

日期 Date	3/23	3/24	3/25	3/26	3/27
星期 Day	(一)	(二)	(三)	(四)	(五)
早餐 Breakfast	中式	主餐 豆沙包 Red Bean Bun	豆沙包 Red Bean Bun	刈包 Gua Bao	麻醬拌麵(含花生、芝麻) Scallion Oil Noodles
	副餐 1	◎排骨酥 Deep-Fried Pork Ribs	梅子扣肉片 Braised Pork Slices with Preserved Vegetables	椒麻雞丁 Diced Chicken	柚香胡椒炸雞翅 Pomelo-Flavored Pepper Chicken Wings
	副餐 2	糖肉片、九層塔 Steamed Pumpkin with Goji and Shredded Ginger	蒜包蛋+刈包配料 Sunny-Side-Up and Gua Bao Ingredients	毛豆炒蛋 Scrambled Eggs with Edamame	水煮蛋佐檸檬醋醬 Boiled Egg with Citrus Vinegar
	副餐 3	南瓜枸杞蒸糕 Fresh Vegetable	雞蛋飯菜花生粉香菜 Fresh Vegetable	雞蛋 毛豆 紅蘿蔔 Fresh Vegetable	雞蛋 Fresh Vegetable
	熱量	586	650	584	584
	套餐	南洋烤雞腿套餐 Blanching Corn	奶油餐包 Butter Bun	豬皮洋蔥蛋口菜餅套餐 Pita	泡菜燒肉吐司套餐 Whole Wheat Toast
	西式	主餐 水煮玉米段 Blanched Corn	奶油餐包 Butter Bun	口菜餅 Pita	全麥吐司 Whole Wheat Toast
	副餐 1	南洋烤雞腿(含花生) Roasted Chicken Tender	香料烤翅腿 Roasted Drumette with Spices	六角菜餅 Tuna Paste	六角菜燒肉 Stir-Fried Kimchi and Pork
	副餐 2	馬鈴薯炒蛋 Scrambled Eggs with Potato	鮮菇烘蛋 Vegetable Frittata	鮮菇炒蛋 Scrambled Eggs with Mushrooms	蒜香馬鈴薯 Roasted Potato
	副餐 3	油醋核桃沙拉 Walnut Salad with Vinaigrette	溫沙拉 Salade Tiède	美式涼拌高麗菜沙拉 American Coleslaw	萵苣、牛番茄、豌豆苗 Lettuce, Tomato, Pea Seedling
飲品	蜂蜜奶茶/黑豆漿 Honey Milk Tea/black Soy Milk	吉早味紅茶/鮮奶 Traditional Black Tea/Milk	可爾必思/低糖豆漿 Calpis/ Low Sugar Soybean Milk	桂香綠茶/鮮奶 Osmanthus Green Tea/Milk	
午餐 Lunch	套餐	豬蹄麵套餐 Brown Rice	照燒虱目魚物套餐 Milkfish Fillet with Teriyaki Sauce	麻香麻麵套餐 Sichuan Pepper Flavor Noodle	麻香牛肉麵套餐 Bolognese Spaghetti
	主餐 (必選)	豬蹄麵 Braised Pork Chop	虱目魚柳 洋蔥 Milkfish Fillet with Onion	麻香麻麵 Sichuan Pepper Flavor Noodle	義大利麵 豬蹄肉 番茄醬 玉米 毛豆 洋蔥 Braised Pork Chop
	副餐 1	黑肌肉排 Chicken Gizzards with Fermented Tofu	虱目魚柳 洋蔥 Milkfish Fillet with Onion	麻香麻麵 Sichuan Pepper Flavor Noodle	義大利麵 豬蹄肉 番茄醬 玉米 毛豆 洋蔥 Braised Pork Chop
	副餐 2	蒜乳雞粉 Chicken Gizzards with Fermented Tofu	虱目魚柳 洋蔥 Milkfish Fillet with Onion	麻香麻麵 Sichuan Pepper Flavor Noodle	義大利麵 豬蹄肉 番茄醬 玉米 毛豆 洋蔥 Braised Pork Chop
	副餐 3	韓式炸豆腐 Korean Deep-Fried Tofu	虱目魚柳 洋蔥 Milkfish Fillet with Onion	麻香麻麵 Sichuan Pepper Flavor Noodle	義大利麵 豬蹄肉 番茄醬 玉米 毛豆 洋蔥 Braised Pork Chop
	副餐 4	板豆腐 蒜 蒜 香菜 韓式炸豆腐 Korean Deep-Fried Tofu	虱目魚柳 洋蔥 Milkfish Fillet with Onion	麻香麻麵 Sichuan Pepper Flavor Noodle	義大利麵 豬蹄肉 番茄醬 玉米 毛豆 洋蔥 Braised Pork Chop
