96.7 8.9 37.5 0.6	京醬肉絲 Stir-fried Pork 白菜滷 Stewed Chinese Cabbage △韓式拌豆芽 Bean sprouts 蟬絲洋葱炒蛋 Scrambled eggs 有機蔬菜 Organic vegetables	146 11.7 55.5 1.6 37.4 0.5 94.5 6.3 37.5 0.6					
	副菜1	雪菜炒肉末 Pork with Green Vegetables 開陽高麗 Stir-Fried Cabbage △韓式年糕 Kimchi Topokki 紅燒豆腐 Braised Tofu 有機蔬菜 Organic vegetables	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	高麗炒肉片 Stir-Fried Pork 金沙南瓜 Pumpkin 塔香海茸 Stewed Seaweed 紅絲炒豆干 Stir-Fried Bean Curd 有機蔬菜 Organic vegetables	129 9.4 61 2.2 37.5 0.6 165.8 11.2 37.5 0.6	◎鹹豬肉炒花椰 Stir-Fried Pork 茄汁冬粉 green bean noodles ◆★◎海苔香鬆花枝丸 Fried cuttlefish ball 魚板絲蒸蛋 Steamed Egg 有機蔬菜 Organic vegetables	160.9 8 60.7 1.1 118 7 96.7 8.9 37.5 0.6	京醬肉絲 Stir-fried Pork 白菜滷 Stewed Chinese Cabbage △韓式拌豆芽 Bean sprouts 蟬絲洋葱炒蛋 Scrambled eggs 有機蔬菜 Organic vegetables	146 11.7 55.5 1.6 37.4 0.5 94.5 6.3 37.5 0.6					
	副菜2	雪菜炒肉末 Pork with Green Vegetables 開陽高麗 Stir-Fried Cabbage △韓式年糕 Kimchi Topokki 紅燒豆腐 Braised Tofu 有機蔬菜 Organic vegetables	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	高麗炒肉片 Stir-Fried Pork 金沙南瓜 Pumpkin 塔香海茸 Stewed Seaweed 紅絲炒豆干 Stir-Fried Bean Curd 有機蔬菜 Organic vegetables	129 9.4 61 2.2 37.5 0.6 165.8 11.2 37.5 0.6	◎鹹豬肉炒花椰 Stir-Fried Pork 茄汁冬粉 green bean noodles ◆★◎海苔香鬆花枝丸 Fried cuttlefish ball 魚板絲蒸蛋 Steamed Egg 有機蔬菜 Organic vegetables	160.9 8 60.7 1.1 118 7 96.7 8.9 37.5 0.6	京醬肉絲 Stir-fried Pork 白菜滷 Stewed Chinese Cabbage △韓式拌豆芽 Bean sprouts 蟬絲洋葱炒蛋 Scrambled eggs 有機蔬菜 Organic vegetables	146 11.7 55.5 1.6 37.4 0.5 94.5 6.3 37.5 0.6					
	副菜3	雪菜炒肉末 Pork with Green Vegetables 開陽高麗 Stir-Fried Cabbage △韓式年糕 Kimchi Topokki 紅燒豆腐 Braised Tofu 有機蔬菜 Organic vegetables	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	高麗炒肉片 Stir-Fried Pork 金沙南瓜 Pumpkin 塔香海茸 Stewed Seaweed 紅絲炒豆干 Stir-Fried Bean Curd 有機蔬菜 Organic vegetables	129 9.4 61 2.2 37.5 0.6 165.8 11.2 37.5 0.6	◎鹹豬肉炒花椰 Stir-Fried Pork 茄汁冬粉 green bean noodles ◆★◎海苔香鬆花枝丸 Fried cuttlefish ball 魚板絲蒸蛋 Steamed Egg 有機蔬菜 Organic vegetables	160.9 8 60.7 1.1 118 7 96.7 8.9 37.5 0.6	京醬肉絲 Stir-fried Pork 白菜滷 Stewed Chinese Cabbage △韓式拌豆芽 Bean sprouts 蟬絲洋葱炒蛋 Scrambled eggs 有機蔬菜 Organic vegetables	146 11.7 55.5 1.6 37.4 0.5 94.5 6.3 37.5 0.6					
有機	雪菜炒肉末 Pork with Green Vegetables 開陽高麗 Stir-Fried Cabbage △韓式年糕 Kimchi Topokki 紅燒豆腐 Braised Tofu 有機蔬菜 Organic vegetables	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	119 8.6 37.5 0.6 177.5 5.1 83 5.6 37.5 0.6	高麗炒肉片 Stir-Fried Pork 金沙南瓜 Pumpkin 塔香海茸 Stewed Seaweed 紅絲炒豆干 Stir-Fried Bean Curd 有機蔬菜 Organic vegetables	129 9.4 61 2.2 37.5 0.6 165.8 11.2 37.5 0.6	◎鹹豬肉炒花椰 Stir-Fried Pork 茄汁冬粉 									

一、符號說明 ★:含炸物 ◎:調理主菜 △:含辣 ◆:含有海鮮或堅果種子類
二、本校區各餐點內品產地說明: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。
三、各項檢驗報告及三農實際照片皆定期更新並公告於學校官網「團膳專區」,網址:http://www.kcis.ntpc.edu.tw/Restaurant/index.html, 歡迎點閱。
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。
五、吃不飽可以回原餐道加量,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,請用餐者自行斟酌 閱並遵守。

菜單開立:曹惠耘(豆品食品營養師)、李承唐(牛軋食品營養師)

菜單審核:石慧玲(康橋國際學校秀岡校區營養師)