

日期		6月8日		6月9日		6月10日		6月11日		6月12日								
餐別		週一		週二		週三		週四		週五								
類別	內容	每份售價 (大/小)	每份售價 (大/小)	每份售價 (大/小)	每份售價 (大/小)	每份售價 (大/小)	每份售價 (大/小)	每份售價 (大/小)	每份售價 (大/小)	每份售價 (大/小)	每份售價 (大/小)							
早餐	中式早餐	高麗菜炒飯套餐 (內容物:高麗菜、紅蘿蔔、洋葱) ◎烤雞塊 蒸蛋 蒜泥燙萵苣 起酥肉鬆麵包	516	20	黑糖饅頭套餐 (內容物:黑糖饅頭) 蔥花煎蛋 肉鬆+小米粥 紅絲青江菜 鮭魚玉米蛋堡套餐	500	22	烏龍麵湯麵套餐 (內容物:烏龍麵、肉絲、高麗菜、洋葱、紅蘿蔔絲、雞蛋) 翡翠燒賣	506	22	◎火腿蛋餅套餐 (內容物:蔥抓餅、雞蛋、火腿) 醬燒豆腐 紅絲青江菜	620	20					
	西式早餐	(內容物:起酥肉鬆麵包) 歐姆蛋 蒜泥燙萵苣 牛奶/杏仁漿	563.2	18.1	(內容物:漢堡、鮭魚、玉米粒、歐姆蛋、番茄片、小黃瓜、沙拉) 烤薯餅	534	26	◎總匯三明治套餐 (內容物:薄片吐司、豬肉漢堡排、荷包蛋、番茄片、小黃瓜、沙拉) 焗烤馬鈴薯	594	24.4	肉醬義大利麵套餐 (內容物:義大利麵、絞肉、洋葱、玉米粒) 義式時蔬烤雞肉	471	28					
	飲品	兩種可自取																
自助餐	主菜1	烤腿排 Roasted Chicken ◆沙嗲豬柳 Stir-fried Satay Pork ★◎炸花枝排 Fried Seafood	165	21	咖喱椰汁雞 Curry chicken with coconut milk 藤瓜蒸肉 Steamed Pork ★◎炸花枝條 Fried Squid Strips	218	24.6	★蕪芥未脆皮雞翅 Fried Chicken 冬菜肉絲 Stir-fried Pork ◎烤蝦捲 Roasted Seafood	295	17.5	△泡菜燒雞 Kimchi Chicken Stew 鳳梨肉丁 Stir-fried Pork 紅燒魚 Braised Fish	218	24.6	塔香雞丁 Stir-fried Chicken 日式肉末乾咖哩 Dry Curry with Minced Meat 麻油白飯魚 Steamed Fish	252	23.8		
	主菜2	菜葉豆腐餃 Meatballs with tomato sauce 味噌豆腐煲 Tofu with Miso sauce 南瓜炒蛋 Scrambled Eggs △黑胡椒黃豆芽時蔬 Pan-Fry Bean Sprouts 有機蔬菜 Organic vegetables	231.5	23.3	Pan-Fry Pork 蒜香海帶絲 Seaweed ★糖醋豆腐煲 Fried Tofu 蒜香高麗菜 Cabbage 有機蔬菜 Organic vegetables	37.5	0.6	白花炒雞肉 Pan-Fry Cauliflower with Chicken 乾扁四季豆 Dry-Fried Green Beans △泡菜豆腐煲 Korean Tofu 枸杞冬瓜 Winter Melon 有機蔬菜 Organic vegetables	39.5	0.7	△佛跳牆 Chinese Pork Casserole ★馬鈴薯拌海苔粉 Potatoes 開陽大頭菜 Stir-fried Preserved Mustard Tuber 寧波炒年糕 Stir-Fried Chinese Rice Cake 有機蔬菜 Organic vegetables	115	2	瓜仔肉醬 Slow Stewed Pork ◆沙茶粉絲 Fried Bean Noodles with Satay Sauce 紅蘿蔔蒸蛋 Steamed Egg 香香綠豆芽 Pan-Fry Bean Sprouts 有機蔬菜 Organic vegetables	44.3	1.2	46.5	1.2
