

日期/Date	午餐 Vegetarian Lunch Menu's Detail							營養成分分析 Nutrient Ingredient Analysis							
	主食	菜類1	菜類2	副類1	副類2	副類3	水果	飲品	全穀類 (份)	豆類 (份)	蔬菜類 (份)	油類 (份)	水果 (份)	乳品 (份)	熱量 (Kcal)
1/01 (四)	元旦假期快樂														
1/02 (五)	特餐	梅乾菜素肉燻飯 Rice with Plant-Based Mined Meat and Pickled Mustard Greens	茶香滷豆包 Braised Bean Curd with Tea	濃燻醬香鮑菇豆腐絲 Shredded King Oyster Mushrooms and Tofu Skin with Smoky Sauce	白灼秋葵 Blanched Okra	度壓蔬菜 Fresh Vegetable	水果 Fruit	日本蔬菜湯 Japanese Style Vegetable Soup	3.5	3.0	1.9	2.8	1.0	0.0	703.5
1/05 (一)	糙米飯 Brown Rice	香椿烘蛋 Frittata with Toon Sauce	◎炸素排骨酥 Crispy Vegetarian Ribs	三杯素肚 3-Cup Wheat Gluten	清炒冬瓜 Stir-fried Winter Melon	度壓蔬菜 Fresh Vegetable	水果 Fruit	芥菜薑絲湯 Shredded Ginger and Green Mustard Soup	4.0	3.0	2.0	3.0	1.0	0.0	750.0
1/06 (二)	白飯 Rice	日式味噌豆包 Japanese Fried Bean Curd with Miso Sauce	蜜汁烤翅 Sweet Braised Kao Fu (Wheat Gluten)	青花菜燻腐竹 Braised Broccoli with Bean Curd Sticks	素蘿蔔糕 Vegetarian Daikon Cake	有機蔬菜 Organic Vegetable	水果 Fruit	銀耳薏仁湯 White Fungus and Pearl Barley Soup	4.0	3.1	1.8	4.0	1.0	0.0	797.5
1/07 (三)	五穀飯 Grain Rice	彩蔬烘蛋 Frittata with Vegetables	三杯炒麵 Stir-Fried Wheat Gluten Rolls with Sesame Oil and Shredded Ginger	菜脯炒干丁 Stir-fried Dried Tofu and Taro with Preserved Radish	雲耳白菜油 Braised Chinese Cabbage with Wood Ear Mushrooms	度壓蔬菜 Fresh Vegetable	水果 Fruit	紅棗青木瓜湯 Green Papaya and Red Date Soup	3.8	3.1	2.0	4.0	1.0	0.0	788.5
1/08 (四)	白飯 Rice	△破布子百果燻 Steamed Vegetarian Chicken with Cordia	醬油豆腐 Braised Only Tofu	豆芽菜炒干絲 Stir-Fried Bean Sprouts with Dried Tofu	佃煮時蔬 Simmered Vegetables	有機蔬菜 Organic Vegetable	水果 Fruit	香菇蘿蔔湯 Daikon Soup with Cilantro	4.1	3.0	1.3	2.5	1.0	0.0	717.0
1/09 (五)	特餐	日式炒烏龍 Japanese-style Stir-fried Udon	照燒蘭花餃 Teriyaki Bean Curd	菜豆炒豆皮 Stir-fried Long Beans with Bean Curd Skin	素炒皇帝豆 Stir-fried Lima Beans	度壓蔬菜 Fresh Vegetable	水果 Fruit	素肉骨茶湯 Plant-Based Bak Kut Teh (Herbal Soup)	3.8	3.0	2.0	3.0	1.0	0.0	736.0
