

午餐 Vegetarian Lunch Menu's Detail										营养成分分析 Nutritional Analysis						
日期Date	主食		主菜1	主菜2	副菜1	副菜2	副菜3	水果	汤品	全赖 纤维 g(份)	主菜 蛋白质 g(份)	油脂 及 胆固醇 g(份)	水果 g(份)	奶类 g(份)	热量 (Kcal)	
7/1 (二)	白飯 Rice	◎素雞塊 Vegetarian Chicken Nuggets	四鍋凍肉 Twice-cooked Firm Tofu	素炒皇帝豆 Stir-fried Lima Beans	燒瓜燻牛柳 Sponge Count and Mang Bean Noodles	燒瓜燻牛柳 Sponge Count and Mang Bean Noodles	李節蔬菜 Fresh Vegetable	水果 Fruit	柳葉百香果綠茶 Green Tea with Passion Fruit and Coconut Jelly	4.0	2.8	1.8	3.6	1.0	0.0	757.0
7/2 (三)	特餐	素食波奇碗 Vegetarian Poke Bowl	燒烤豆干 BBQ Dried Tofu	煎蛋 Pan-fried Egg	什錦蔬菜組合 Assorted Vegetables	李節蔬菜 Fresh Vegetable	水果 Fruit	紫菜豆腐湯 Kelp Sprouts and Tofu Soup		3.5	3.0	1.9	3.0	1.0	0.0	712.5
7/3 (四)	白飯 Rice	素雞塊X3	凍豆腐 高麗菜 紅蘿蔔	皇帝豆 玉米 紅蘿蔔球	絲瓜 金針菇 冬菇 肉松	李節蔬菜 Fresh Vegetable	水果 Fruit	柳葉綠茶 百香果醬								
7/4 (五)	特餐	古早味香飯 Taiwanese Steamed Rice	素雞塊配飯 Kabayaki Bean Card	煎燒油月絲 Stir-fried Dried Bean Card with Fermented Bean Card	燒香素雞 Stir-fried Vegetarian Chicken with Basil	李節蔬菜 Fresh Vegetable	水果 Fruit	苦瓜湯 Bitter Gourd Soup		4.0	3.3	2.0	3.2	1.0	0.0	781.5
7/7 (一)	糙米飯 Brown Rice	◎炸香酥雞 Deep-fried Vegetarian Pork Ribs	香脆甜蛋 Frittata with Tofu Sauce	三杯素雞 3-Cup Wheat Gluten	清炒扁扁 Stir-fried Bottle Gourd	李節蔬菜 Fresh Vegetable	水果 Fruit	冬筍竹筍湯 Preserved Vegetables and Bamboo Shoots Soup		3.8	3.2	1.4	4.0	1.0	0.0	781.0
7/8 (二)	白飯 Rice	日式味噌醬花干 Steamed Bean Card in Miso Sauce	素沙茶炒麵筋(含芝麻) Stir-fried Wheat Gluten with Vegetarian Shacha Sauce (contains Sesame)	紅川雙花 Stir-fried Cauliflower and Broccoli with Carrot	家常炒牛柳 Stir-fried Mung Bean Noodles	李節蔬菜 Fresh Vegetable	水果 Fruit	蝦仁薑仁湯 White Pumpkin and Job's Tears Soup		4.0	3.0	1.5	3.5	1.0	0.0	760.0
7/9 (三)	特餐	松露野菇飯 Truffle Risotto	煎燒烤豆包 Teriyaki Baked Bean Curd	起司玉米洋芋 Corn and Cheese with Potato	蟹麥炒豆干 Stir-fried Quinoa and Edamame	李節蔬菜 Fresh Vegetable	水果 Fruit	薑絲海帶湯 Kelp Sprouts Soup with Shredded Ginger		3.8	3.0	2.0	4.0	1.0	0.1	793.0
7/10 (四)	白飯 Rice	糖醋油豆腐 Sweet and Sour Oily Tofu	栗子炒干丁 Stir-fried Chestnuts and Dried Tofu	香糯油潤豆干 Braised Bamboo Shoots with Vegetarian Oyster Sauce	胡瓜燻牛柳 Stir-fried Cucumber and Mushrooms	李節蔬菜 Fresh Vegetable	水果 Fruit	牛蒡玉米湯 Burdock and Corn Soup		3.9	3.3	2.3	2.5	1.0	0.0	750.5
7/11 (五)	特餐	古早味炒麵 Stir-fried Rice Noodles	◎△日式香酥素雞塊 Vegetarian Chicken Karaage	菜豆炒干絲 Stir-fried Legume with Dried Tofu Strips	白菜炒干飯 Stir-fried Rice Cake with Cabbage	李節蔬菜 Fresh Vegetable	水果 Fruit	肉骨菜湯 Bak Kut Teh		3.8	3.0	1.9	2.5	1.0	0.0	711.0
7/14 (一)	糙米飯 Brown Rice	△蒸蒜香肉排 Vegetarian Steak with Mushroom Sauce	漢堡香肉排 Pumpkin with Scrambled Eggs	麻油蒜菜 Stir-fried Cabbage with Sesame Oil	三杯香酥豆腐 3-cup King Oyster Mushrooms	李節蔬菜 Fresh Vegetable	水果 Fruit	薑蔥蒜油湯 Sponge Count Soup with Ginger		4.0	3.0	1.5	3.9	1.0	0.0	778.0