	主菜3	◎茄汁櫻肉丸 Meatballs with tomato sauce 味噌豆腐煲 Tofu with Miso sauce 南瓜炒蛋 Scrambled Eggs △黑胡椒黃豆芽時蔬 Pan-Fry Bean Sprouts 有機蔬菜 Organic vegetables	280	14	芹菜肉絲 Pan-Fry Pork 蒜香海帶絲 Seaweed ★糖醋豆腐煲 Fried Tofu 蒜香高麗菜 Cabbage 有機蔬菜 Organic vegetables	350	14	白花炒雞肉 Pan-Fry Cauliflower with Chicken 乾扁四季豆 Dry-Fried Green Beans △泡菜豆腐煲 Korean Tofu 枸杞冬瓜 Winter Melon 有機蔬菜 Organic vegetables	187.2	12.4	△佛跳牆 Chinese Pork Casserole ★馬鈴薯拌海苔粉 Potatoes 開陽大頭菜 Stir-fried Preserved Mustard Tuber 寧波炒年糕 Stir-Fried Chinese Rice Cake 有機蔬菜 Organic vegetables	199.5	20.3	瓜仔肉醬 Slow Stewed Pork ◆沙茶粉絲 Fried Bean Noodles with Satay Sauce 紅蘿蔔蒸蛋 Steamed Egg 香香綠豆芽 Pan-Fry Bean Sprouts 有機蔬菜 Organic vegetables	199.5	20.3	46.5	1.2
	副主菜	◎茄汁櫻肉丸 Meatballs with tomato sauce 味噌豆腐煲 Tofu with Miso sauce 南瓜炒蛋 Scrambled Eggs △黑胡椒黃豆芽時蔬 Pan-Fry Bean Sprouts 有機蔬菜 Organic vegetables	145	7.1	芹菜肉絲 Pan-Fry Pork 蒜香海帶絲 Seaweed ★糖醋豆腐煲 Fried Tofu 蒜香高麗菜 Cabbage 有機蔬菜 Organic vegetables	90.5	5.3	白花炒雞肉 Pan-Fry Cauliflower with Chicken 乾扁四季豆 Dry-Fried Green Beans △泡菜豆腐煲 Korean Tofu 枸杞冬瓜 Winter Melon 有機蔬菜 Organic vegetables	79	6.1	△佛跳牆 Chinese Pork Casserole ★馬鈴薯拌海苔粉 Potatoes 開陽大頭菜 Stir-fried Preserved Mustard Tuber 寧波炒年糕 Stir-Fried Chinese Rice Cake 有機蔬菜 Organic vegetables	52.8	4.2	瓜仔肉醬 Slow Stewed Pork ◆沙茶粉絲 Fried Bean Noodles with Satay Sauce 紅蘿蔔蒸蛋 Steamed Egg 香香綠豆芽 Pan-Fry Bean Sprouts 有機蔬菜 Organic vegetables	64	7	46.5	1.2
	副菜	菜葉豆腐餃 Meatballs with tomato sauce 味噌豆腐煲 Tofu with Miso sauce 南瓜炒蛋 Scrambled Eggs △黑胡椒黃豆芽時蔬 Pan-Fry Bean Sprouts 有機蔬菜 Organic vegetables	82	7.2	芹菜肉絲 Pan-Fry Pork 蒜香海帶絲 Seaweed ★糖醋豆腐煲 Fried Tofu 蒜香高麗菜 Cabbage 有機蔬菜 Organic vegetables	144	8.4	白花炒雞肉 Pan-Fry Cauliflower with Chicken 乾扁四季豆 Dry-Fried Green Beans △泡菜豆腐煲 Korean Tofu 枸杞冬瓜 Winter Melon 有機蔬菜 Organic vegetables	73.1	6.1	△佛跳牆 Chinese Pork Casserole ★馬鈴薯拌海苔粉 Potatoes 開陽大頭菜 Stir-fried Preserved Mustard Tuber 寧波炒年糕 Stir-Fried Chinese Rice Cake 有機蔬菜 Organic vegetables	44.3	1.2	瓜仔肉醬 Slow Stewed Pork ◆沙茶粉絲 Fried Bean Noodles with Satay Sauce 紅蘿蔔蒸蛋 Steamed Egg 香香綠豆芽 Pan-Fry Bean Sprouts 有機蔬菜 Organic vegetables	44.3	1.2	46.5	1.2
