

日期Date	午餐 Vegetarian Lunch Menu's Detail										營養成分分析 Nutrient Ingredient Analysis					
											全糖 糖類 (份)	蛋白質 (份)	脂肪 (份)	鈉 (份)	纖維 (份)	熱量 (Kcal)
	主食	菜蔬1	菜蔬2	副菜1	副菜2	副菜3	副菜4 (備具食物)	水果	湯品							
1/01 (四)	元旦假期快樂															
元旦																
1/02 (五)	特餐	稀乾菜素肉臘飯 Rice with Plant-Based Minced Meat and Pickled Mustard Greens	茶香滷豆包 Braised Bean Curd with Tea	瀝瀝醬杏鮑菇豆腐 Shredded King Oyster Mushrooms and Tofu Skin with Smoky Sauce	白灼秋葵 Blanched Okra	履歷蔬菜 Fresh Vegetable	蔬菜捲餅 Vegetable Wrap	水果 Fruit	日本蔬菜湯 Japanese Style Vegetable Soup	3.5	3.0	2.0	2.8	1.0	0.0	706.0
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	履歷蔬菜 Fresh Vegetable	起司地瓜磚餅 Cheese Sweet Potato Tortilla	水果 Fruit	芥菜薑絲湯 Shredded Ginger and Green Mustard Soup	4.2	3.0	2.0	3.0	1.0	0.0	764.0
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)	青花菜蹄筋竹 Braised Broccoli with Bean Curd Sticks	素蕪糕糕 Vegetarian Daikon Cake	有機蔬菜 Organic Vegetable	椒鹽薯沙拉 Garden Salad with Sesame Dressing	水果 Fruit	銀耳薏仁湯 White Fungus and Pearl Barley Soup	4.0	3.1	2.0	4.0	1.0	0.0	802.5
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	蜜耳白菜油 Braised Chinese Cabbage with Wood Ear Mushrooms	履歷蔬菜 Fresh Vegetable	椒鹽薯沙拉 Garden Salad with Sesame Dressing	水果 Fruit	紅棗青木瓜湯 Green Papaya and Red Date Soup	4.0	3.1	2.0	4.0	1.0	0.1	814.5
1/08 (四)	白飯 Rice	△破布子百果糕 Steamed Vegetarian Chicken with Cordia	醬油豆腐 Braised Oily 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	◎椰子芋頭酥餃X1 Crispy Coconut and Taro Puff	水果 Fruit	香茅蘿蔔湯 Daikon Soup with Cilantro	4.1	3.0	1.3	3.0	1.0	0.0	739.5
1/09 (五)	特餐	日式炒烏龍 Japanese-style Stir-fried Udon	照燒蘭花餃 Teryaki Bean Curd	菜豆炒豆腐 Stir-fried Long Beans with Bean Curd Skin	素炒皇帝豆 Stir-fried Lima Beans	履歷蔬菜 Fresh Vegetable	馬薩拉鷹嘴豆泥佐口袋餅 Masala Hummus with Pita Bread	水果 Fruit	Plant-Based Bak Kut Teh (Herbal Soup)	4.0	3.0	2.0	3.0	1.0	0.0	750.0
1/12 (一)	糙米飯 Brown Rice	滑蛋烤南瓜 Braised Pumpkin with Silky Eggs	沙茶千層捲(含芝麻) Satay Bean Curd (Contains Sesame)	三杯素肚 Three-Cup Vegan Mock Tripe	麻油高麗菜 Stir-fried Cabbage with Sesame Oil	履歷蔬菜 Fresh Vegetable	△素燒賣 Vegetarian Siu Mai	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	綠瓜炒冬粉 Sponge Guard and Mung Bean Noodles	有機蔬菜 Organic Vegetable	葵瓜子沙拉佐千島醬 Sunflower Seed Salad Salad with Thousand Island Dressing	水果 Fruit	紅豆紫米湯 Black Rice and Red Beans Soup	4.0	3.1	2.0	2.6	1.0	0.0	739.5
1/14 (三)	五穀飯 Grain Rice	古早味蒸蛋 Classic Steamed Egg Custard	紅燒油筋 Braised Fried Tofu in Soy Sauce	麵輪油筍 Braised Bamboo Shoots and Wheat Gluten	香料烤時蔬 Roasted Vegetables with Spices	履歷蔬菜 Fresh Vegetable	彩豆糯米X2 Inari Sushi with Edamame	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 Dried Tofu	野菇豆芽菜 Stir-fried Bean Sprouts with Mushroom	有機蔬菜 Organic Vegetable	夏威夷披薩 Vegetarian Hawaiian Pizza	水果 Fruit	仙草蘿蔔湯 Herbal Daikon Soup with Mesona	4.0	3.2	1.7	3.9	1.0	0.1	810.0
1/16 (五)	特餐	京醬素肉炒飯 Fried Rice with Vegetarian Meat	◎日式唐揚香雞塊 Vegetarian Chicken Karage	茄汁豆腐 Stir-fried Bean Curd with Tomato Sauce	細葉蕪筍竹 Braised Radish and Bean Curd	履歷蔬菜 Fresh Vegetable	法式烤椰瓜 Roasted Zucchini	水果 Fruit	味噌蔬菜湯 Vegetable Miso Soup	3.8	3.0	2.0	3.0	1.0	0.1	748.0