7/15 (二)	白飯 Rice	鹽烤菜干 Stir-fried Dried Tofu with Vegetables	麻油薑絲炒豆腐 Stir-fried Bean Card and Shredded Ginger with Sesame Oil	芹香紅椒油月絲 Celery with Sliced Bean Curd in Chilli Oil	◎素雞煎糕 Vegetarian Radish Cake	李節蔬菜 Fresh Vegetable	水果 Fruit	紅豆紫米湯 Black Rice and Red Beans Soup		4.1	3.2	1.4	3.9	1.0	0.0	797.5
7/16 (三)	特餐	素雞素炒飯 Kelp Sprouts Fried Rice	菜蔬燻牛柳 Bean Curd and Preserved Cabbage	◎素香脆雞肉 Deep-fried Tofu	柳絲燻牛柳 Bottle Gourd and Mushroom	李節蔬菜 Fresh Vegetable	水果 Fruit	金針湯 Dailyly Soup		3.5	3.0	2.0	3.0	1.0	0.0	715.0
7/17 (四)	白飯 Rice	△百寶雞 Vegetarian Chicken	醬油油豆腐 Braised Oily Tofu	桂竹筍炒油月絲 Stir-fried Bamboo Shoots and Bean Curd Strips	細煮時蔬 Simmered Vegetables	李節蔬菜 Fresh Vegetable	水果 Fruit	鮮草雞湯 Gross Jelly and Radish soup		3.6	3.0	2.4	2.0	1.0	0.0	687.0
7/18 (五)	特餐	◎素雞素菜什錦飯 King Oyster Mushroom Risotto with Pesto Sauce and Cashew	BBQ豆包(含芝麻) BBQ Bean Curd (contains Sesame)	虎芹素料時蔬 Roasted Vegetables with Spices	白醬炒什錦菜 Creamy Stir-fried Vegetables with Broccoli	李節蔬菜 Fresh Vegetable	水果 Fruit	味噌蔬菜湯 Vegetables Miso Soup		4.3	3.0	2.0	2.4	1.0	0.1	756.0
7/21 (一)	糙米飯 Brown Rice	沙茶千層糕 Shacha Layered Bean Curd	炒蛋炒菜 Scrambled Eggs with Zucchini	素竹白菜 Stir-fried Chinese Cabbage and Bean Curd Skin	海帶三絲 Kelp with Carrot and Cabbage	李節蔬菜 Fresh Vegetable	水果 Fruit	山藥薑仁湯 Yam and Job's Tears Soup		3.1	3.3	2.2	2.9	1.0	0.0	710.0
7/22 (二)	白飯 Rice	蜜汁烤翅 Honey-Glazed Braised Wheat Gluten	糖醋素雞 Sweet and Sour Vegetarian Chicken	菜片燻菜瓜 Stir-fried Cucumber and Egg	法式香料燻牛蒡 Spiced Roasted Pumpkin	李節蔬菜 Fresh Vegetable	水果 Fruit	冬瓜山粉圓甜湯 Chia Seeds with White Gourd Sweet Soup		3.9	3.0	1.3	3.7	1.0	0.0	757.0
7/23 (三)	特餐	麻油蒜香蒜油 Glutinous Oil Rice with Mushroom	◎△△古早味炸素雞排 Deep-fried Vegetarian Chicken Chop	沙茶素雞排(含芝麻) Stir-fried Legumes and Konjac with Shacha Sauce (contains Sesame)	燒菜豆腐 Braised Bitter Gourd and Preserved Vegetables	李節蔬菜 Fresh Vegetable	水果 Fruit	枸杞綠豆湯 Sponge Gourd and Goji Soup		4.0	3.0	1.9	3.0	1.0	0.0	747.5
7/24 (四)	白飯 Rice	香滑油豆腐 Braised Oily Tofu	芹菜豆腐乾 Stir-fried Bean Curd and Celery	素雞燒菜粒 Braised Bean Curd	紅燒高麗菜 Braised Cabbage with Carrot Strips	李節蔬菜 Fresh Vegetable	水果 Fruit	紫菜蛋花湯 Seaweed and Egg Drop Soup		4.9	3.4	1.9	3.0	1.0	0.0	840.5
7/25 (五)	特餐	△素菜時蔬雙寶湯 Penne with Tomato Sauce and Vegetables	彩蔬甜蛋 Frittata with Vegetables	味噌菜蔬 Miso Roasted Bean Curd	◎香料時蔬 French Fries	李節蔬菜 Fresh Vegetable	水果 Fruit	奶油蘑菇湯 Creamy Mushroom Soup		4.4	3.1	2.0	2.6</			

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