	副菜	菜葉豆腐餃 Meatballs with tomato sauce 味噌豆腐煲 Tofu with Miso sauce 南瓜炒蛋 Scrambled Eggs △黑胡椒黃豆芽時蔬 Pan-Fry Bean Sprouts 有機蔬菜 Organic vegetables	132	8	芹菜肉絲 Pan-Fry Pork 蒜香海帶絲 Seaweed ★糖醋豆腐煲 Fried Tofu 蒜香高麗菜 Cabbage 有機蔬菜 Organic vegetables	144	8.4	白花炒雞肉 Pan-Fry Cauliflower with Chicken 乾扁四季豆 Dry-Fried Green Beans △泡菜豆腐煲 Korean Tofu 枸杞冬瓜 Winter Melon 有機蔬菜 Organic vegetables	73.1	6.1	△佛跳牆 Chinese Pork Casserole ★馬鈴薯拌海苔粉 Potatoes 開陽大頭菜 Stir-fried Preserved Mustard Tuber 寧波炒年糕 Stir-Fried Chinese Rice Cake 有機蔬菜 Organic vegetables	44.3	1.2	瓜仔肉醬 Slow Stewed Pork ◆沙茶粉絲 Fried Bean Noodles with Satay Sauce 紅蘿蔔蒸蛋 Steamed Egg 香香綠豆芽 Pan-Fry Bean Sprouts 有機蔬菜 Organic vegetables	44.3	1.2	46.5	1.2
	副菜	菜葉豆腐餃 Meatballs with tomato sauce 味噌豆腐煲 Tofu with Miso sauce 南瓜炒蛋 Scrambled Eggs △黑胡椒黃豆芽時蔬 Pan-Fry Bean Sprouts 有機蔬菜 Organic vegetables	35	0.5	芹菜肉絲 Pan-Fry Pork 蒜香海帶絲 Seaweed ★糖醋豆腐煲 Fried Tofu 蒜香高麗菜 Cabbage 有機蔬菜 Organic vegetables	37.5	0.6	白花炒雞肉 Pan-Fry Cauliflower with Chicken 乾扁四季豆 Dry-Fried Green Beans △泡菜豆腐煲 Korean Tofu 枸杞冬瓜 Winter Melon 有機蔬菜 Organic vegetables	37.5	0.6	△佛跳牆 Chinese Pork Casserole ★馬鈴薯拌海苔粉 Potatoes 開陽大頭菜 Stir-fried Preserved Mustard Tuber 寧波炒年糕 Stir-Fried Chinese Rice Cake 有機蔬菜 Organic vegetables	113	2.66	瓜仔肉醬 Slow Stewed Pork ◆沙茶粉絲 Fried Bean Noodles with Satay Sauce 紅蘿蔔蒸蛋 Steamed Egg 香香綠豆芽 Pan-Fry Bean Sprouts 有機蔬菜 Organic vegetables	37.5	0.6	46.5	1.2
	有機	菜葉豆腐餃 Meatballs with tomato sauce 味噌豆腐煲 Tofu with Miso sauce 南瓜炒蛋 Scrambled Eggs △黑胡椒黃豆芽時蔬 Pan-Fry Bean Sprouts 有機蔬菜 Organic vegetables	37.5	0.6	芹菜肉絲 Pan-Fry Pork 蒜香海帶絲 Seaweed ★糖醋豆腐煲 Fried Tofu 蒜香高麗菜 Cabbage 有機蔬菜 Organic vegetables	37.5	0.6	白花炒雞肉 Pan-Fry Cauliflower with Chicken 乾扁四季豆 Dry-Fried Green Beans △泡菜豆腐煲 Korean Tofu 枸杞冬瓜 Winter Melon 有機蔬菜 Organic vegetables	37.5	0.6	△佛跳牆 Chinese Pork Casserole ★馬鈴薯拌海苔粉 Potatoes 開陽大頭菜 Stir-fried Preserved Mustard Tuber 寧波炒年糕 Stir-Fried Chinese Rice Cake 有機蔬菜 Organic vegetables	37.5	0.6	瓜仔肉醬 Slow Stewed Pork ◆沙茶粉絲 Fried Bean Noodles with Satay Sauce 紅蘿蔔蒸蛋 Steamed Egg 香香綠豆芽 Pan-Fry Bean Sprouts 有機蔬菜 Organic vegetables	37.5	0.6	46.5	1.2