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	日式茄子蒸 Japanese Eggplant	履歷蔬菜 Fresh Vegetable	油醋醬燒生菜沙拉 Cranberry Salad with Vinaigrette	水果 Fruit	牛蒡山藥湯 Burdock and Yam Soup	4.0	3.2	1.9	3.0	1.0	0.0	762.5
1/20 (二)	白飯 Rice	三杯麵筋 3-Cup Wheat Gluten	回鍋凍豆腐 Twice-cooked Dried Tofu	鮮蔬炒雲塊 Assorted Vegetables and Mung Bean Noodles	海帶三絲 Kelp with Carrot and Celery	有機蔬菜 Organic Vegetable	素食大阪燒 Vegetarian Okonomiyaki	水果 Fruit	Sweet Winter Melon Drink with Basil Seeds	4.0	3.0	1.9	2.7	1.0	0.0	734.0
1/21 (三)	五穀飯 Grain Rice	松露蒸蛋 Steamed Egg with Truffle	香椿炒小黃瓜 Stir-fried Vegetarian Chicken with Baby Cucumbers	麻油雙菇龍丸 Stir-fried Noodles with Mushrooms and Tofu Meatballs in Sesame Oil	香芋雞豆咖哩 Chickpea Curry with Taro	履歷蔬菜 Fresh Vegetable	野菇起司捲餅 Wild Mushroom Cheese Flatbread	水果 Fruit	薑絲海菜湯 Seaweed Soup with Ginger	3.9	3.0	2.0	2.9	1.0	0.1	750.5
1/22 (四)	白飯 Rice	香油油豆腐 Braised Oily Tofu	芹香豆腐 Stir-fried Bean Curd and Celery	京醬素肉 Braised Bean Curd	Stir-fried Cauliflower and Black Fungus	有機蔬菜 Organic Vegetable	◎蔬菜天婦羅 Vegetables Tempura	水果 Fruit	金針湯 Daylily Soup	4.2	3.0	1.5	3.0	1.0	0.0	751.5
1/23 (五)	特餐	野菇青醬斜管麵 Pesto Penne	△素茶鴨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	紅燒雙花 Broccoli and Carrot	馬鈴薯泥燻腸醬 Mashed Potato with Mushroom Sauce	水果 Fruit	南瓜濃湯 Pumpkin Soup	4.0	3.0	1.9	3.5	1.0	0.1	782.0
1/26 (一)	糙米飯 Brown Rice	玉米炒蛋 Scrambled Eggs with Corn	醬燒千層千 Braised Bean Curd	素佛跳牆 Vegetarian Buddha Jumps Over the Wall	腐乳高麗菜 Stir-fried Cabbage with Fermented Bean Curd	季節蔬菜 Fresh Vegetable	彩蔬毛豆 Edamame with Vegetables	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	梅乾菜凍豆腐 Braised Frozen Tofu and Preserved Vegetables	塔香海軍 Sautéed Spiral Seaweed with Basil	筍片炒什錦 Stir-fried Assorted Vegetables and Bamboo Shoots	季節蔬菜 Fresh Vegetable	和風素子沙拉 Japanese-Style Edamame and Chestnut Salad	水果 Fruit	綠豆薏仁湯 Sweet Mung Bean and Pearl Barley Soup	4.1	3.1	1.8	2.6	1.0	0.0	741.5
1/28 (三)	特餐	蛋香素炒麵 Stir-fried Rice Noodles	滑蛋滑素蝦仁 Silky Eggs with Vegetarian Shrimp	素醬滷豆干 Stir-fried Pressed Tofu with Sweet Bean Sauce	腐竹白菜 Stir-fried Chinese Cabbage and Bean Curd Skin	紅片青花 Broccoli and Carrot	香料烤杏鮑菇 Roasted Mushrooms	水果 Fruit	奶香玉米濃湯 Creamy Corn Soup	4.2	3.1	2.0	2.4	1.0	0.1	756.5
1/29 (四)	白飯 Rice	麻油薑絲炒豆腐 Stir-fried Tofu Rolls with Sesame Oil and Ginger	◎沙嗲雞豆腐(含花生) Satay Egg Tofu (Contains Peanuts)	蜜汁烤翅 Braised Wheat Gluten	素炒冬粉 Stir-fried Glass Noodles	季節蔬菜 Fresh Vegetable	蔬菜咖哩佐墨西哥餅 Vegetable Curry with Tortilla	水果 Fruit	紫菜蛋花湯 Kelp Sprouts and Egg Drop Soup	4.1	3.2	1.8	3.2	1.0	0.0	776.0
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	巴釐米克烤蔬菜 Roasted Vegetables	季節蔬菜 Fresh Vegetable	手作海帶豆腐丸 Handmade Tofu Balls with Seaweed	水果 Fruit	香茅結繩菜湯 Kohlrabi Soup with Cilantro	4.0	3.0	2.0	3.5	1.0	0.0	772.5

◎煎油炸物，皆含植質 Deep-fried Food, Contains gluten
△加工食品 Processed Product
沙嗲醬使用含芝麻的全蛋沙嗲醬，不含花生成分
本行未用鮮魷汁食品