

週 Weeks	星期 Days	上午點心 Morning snack	午餐 Lunch & 季節水果 Fruits			下午點心 Afternoon snack
			主菜1 1 <sup>st</sup> Course	主菜2 2 <sup>nd</sup> Course	湯 Soup	
第一週 W1	一 Mon	吐司 Toast	玉米煎蛋 pan fried egg with corn	豆干絲炒四季豆 Dried tofu with green beans	冬瓜海帶湯 White gourd seaweed soup	紅豆薏仁湯 Red bean soup w/ pearly barley
	二 Tue	餅乾(個人包) Cookie(Individual package)	肉絲炒黃豆芽 stir-fried shredded meat with soybean sprouts	蛋酥滷白菜 stewed Chinese cabbage with deep fried egg	蓮藕排骨湯 lotus root and pork ribs soup	各色麵包/麥茶 bread of all colors/Barley tea
	三 Wed	葡萄乾吐司 Raisin Toast	義大利肉醬麵(燙花椰菜)純牛肉 Italian Bolognese (cauliflower) pure beef	雞蓉巧達湯 Shredded chicken chowder	黑糖核桃饅頭/枸杞茶 brown sugar walnut bun/Medlar Tea	
	四 Thur	蘋果(or季節水果) Apple/Seasonal fruit	蔬菜蛋堡(薯餅.起司.蛋.蕃茄/蕃茄醬) Vegetable Egg Hamburger (hash brown/Cheese/ Eggs / Tomato / Ketchup)	南瓜地瓜濃湯 Pumpkin and sweet potato soup	桂圓紫米粥 Longan purple porridge	
	五 Fri	自製雞蛋糕 Sponge cake	哨子醬拉麵(燙綠豆芽菜) pork sauce noodles(blanch green bean prouts)	Minced 蔬菜排骨湯 Vegetable and ribs soup	蒸蕃薯 Steamed yam	
第二週 W2	一 Mon	吐司 Toast	什錦雜菜冬粉 mixed vegetables bean thread noodles	毛豆仁玉米(藜麥) vegetable soybean with corns (quinoa)	海帶味噌湯 Sea weeds miso soup	香菇瘦肉粥 Mushrooms and ground lean meat porridge
	二 Tue	茶葉蛋 boiled eggs with tea	紅燒肉滷蘿蔔豆干 Braised pork with radish and dried tofu	美白菇炒大黃瓜 Stir-fried white mushroom and cucumber	銀杏香菇雞湯 Ginkgo mushroom soup	餛飩湯 Wonton soup
	三 Wed	葡萄乾吐司 Raisin Toast	香酥炸魚 Fried fish	洋蔥炒時蔬(小米) Stir-fried vegetable with onion(millet)	薑絲蛤蜊冬瓜湯 Clam soup with sliced ginger and white gourd	肉鬆飯 meat floss rice
	四 Thur	蘋果(or季節水果) Apple/Seasonal fruit	素什錦 Mixed vegetable	黃瓜炒蛋 scrambles eggs with cucumbers	蕃茄玉米豆腐湯 tomato soup with corn and bean curd	起司蔓越莓饅頭/決明子茶 Cranberry almond bun w/ Cassia tea
	五 Fri	自製雞蛋糕 Sponge cake	馬來西亞蝦麵(水煮蛋) Malaysian prawn noodles( side dishes: soft-boiled eggs)			山東蔥大餅/麥茶 Green onion pancake/ Barley tea
第三週 W3	一 Mon	吐司 Toast	西芹炒豆包 Celery with tofu skin	嫩薑絲瓜金針菇 luffa and enoki with tender ginger	蔬菜味噌湯 Vegetable miso soup	米粉湯 Rice noodle soup
	二 Tue	水煮玉米 Poached corn	咖哩雞(水煮蛋、葡萄乾) Curry chicken (side dishes: soft-boiled eggs, raisins)	燙花椰菜 Boiled two color broccoli	蘿蔔排骨湯 pork ribs and radish soup	脆皮核桃麵包/烏梅汁 Crispy walnut bread /Plum juice