	風味食堂	夏威夷炒飯 Hawaiian Fried Rice	689	40.7	味增豬肉炒烏龍 Stir-fried Udon with Miso Sauce	346	40	芝麻醬豆腐水餃 Mapo Tofu Soup Dumplings	838	83.2	什錦炒麵 Fried Noodles With Pork	637	39.5	肉燥乾拌麵 Dry Noodles with Meat Sauce	648	44.6		
	午餐	世界廚房	◆肉醬義大利麵 Fried spaghetti with chicken ◎叉燒肉排花枝捲飯 Rice with Pork and Squid Rolls	714.5	44.2	日式牛肉壽喜燒蓋飯 Sukiyaki Beef Rice △宮保雞丁燴飯 Kung Pao Chicken Risotto contains peanuts	765	46.7	◆日式香鬆蛋炒飯 Japanese Frikake Egg Fried Rice 海南雞飯 Hainan Chicken Rice	765	35	紅醬焗烤千層麵 Baked Lasagna with Tomato Sauce ★BBQ黃金炸雞飯 Fried Chicken Rice	707	32.1	韓式蔬菜拌飯 Korean Vegetables Rice ★香酥雞腿飯 Fried Chicken Rice	918.5	52.1	46.5
米樂飯館		◎叉燒肉排花枝捲飯 Rice with Pork and Squid Rolls	1032	53.8	△宮保雞丁燴飯 Kung Pao Chicken Risotto contains peanuts	792	43.9	海南雞飯 Hainan Chicken Rice	765	35	紅醬焗烤千層麵 Baked Lasagna with Tomato Sauce ★BBQ黃金炸雞飯 Fried Chicken Rice	707	32.1	韓式蔬菜拌飯 Korean Vegetables Rice ★香酥雞腿飯 Fried Chicken Rice	918.5	52.1	46.5	1.2
風味食堂		夏威夷炒飯 Hawaiian Fried Rice	689	40.7	味增豬肉炒烏龍 Stir-fried Udon with Miso Sauce	346	40	芝麻醬豆腐水餃 Mapo Tofu Soup Dumplings	838	83.2	什錦炒麵 Fried Noodles With Pork	637	39.5	肉燥乾拌麵 Dry Noodles with Meat Sauce	648	44.6	46.5	1.2
水果		季節水果 Seasonal Fruits 黃瓜湯 Cucumber Soup	60	0	季節水果 Seasonal Fruits 大頭菜湯 Turnip soup 綠豆甜湯 Green Bean Soup	60	0	季節水果 Seasonal Fruits 海帶豚骨湯 Kelp Knot Soup	12.5	0.9	季節水果 Seasonal Fruits 味噌海苔湯 Seaweed Soup	4	0.1	季節水果 Seasonal Fruits 竹筍湯 Bamboo Shoot Soup 銀耳桂圓甜湯 Longan and Snow Fungus Sweet Soup	60	0	46.5	1.2
鹹湯品		黃瓜湯 Cucumber Soup	5	0.2	大頭菜湯 Turnip soup	5	0.2	海帶豚骨湯 Kelp Knot Soup	12.5	0.9	味噌海苔湯 Seaweed Soup	4	0.1	竹筍湯 Bamboo Shoot Soup	5	0.2	46.5	1.2
甜湯品		綠豆甜湯 Green Bean Soup	35	1	綠豆甜湯 Green Bean Soup	35	1	海帶豚骨湯 Kelp Knot Soup	12.5	0.9	味噌海苔湯 Seaweed Soup	4	0.1	竹筍湯 Bamboo Shoot Soup	5	0.2	46.5	1.2
