



Lunch Menu

AUGUST 2022

日期		
8/10(WEN)	蘋果味增豬肉片	Apple Miso pork slices
8/11(THU)	照燒里肌厚蛋貝果	Teriyaki Thick Egg Bagels
8/12(FRI)	義式番茄肉醬麵	Spaghetti Bolognese
8/15(MON)	日式照燒雞丁	Teriyaki Chicken
8/16(TUE)	黃芥末雞三明治, 季節蔬菜, 紅蘿蔔蛋, 蘋果片, 季節水果	Yellow Mustard Chicken Sandwich.vegetable.carrot eggs.apple slices.fruits
8/17(WEN)	番茄肉醬飯	tomato sauce rice
8/18(THU)	蔬食捲(墨西哥餅皮, 綠捲鬚, 番茄, 蘋果, 雪蓮子). 水煮蛋. 香煎雞肉	Veggie Roll(tortilla crust, green tendrils, tomato, apple, Lotus seeds).egg.chicken
8/19(FRI)	蘑菇奶油雞肉麵	Creamy Chicken Noodles with Mushrooms
8/22(MON)	義式烤腿排	Italian Grilled Leg Steak
8/23(TUE)	炭烤燒肉三明治. 季節蔬菜. 涼拌金針菇. 蘋果片、季節水果	Charcoal BBQ Meat Sandwich.vegetable.mushroom.apple slices.fruits
8/24(WEN)	香滷棒腿	Braised Stick Legs
8/25(THU)	小貝沙拉組(原味小貝果+美生菜+小黃瓜+蕃茄+紅蘿蔔+綠捲鬚+紅黃甜椒+玉米筍+蔓越莓乾+薯泥球+照燒里肌)	Bagel salad set(Original bagel + lettuce + cucumber + tomato + carrot + green tendril + red and yellow bell pepper + bamboo shoots + dried cranberry + mashed potato ball + teriyaki chicken)
8/26(FRI)	番茄德式香腸麵	Tomato German Sausage Noodles
8/29(MON)	洋蔥燒雞丁	Grilled Chicken with Onions
8/30(TUE)	義式香草雞胸三明治. 季節蔬菜. 馬鈴薯沙拉. 蘋果片、季節水果	Italian Herb Chicken Breast Sandwich.vegetable.potato salad.apple slices.fruits
8/31(WEN)	照燒豬肉片	Teriyaki Pork Slices
9/1(THU)	美式烤肉三明治+食蔬(花椰菜+玉米筍+櫛瓜+鴻禧菇+杏鮑菇+毛豆仁+紅黃甜椒)	barbecue sandwich.vegetable(Cauliflower + Bamboo Corn + Cucumber + Hongxi Mushroom + King Oyster Mushroom + Edamame + Red and Yellow Bell Peppers)



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9/2(FRI)	白醬海鮮義大利麵	Seafood Spaghetti with White Sauce
9/5(MON)	蜜汁烤腿排	Honey Grilled Leg Steaks
9/6(TUE)	鄉村起司火腿三明治. 季節蔬菜. 炒杏鮑菇. 蘋果片. 季節水果	Country Cheese and Ham Sandwich. vegetable. mushroom. apple slices
9/7(WEN)	塔香三杯雞丁	Three-cup diced chicken
9/8(THU)	歐姆蛋磨菇起士三明治. 清蒸馬鈴薯里肌	Omelette Mushroom Cheese Sandwich. Potato Tenderloin
9/12(MON)	柚香烤腿排	Grapefruit Grilled Leg Steak
9/13(TUE)	黃芥末雞三明治. 季節嫩菜. 蘋果片. 季節水果	Yellow Mustard Chicken .vegetable. apple slices .fruits
9/14(WEN)	薑汁燒肉片	Grilled Pork with Ginger Sauce
9/15(THU)	手做肉排貝果. 焗烤馬鈴薯	Steak Bagels. potato
9/16(FRI)	番茄紅醬雞肉麵	Chicken Noodles with Tomato Red Sauce
9/19(MON)	椒鹽烤腿排	Grilled Leg Steaks with Salt and Pepper
9/20(TUE)	炭烤燒肉三明治. 季節蔬菜. 涼拌金針菇. 蘋果片. 季節水果	Charcoal BBQ Meat Sandwich+vegetable+mushroom .apple slices. fruits
9/21(WEN)	打拋豬(不辣)	Pork tossed (not spicy)
9/22(THU)	綜合堅果魚脯三明治. 花椰菜雞肉	Mixed Nut Fish Sandwich. broccoli chicken
9/23(FRI)	經典培根奶油麵	Classic Bacon Cream Noodles
9/26(MON)	日式照燒雞丁	Teriyaki Chicken
9/27(TUE)	義式香草雞胸三明治. 季節蔬菜. 炒杏鮑菇. 蘋果片. 季節水果	Italian Herb Chicken Breast Sandwich. vegetable. mushroom. apple slices. fruits
9/28(WEN)	香滷棒腿	Braised Stick Legs
10/3(MON)	義式烤腿排	Italian Grilled Leg Steak
10/4(TUE)	鄉村起司火腿三明治. 季節蔬菜. 洋蔥. 蛋. 蘋果片. 季節水果	Country Cheese and Ham Sandwich. vegetable. onion . egg .apple slices. fruit
10/5(WEN)	壽喜豬肉片	Sukiyaki pork slices
10/6(THU)	蘋果燒肉墨西哥捲. 食蔬 (花椰菜+玉米筍+櫛瓜+鴻禧菇+杏鮑菇+毛豆仁)	Apple BBQ burritos+vegetable(Cauliflower + Bamboo Corn + Cucumber + Hongxi Mushroom + King Oyster Mushroom + Edamame)