	三 Wed	葡萄乾吐司 Raisin Toast	紅燒獅子頭(豬) Braised pork meatballs	炒時蔬(小米) Stir-fried vegetables (millet)	蒜頭蛤蜊雞湯 Garlic clams chicken soup	鮮奶起司饅頭/桂圓紅棗茶 Milk and cheese bun / Longan & red-jujube tea
	四 Thur	蘋果(or季節水果) Apple/Seasonal fruit	日式燉蔬菜 Japanese vegetable stew	毛豆玉米炒蛋 Scrambled eggs with Edamame and Corn	蔬菜羅宋湯 Vegetable borscht	麵疙瘩 Taiwanese gnocchi
	五 Fri	自製雞蛋糕 Sponge cake	蕃茄牛肉麵 Tomato beef noodles			海苔酥飯 Seaweed flakes rice
第四週 W4	一 Mon	吐司 Toast	洋葱炒蛋 Stir-fried onion and eggs	黃豆芽炒四季豆榨菜 Stir-fried soy bean sprouts, green beans, and mustard root	青菜豆腐湯 vegetables and tofu soup	紅麵線 Red noodles
	二 Tue	毛豆莢 Green bean	打拋豬 Thai basil pork	蒜香燙高麗菜 boiled Chinese cabbage with chopped garlic	蟲草薑絲蛤蜊湯 clams soups with sliced ginger	豆沙饅頭 /麥茶 Red bean bun / Barley tea
	三 Wed	葡萄乾吐司 Raisin Toast	豆鼓蒸魚 Steam fish with salt black bean	杏鮑菇炒時蔬 Stir-fried king oyster mushrooms and vegetables	刈菜雞湯 Mow chow chicken soup	玉米濃湯通心粉 Corn chowder macaroni
	四 Thur	蘋果(or季節水果) Apple/Seasonal fruit	蕃茄紅醬蔬菜螺旋麵 Tomato red sauce Fusilli with vegetables	燙花椰菜 Boiled two color broccoli	洋葱湯 Onion Soup	小饅頭/決明子茶 Small bun/ Cassia tea
	五 Fri	自製雞蛋糕 Sponge cake	Pizza			玉米濃湯 Corn cream soup
第五週 W5	一 Mon	吐司 Toast	鮮茄豆包 aubergine with tofu skin	韭菜炒蛋 scrambles eggs with leek	玉米蔬菜湯 corns and vegetables soup	台式瘦肉粥 Taiwan pork rice porridge
	二 Tue	餅乾(個人包) Cookie(Individual package)	鹹鴨蛋蒸肉(豬) steamed pork with salted duck eggs	炒時蔬(藜麥) Stir-fried vegetables (buckwheat)	蘿蔔貢丸湯 pork balls and radish soup	米苔目鹹湯 Rice moss soup
	三 Wed	葡萄乾吐司 Raisin Toast	照燒雞丁 Teriyaki diced chicken	蹄筋滷白菜 Braised tendon with Chinese cabbage	青木瓜蓮子排骨湯 Papaya lotus seed ribs soup	地瓜湯 Sweet potato soup
	四 Thur	蘋果(or季節水果) Apple/Seasonal fruit	奶油蘑菇醬螺旋麵 Fusilli with creamy mushroom sauce	燙花椰菜玉米筍 Cauliflower and baby corn	蔬菜羅宋湯 Vegetable borscht	海苔香鬆飯 Seaweed pine rice
	五 Fri	自製雞蛋糕 Sponge cake	蒜味肉羹麵 Garlic meat soup noodle			地瓜饅頭/枸杞茶 Steamed sweet potatoes /Medlar Tea

馬來西亞蝦麵湯頭熬製(含蝦殼、蝦米、腰果、燕麥奶) The Malaysian prawn noodles contains shrimp shells, dried shrimps, cashews, and oat milk.

本園一律使用國產牛、雞、豬肉 The different types of meat used at school are all from Taiwan.