主食		白飯 Steamed Rice	280	8	黑豆飯 Black bean rice	280	9.4	五穀飯 Five grain rice	280	8	紫米飯 Purple Rice	280	8	燕麥飯 Oat rice	280	8	46.5	1.2
輕食1		日式唐揚雞披薩 Chicken Pizza 燕麥葡萄餅乾 Raisin Oatmeal Cookies 草莓優酪乳 Strawberry Yogurt Drink	765	31.6	熟狗大亨堡 Hot Dog Burger 紫米珍珠丸子 Meatballs 光泉豆漿 Soybean milk	623	24.7	牛肉起司帕瑪森堡 Roast Beef Sandwich 薯條 French Fries 柳橙汁 Orange Juice	249	2.7	蟹味海鮮披薩 Crab Seafood Pizza 紐奧良雞排 Chicken Leg Steak 蘋果汁 Apple Juice	538	22.3	348克克雙蓮漢堡 Hamburger With Chicken Nuggets 玉米球 Popcorn Chicken 光泉高鈣低乳 High Calcium Milk	724	29.5	46.5	1.2
輕食2		香酥雞柳肉醬義大利麵 Fried Chicken Meat Sauce Pasta 蜂蜜瑞士捲 Honey Swiss Roll 原味優酪乳 Yogurt Drink	652	30.6	咖哩牛肉焗飯 Gratin Pesto Curry Beef Rice 葡萄瑞士捲 Grape Swiss Roll 仙草汁 Herbal Tea	715	37	焗烤奶油培根蝦麵 Cream Bacon Baked Rotini 燕麥葡萄餅乾 Raisin Oatmeal Cookies 光泉黑豆漿 Black Soy Milk	761.7	30.2	味噌豬肉烏龍麵 Miso Pork udon noodles 巧克力蛋塔 Chocolate Egg Tarts 光泉豆漿 Soybean milk	473.8	26.1	358克青醬蝦仁焗烤貝殼麵 Conchige with Shrimp and Green Sauce 草莓瑞士捲 Strawberry Swiss Roll 可爾必思 Calpis	743	35.2	46.5	1.2
湯品		韓式豆腐湯 Korean Soybean Soup	48.5	4	巧達濃湯 Chowder	84.8	2.7	蕃茄蔬菜湯 Tomato Vegetable Soup	14.3	0.5	海帶芽味噌湯 Seaweed Miso Soup	10.8	0.5	洋蔥培根濃湯 Onion and Bacon Soup	70	3.2	46.5	1.2
主菜1	柚子蜜醬 Roasted Chicken △泰式打拋豬 Stir-fried Pork 樹子蒸魚 Steamed Fish	165	21	照燒雞 Stir-fried Chicken 時蔬拌豬肉 Pan-Fry Pork 紅燒魚 Braising Fish	220	21.4	照燒雞 Roasted Chicken 粉蒸排骨 Rice Flour Steamed Pork Ribs 高麗炒海鮮 Stir-fried Seafood	270	21	香菇麻油雞 Sesame Oil Chicken △剝皮辣椒蒸肉 Steamed Pork ◎糖醋魚 Sweet & Sour Fish	255	21	46.5	1.2				
主菜2	照燒雞 Roasted Chicken 時蔬拌豬肉 Pan-Fry Pork 紅燒魚 Braising Fish	295	23.1	照燒雞 Roasted Chicken 粉蒸排骨 Rice Flour Steamed Pork Ribs 高麗炒海鮮 Stir-fried Seafood	253.5	23.4	照燒雞 Roasted Chicken 粉蒸排骨 Rice Flour Steamed Pork Ribs 高麗炒海鮮 Stir-fried Seafood	270	21	香菇麻油雞 Sesame Oil Chicken △剝皮辣椒蒸肉 Steamed Pork ◎糖醋魚 Sweet & Sour Fish	298	23.9	46.5	1.2				
