

OCT MENU

SECONDARY

日期	主食	副食一	副食二	青菜	湯	水果
10/22	米飯rice	壽喜燒Sukiyaki	蜜汁雞Honey Chicken	五香豆干Dried Tofu	青菜vegetable	排骨冬瓜湯ribs and winter melon soup
10/23	炒麵Fried noodle	鐵板麵Fried noodle	雞排Chicken Chop	京醬肉絲Shredded Pork with Beijing Sauce	青菜vegetable	廣東粥Cantonese porridge
10/24	胚芽米飯germ rice	橙汁豬小片Orange With Orange Sauce	竹筍雞Bamboo Chicken	鮮菇脆瓜Crispy melon with mushrooms	青菜vegetable	紫菜蛋花湯Seaweed Egg drop soup 水果fruit
10/25	米飯rice	香酥魚排Fried Fish Chop	五更腸旺Pork intestines fire Pot	咖哩鮮蔬Curry Vegetable	青菜vegetable	翡翠濃湯Spinach Soup
10/28	米飯rice	沙茶豬柳Shacha Pork Fillet	瓜子雞Chicken with Cucumbers	炒皮蛋豆腐Fried preserved egg and tofu	青菜vegetable	仙草愛玉湯Mesona Jelly 水果fruit
10/29	米飯rice	照燒雞Teriyaki Chicken	打拋肉Stir-fried Minced Pork	鮮菇洋芋Mushrooms and Potatoes	青菜vegetable	藥膳湯Pork Ribs soup With Herbal
10/30	炒米粉Fried rice noodles	古早味米粉Fried rice noodles	肉燥滷蛋Braised Pork and Egg	螞蟻上樹Sauteed Vermicelli with Minced Pork	青菜vegetable	四神湯Sishen Soup
10/31	麥片飯Oatmeal	豆乳雞Soy milk chicken	冬瓜排骨酥Winter Melon Pork Rib Crispy	白菜滷Braised Chinese cabbage	青菜vegetable	關東煮湯Oden soup 水果fruit

※本校午餐供應國產豬肉

※請注意：

本菜單部分食材含有衛福部公告11種過敏原(甲殼類、芒果、花生、牛奶及羊奶、蛋、堅果類、芝麻、含麩質之穀物、大豆、魚類、使用亞硫酸鹽類等)，有關食材資訊請至校園食材登錄平臺查詢。

※Our school serves domestic pork for lunch

※Please note:

Some ingredients on this menu contain 11 allergens announced by the Ministry of Health and Welfare (crustaceans, mangoes, peanuts, milk and goat milk, eggs, nuts, sesame, gluten-containing grains, soybeans, fish, use of sulfites, etc.), please go to the campus food login platform for information on food ingredients.

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ELEMENTARY

日期	主食	副食一	副食二	青菜	湯	水果
10/22	米飯rice	壽喜燒Sukiyaki	蜜汁雞丁Honey Chicken	青菜vegetable	排骨冬瓜湯ribs and winter melon soup	水果fruit
10/23	鐵板麵Fried noodle	雞排chicken chop	京醬肉絲Shredded Pork with Beijing Sauce	青菜vegetable	廣東粥Cantonese porridge	水果fruit
10/24	胚芽米飯germ rice	橙汁豬小片Pork With Orange Sauce	鮮菇脆瓜Crispy melon with mushrooms	青菜vegetable	紫菜蛋花湯 Seaweed Egg drop soup	水果fruit
10/25	米飯rice	樹子魚片Fish	咖哩鮮蔬Curry Vegetable	青菜vegetable	翡翠濃湯 Spinach Soup	水果fruit
10/28	米飯rice	沙茶豬柳Shacha Pork Fillet	炒皮蛋豆腐Fried preserved egg and tofu	青菜vegetable	仙草愛玉湯 Mesona Jelly	水果fruit
10/29	米飯rice	照燒雞肉Teriyaki Chicken	鮮菇洋芋Mushrooms and Potatoes	青菜vegetable	藥膳湯 Pork Ribs soup With Herbal	水果fruit
10/30	古早味米粉Fried rice noodles	肉燥滷蛋Braised Pork and Egg	螞蟻上樹Sauteed Vermicelli with Minced Pork	青菜vegetable	四神湯Sishen Soup	水果fruit
10/31	麥片飯Oatmeal	腰果雞丁Cashew Chicken	冬瓜酥肉Winter Melon Pork Crispy	青菜vegetable	關東煮湯Oden Soup	水果fruit

本校午餐供應國產豬肉

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