1/12 (一)	糙米飯 Brown Rice	滑蛋烤南瓜 Braised Pumpkin with Silky Eggs	沙茶千層麵(含芝麻) Satay Bean Curd (Contains Sesame)	三杯素肚 Three-Cup Vegan Mock Tripe	煎油高麗菜 Stir-fried Cabbage with Sesame Oil	度壓蔬菜 Fresh Vegetable	水果 Fruit	番茄蛋花湯 Tomato and Egg Drop Soup	4.0	3.1	2.0	2.6	1.0	0.0	739.5
1/13 (二)	白飯 Rice	醬燒黑干 Stir-fried Dried Tofu with Vegetables	清蒸豆腐 Steamed Tofu	糖醋麵筋 Sweet and Sour Wheat Gluten	椒鹽冬粉 Sponge Gourd and Mung Bean Noodles	有機蔬菜 Organic Vegetable	水果 Fruit	紅豆紫米湯 Black Rice and Red Beans Soup	4.0	3.1	1.8	2.6	1.0	0.0	734.5
1/14 (三)	五穀飯 Grain Rice	古早味蛋羹 Classic Steamed Egg Custard	紅燒油豆腐 Braised Fried Tofu in Soy Sauce	麵筋油豆腐 Braised Bamboo Shoots and Wheat Gluten	香料烤時蔬 Roasted Vegetables with Spices	度壓蔬菜 Fresh Vegetable	水果 Fruit	竹筍鮮菇湯 Bamboo Shoots and Mushroom Soup	4.1	3.0	2.0	3.0	1.0	0.0	757.0
1/15 (四)	白飯 Rice	茄汁豆包 Bean Curd with Tomato Sauce	醬油豆腐 Braised Bean Curd	玉米干丁 Stir-Fried Corn with Diced Tofu	野菇豆芽菜 Stir-fried Bean Sprouts with Mushroom	有機蔬菜 Organic Vegetable	水果 Fruit	仙草蘿蔔湯 Herbal Daikon Soup with Mesona	3.9	3.2	1.6	3.9	1.0	0.0	800.5
1/16 (五)	特餐	京醬肉炒飯 Fried Rice with Vegetarian Meat	◎日式唐揚素雞塊 Vegetarian Chicken Karaage	茄汁豆腐 Stir-fried Bean Curd with Tomato Sauce	佃煮蘿蔔干 Braised Radish and Bean Curd	度壓蔬菜 Fresh Vegetable	水果 Fruit	味噌蔬菜湯 Vegetable Miso Soup	3.8	3.0	1.9	3.0	1.0	0.0	733.5
1/19 (一)	糙米飯 Brown Rice	金沙豆腐南瓜 Golden Salted Egg Yolk Pumpkin	糖醋千片 Sweet and Sour Tofu Slices	菜豆炒素肉 Stir-Fried Long Beans with Plant-Based Meat	日式茄子羹 Japanese Eggplant	度壓蔬菜 Fresh Vegetable	水果 Fruit	牛蒡山藥湯 Burdock and Yam Soup	4.0	3.2	1.7	3.0	1.0	0.0	757.5
1/20 (二)	白飯 Rice	三杯麵筋 3-Cup Wheat Gluten	回鍋凍肉 Twice-cooked Dried Tofu	鮮蔬炒寬粉 Assorted Vegetables and Mung Bean Noodles	海帶三絲 Kelp with Carrot and Celery	有機蔬菜 Organic Vegetable	水果 Fruit	冬瓜山粉園甜湯 Sweet Winter Melon Drink with Basil Seeds	4.0	3.0	1.8	2.7	1.0	0.0	731.5
1/21 (三)	五穀飯 Grain Rice	松露蒸蛋 Steamed Egg with Truffle	素雞炒小黃瓜 Stir-Fried Vegetarian Chicken with Baby Cucumbers	麻油雙菇麵丸 Stir-fried Noodles with Mushrooms and Tofu Meatballs in Sesame Oil	香芋雞丁 Chicken Curry with Taro	度壓蔬菜 Fresh Vegetable	水果 Fruit	薑絲海芽湯 Seaweed Soup with Ginger	3.7	3.0	2.0	2.9	1.0	0.0	724.5