主菜3	照燒雞 Roasted Chicken 時蔬拌豬肉 Pan-Fry Pork 紅燒魚 Braising Fish	156	20	照燒雞 Roasted Chicken 粉蒸排骨 Rice Flour Steamed Pork Ribs 高麗炒海鮮 Stir-fried Seafood	157	20	照燒雞 Roasted Chicken 粉蒸排骨 Rice Flour Steamed Pork Ribs 高麗炒海鮮 Stir-fried Seafood	247.7	18.7	香菇麻油雞 Sesame Oil Chicken △剝皮辣椒蒸肉 Steamed Pork ◎糖醋魚 Sweet & Sour Fish	408	24	46.5	1.2				
副主菜	花椰菜香雞丁 Stir-Fried Chicken 毛豆干丁 Dougan 木須炒蛋 Scrambled Eggs 脆炒馬鈴薯絲 Stir-fried potato 有機蔬菜 Organic vegetables	112.5	7.5	蜜汁肉片 Honey Ham 蕃茄豆腐 Tofu △宮保紫茄 Braised Eggplant with peanuts 洋蔥火腿炒蛋 Scrambled Eggs 有機蔬菜 Organic vegetables	130	7.4	蜜汁肉片 Honey Ham 蕃茄豆腐 Tofu △宮保紫茄 Braised Eggplant with peanuts 洋蔥火腿炒蛋 Scrambled Eggs 有機蔬菜 Organic vegetables	79	4.8	三彩肉絲 Stir-Fried Pork pork ◆胡麻拌花菜 Cauliflower with Sesame Dressing 紅蘿蔔炒蛋 Scrambled Eggs 榨菜炒豆干 Stir-fried Bean Curd 有機蔬菜 Organic vegetables	150	9.1	46.5	1.2				
副菜1	花椰菜香雞丁 Stir-Fried Chicken 毛豆干丁 Dougan 木須炒蛋 Scrambled Eggs 脆炒馬鈴薯絲 Stir-fried potato 有機蔬菜 Organic vegetables	156.8	10.8	蜜汁肉片 Honey Ham 蕃茄豆腐 Tofu △宮保紫茄 Braised Eggplant with peanuts 洋蔥火腿炒蛋 Scrambled Eggs 有機蔬菜 Organic vegetables	131.1	2.7	蜜汁肉片 Honey Ham 蕃茄豆腐 Tofu △宮保紫茄 Braised Eggplant with peanuts 洋蔥火腿炒蛋 Scrambled Eggs 有機蔬菜 Organic vegetables	42.1	0.7	三彩肉絲 Stir-Fried Pork pork ◆胡麻拌花菜 Cauliflower with Sesame Dressing 紅蘿蔔炒蛋 Scrambled Eggs 榨菜炒豆干 Stir-fried Bean Curd 有機蔬菜 Organic vegetables	88.8	5.9	46.5	1.2				
副菜2	花椰菜香雞丁 Stir-Fried Chicken 毛豆干丁 Dougan 木須炒蛋 Scrambled Eggs 脆炒馬鈴薯絲 Stir-fried potato 有機蔬菜 Organic vegetables	77	0.9	蜜汁肉片 Honey Ham 蕃茄豆腐 Tofu △宮保紫茄 Braised Eggplant with peanuts 洋蔥火腿炒蛋 Scrambled Eggs 有機蔬菜 Organic vegetables	37.2	0.71	蜜汁肉片 Honey Ham 蕃茄豆腐 Tofu △宮保紫茄 Braised Eggplant with peanuts 洋蔥火腿炒蛋 Scrambled Eggs 有機蔬菜 Organic vegetables	37.5	0.6	三彩肉絲 Stir-Fried Pork pork ◆胡麻拌花菜 Cauliflower with Sesame Dressing 紅蘿蔔炒蛋 Scrambled Eggs 榨菜炒豆干 Stir-fried Bean Curd 有機蔬菜 Organic vegetables	170	12	46.5	1.2				
