

DOMINICAN INTERNATIONAL SCHOOL KAOHSIUNG

Lunch Menu – OCTOBER 2026

No	日期	星期	主食	副食一	副食二	副食三	湯	水果
1	10/1	四	薏仁飯 Barley Rice	美味腿排 Chicken Thigh	香干肉絲 Dried Shredded Pork	青菜 Vegetable	排骨冬瓜湯 Winter Melon Soup	
2	10/2	五	米飯 Rice	滷蛋海帶結 Seaweed Mixed With Eggs	香炒三色 Mixed Vegetables	青菜 Vegetable	蔬菜鮮菇湯 Vegetable and Mushroom soup	水果 Fruit
3	10/5	一	米飯 Rice	咖哩雞 Curry Chicken	塔香豬肉 Pork With Basil.	青菜 Vegetable	仙草蜜 Mesona Sweet Soup	
4	10/6	二	米飯 Rice	糖醋肉 Sweet And Sour Pork	板栗燒雞 Braised Chicken With Chestnuts	青菜 Vegetable	大滷湯 Thick Soup	水果 Fruit
5	10/7	三	炒麵疙瘩 Fried Gnocchi	蘑菇雞丁 Stir-Fried Chicken With Mushrooms	紅蘿蔔炒蛋 Scrambled Eggs With Carrots	青菜 Vegetable	龍骨海帶湯 Pork Ribs And Seaweed Soup	優酪乳 Yogurt Drink
6	10/8	四	麥片飯 Oatmeal Rice	冬瓜酥肉 Winter Melon Crispy Pork	腰果雞丁 Cashew Chicken	青菜 Vegetable	豬肉豆腐湯 Pork And Tofu Soup	
7	10/12	一	米飯 Rice	打拋肉 Stir Fried Minced Pork	蠔油雞丁 Oyster Sauce Chicken	青菜 Vegetable	檸檬山粉圓 Sweet Soup	
8	10/13	二	米飯 Rice	玉米滑雞丁 Chicken With	筍香肉絲 Bamboo And	青菜 Vegetable	紫菜蛋花湯 Seaweed Egg Drop Soup	水果 Fruit

				Corn	Pork	ble		
9	10/14	三	蛋炒飯 Fried Rice	豬排 Pork Chops	鮮蔬寬粉 Fresh Vegetable Noodles	青菜 Vegeta ble	味噌湯 Miso Soup	牛奶 Milk
10	10/15	四	糙米飯 Brown Rice	鐵板雞丁 Sizzling Chicken	蔥爆豬柳 Pork Stir-Fried With Green Onions	青菜 Vegeta ble	排骨酥湯 Pork Ribs Crispy Soup	
11	10/16	五	米飯 Rice	和風蒸蛋 Steamed Egg	咖哩魚蛋 Curry Fish Ball	青菜 Vegeta ble	蟹絲翡翠湯 Soup	水果 Fruit
12	10/19	一	米飯 Rice	義式檸檬雞丁 Italian Diced Lemon Chicken	肉香煨豆 Stir-Fried Beans With Meat	青菜 Vegeta ble	愛玉珍珠湯 Sweet Soup	
13	10/20	二	米飯 Rice	橙汁豬小片 Pork With Orange Sauce	玉米筍炒雞 Fried Chicken With Baby Corn	青菜 Vegeta ble	排骨蘿蔔湯 Radish Pork Ribs Soup	水果 Fruit
14	10/21	三	鐵板麵 Fried noodle	雞排 Chicken Steak	壽喜燒 Sukiyaki	青菜 Vegeta ble	白菜貢丸湯 Vegetable And Meatball Soup	豆漿 Soy Milk
15	10/22	四	五穀飯 Multigrain Rice	黃豆滷肉 Soybean Braised Pork	親子丼 Oyako-Don	青菜 Vegeta ble	什錦魚羹湯 Fish Thick Soup	
16	10/23	五	米飯 Rice	黃金花枝 Golden Cuttlefish	海帶干絲 Shredded Tofu With Seaweed	青菜 Vegeta ble	當歸麵線湯 Angelica Vermicelli Soup	水果 Fruit
17	10/27	二	米飯 Rice	照燒雞肉 Teriyaki Chicken	薑汁肉 Ginger Pork	青菜 Vegeta ble	菇香蛋花湯 Mushroom And Egg Drop Soup	水果 Fruit
18	10/28	三	鮭魚炒飯 Salmon	梅香雞塊 Plum-Flavored chicken	肉末豆腐 Meat-Flavored Tofu	青菜 Vegeta	四神湯 Sishen Soup	優格 Yogurt

			Fried Rice	nuggets		ble		
19	10/29	四	地瓜飯 Sweet Potato Rice	京醬肉絲 Shredded Pork With Beijing Sauce	洋蔥雞丁 Chicken With Onions	青菜 Vegeta ble	排骨玉米湯 Radish Pork Ribs And Corn Soup	
20	10/30	五	米飯 Rice	鮮蒸魚 Steam Fish	塔香蛋 Fried Egg With Chinese Basil	青菜 Vegeta ble	魚丸黃瓜湯 Fish Ball And Cucumber Soup	水果 Fruit

※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.