1/22 (四)	白飯 Rice	香油油豆腐 Braised Only Tofu	芹香豆包塊 Stir-fried Bean Curd and Celery	京醬燒素肚 Braised Bean Curd	木耳白花 Stir-fried Cauliflower and Black Fungus	有機蔬菜 Organic Vegetable	水果 Fruit	金針湯 Dailyly Soup	4.2	3.0	1.4	2.5	1.0	0.0	726.5
1/23 (五)	特餐	野菇青醬斜管麵 Pesto Penne	△素茶燻X2 Plant-Based Smoked Goose	白醬奶油豆腐煲 Creamy Tofu Stew	北非香料時蔬 Roasted Vegetables with Spices	有機蔬菜 Organic Vegetable	水果 Fruit	南瓜濃湯 Pumpkin Soup	3.9	3.0	1.9	3.5	1.0	0.0	763.0
1/26 (一)	糙米飯 Brown Rice	玉子炒蛋 Scrambled Eggs with Corn	醬燒千層干 Braised Bean Curd	素雞跳牆 Vegetarian Buddha Jumps Over the Wall	煎孔高麗菜 Stir-fried Cabbage with Fermented Bean Curd	李節蔬菜 Fresh Vegetable	水果 Fruit	當歸冬瓜湯 Chinese Angelica & Winter Melon Soup	4.0	3.1	2.0	4.0	1.0	0.0	802.5
1/27 (二)	白飯 Rice	△素獅子頭 Vegetarian Braised Meat Balls	梅乾菜凍肉 Braised Frozen Tofu and Preserved Vegetables	塔香海菜 Sautéed Spiral Seaweed with Basil	筍片炒鮮菇 Stir-fried Assorted Vegetables and Bamboo Shoots	李節蔬菜 Fresh Vegetable	水果 Fruit	綠豆薏仁湯 Sweet Mung Bean and Pearl Barley Soup	4.1	3.1	1.6	2.6	1.0	0.0	736.5
1/28 (三)	特餐	蛋香素炒麵線 Stir-Fried Rice Noodles	滑蛋滑素蝦仁 Silky Eggs with Vegetarian Shrimp	素醬爆豆干 Stir-fried Pressed Tofu with Sweet Bean Sauce	開竹白菜 Stir-fried Chinese Cabbage and Bean Curd Skinn	有機蔬菜 Organic Vegetable	水果 Fruit	奶香玉米濃湯 Creamy Corn Soup	4.1	3.1	2.0	2.4	1.0	0.0	749.5
1/29 (四)	白飯 Rice	煎油蔥絲炒豆腐 Stir-Fried Tofu Rolls with Sesame Oil and Ginger	◎沙嗲雞蛋豆腐(含花生) Satay Egg Tofu (Contains Peanuts)	蜜汁烤翅 Braised Wheat Gluten	素炒冬粉 Stir-fried Glass Noodles	李節蔬菜 Fresh Vegetable	水果 Fruit	紫菜蛋花湯 Kelp Sprouts and Egg Drop Soup	4.0	3.2	1.8	3.2	1.0	0.0	769.0
1/30 (五)	特餐	京醬素肉炒飯 Fried Rice with Plant-Based Meat in Bean Sauce	燒烤風味豆包 BBQ Bean Curd	菠菜拌油片 Spinach and Bean Curd	巴薩米克烤蔬菜 Roasted Vegetables	李節蔬菜 Fresh Vegetable	水果 Fruit	香菜結頭菜湯 Kohlrabi Soup with Cilantro	4.0	3.0	2.0	3.5	1.0	0.0	772.5

◎表油炸物，含有飽和 Deep-fried Food, Contains oil
△表加工品 Processed Product
沙嗲醬使用含花生的全素沙嗲醬，不含花生成分
本校未使用轉基因食品