副菜3	花椰菜香雞丁 Stir-Fried Chicken 毛豆干丁 Dougan 木須炒蛋 Scrambled Eggs 脆炒馬鈴薯絲 Stir-fried potato 有機蔬菜 Organic vegetables	37.5	0.6	蜜汁肉片 Honey Ham 蕃茄豆腐 Tofu △宮保紫茄 Braised Eggplant with peanuts 洋蔥火腿炒蛋 Scrambled Eggs 有機蔬菜 Organic vegetables	37.5	0.6	蜜汁肉片 Honey Ham 蕃茄豆腐 Tofu △宮保紫茄 Braised Eggplant with peanuts 洋蔥火腿炒蛋 Scrambled Eggs 有機蔬菜 Organic vegetables	37.5	0.6	三彩肉絲 Stir-Fried Pork pork ◆胡麻拌花菜 Cauliflower with Sesame Dressing 紅蘿蔔炒蛋 Scrambled Eggs 榨菜炒豆干 Stir-fried Bean Curd 有機蔬菜 Organic vegetables	37.5	0.6	46.5	1.2				
有機	花椰菜香雞丁 Stir-Fried Chicken 毛豆干丁 Dougan 木須炒蛋 Scrambled Eggs 脆炒馬鈴薯絲 Stir-fried potato 有機蔬菜 Organic vegetables	37.5	0.6	蜜汁肉片 Honey Ham 蕃茄豆腐 Tofu △宮保紫茄 Braised Eggplant with peanuts 洋蔥火腿炒蛋 Scrambled Eggs 有機蔬菜 Organic vegetables	37.5	0.6	蜜汁肉片 Honey Ham 蕃茄豆腐 Tofu △宮保紫茄 Braised Eggplant with peanuts 洋蔥火腿炒蛋 Scrambled Eggs 有機蔬菜 Organic vegetables	37.5	0.6	三彩肉絲 Stir-Fried Pork pork ◆胡麻拌花菜 Cauliflower with Sesame Dressing 紅蘿蔔炒蛋 Scrambled Eggs 榨菜炒豆干 Stir-fried Bean Curd 有機蔬菜 Organic vegetables	37.5	0.6	46.5	1.2				
快餐	味增鮭魚湯泡飯 Miso Salmon Rice	681	40.7	△紅燒蹄花麵 Pork Noodle Soup	345	41.5	◎滷味套餐 Braised dishes	676	38.6	烤雞飯 Roasted Chicken Rice	314	37	高麗菜炒飯 Cabbage Fried Rice	789	51.5	46.5	1.2	
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	季節水果 Seasonal Fruits	60	0	季節水果 Seasonal Fruits	60	0	46.5	1.2	
主食	白飯 Steamed Rice	280	8	白飯 Steamed Rice	280	8	白飯 Steamed Rice	280	8	白飯 Steamed Rice	280	8	白飯 Steamed Rice	280	8	46.5	1.2	
鹹湯品	薑絲冬瓜湯 Ginger White Gourd Soup	5	0.2	青菜豆腐湯 Vegetables Soup	12.5	0.9	番茄豆芽湯 Yellow bean sprouts soup	5	0.2	黃瓜湯 Cucumber Soup	5	0.2	蘿蔔雞湯 Daikon Soup 紅豆紫米甜湯 Red Bean Purple Rice Soup	12.5	0.9	46.5	1.2	
甜湯品	八寶豆甜湯	35	1	八寶豆甜湯	35	1	八寶豆甜湯	35	1	八寶豆甜湯	35	1	八寶豆甜湯	35	1	46.5	1.2	

一、符號說明 ★:含炸物 ◎:調理主菜 △:會辣 ◆:含有海鮮或堅果種子類
 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厄瓜多爾。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 "團體專區",網址:http://www.keis.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,請用餐者自行詳閱並遵守。