	青菜 1	時令蔬菜 Seasonal Vegetable	時令蔬菜 Seasonal Vegetable	時令蔬菜 Seasonal Vegetable	時令蔬菜 Seasonal Vegetable
	青菜 2	時令蔬菜 Seasonal Vegetable	時令蔬菜 Seasonal Vegetable	時令蔬菜 Seasonal Vegetable	時令蔬菜 Seasonal Vegetable
	甜品	牛蒡海帶排骨湯 Burdock Soup with Pork Ribs and Kelp	花生牛乳燕麥湯 Peanuts Soup	紅燒蒜香湯 Vegetarian Soup	烏梅排骨湯 Bottle Gourd and Pork Ribs Soup
	水果	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit
熱量	850	830	820	825	
套餐	越南河粉套餐 Rice Noodles	麻油麵線套餐 Thin Noodles	麻香麻麵套餐 Sichuan Pepper Flavor Noodle	大油湯飯套餐 Assorted Vegetables Thick Broth	
主餐	越式豬肉片 Pork Slices	麻油麵線 Thin Noodles	和風醬油蛋+油醋豆腐X2 Egg and Bean Curd	豬肉絲 Shredded Pork	
副餐	洋蔥+△貢丸 Onions and Meat Ball	枸杞+鮮香菇+蔥段 Goji and Mushroom and Scallion	紅蘿蔔+香菇+海帶芽+青蔥 Carrot and Mushroom and Kelp Sprouts and Scallion	板豆腐+蛋花+紅蘿蔔 Tofu and Egg Drop and Carrot	
小菜 1	△◎春捲 Spring Rolls	椒麻滷味干 Braised Dried Tofu with Preserved Mustard	鹽焗毛豆 Edamame	有機蔬菜 Organic Vegetable	
小菜 2	△◎越式涼拌青木瓜絲 Green Panava Salad	大源黑豆干 雞卷 Chickpea Bun	毛豆 Edamame	沙茶花干(含芝麻) Bean Curd with Cilantro (contain Sesame)	
青菜	豆芽菜+九層塔+檸檬 Bean Sprouts and Basil and Lemon	川燙高麗菜 Blanched Cabbage	川燙青花菜 Blanched Broccoli	涼拌小黃瓜 Cucumber Salad	
甜品	六塔香湯 Basil Soup	麻油雞湯 Sesame Oil Chicken Broth	昆布蔬菜湯底 Kelp and Vegetable Soup	大油湯底 Assorted Vegetables Thick Broth	
水果	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	
熱量	732	716	820	720	
套餐	豬油拌飯套餐 Steamed Rice with Pork Lard	鮮魚黑松露蒜蓉焗飯 Truffle Risotto	魯味滷肉飯 Braised Pork Slices	日式豬肉烏龍麵套餐 Ginger Braised Pork Slices Udon	
主餐 1	◎酥炸後腿肉排 Deep-Fried Pork Chop	◎酥炸後腿肉排 Deep-Fried Pork Chop	◎酥炸後腿肉排 Deep-Fried Pork Chop	◎酥炸後腿肉排 Deep-Fried Pork Chop	
主餐 2	◎酥炸後腿肉排 Deep-Fried Pork Chop	◎酥炸後腿肉排 Deep-Fried Pork Chop	◎酥炸後腿肉排 Deep-Fried Pork Chop	◎酥炸後腿肉排 Deep-Fried Pork Chop	
副餐 1	蒜包蛋+涼拌小黃瓜 Sunny-Side-Up and Cucumber Salad	蒜包蛋+涼拌小黃瓜 Sunny-Side-Up and Cucumber Salad	蒜包蛋+涼拌小黃瓜 Sunny-Side-Up and Cucumber Salad	蒜包蛋+涼拌小黃瓜 Sunny-Side-Up and Cucumber Salad	
副餐 2	蒜包蛋+涼拌小黃瓜 Sunny-Side-Up and Cucumber Salad	蒜包蛋+涼拌小黃瓜 Sunny-Side-Up and Cucumber Salad	蒜包蛋+涼拌小黃瓜 Sunny-Side-Up and Cucumber Salad	蒜包蛋+涼拌小黃瓜 Sunny-Side-Up and Cucumber Salad	
水果	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	
甜品	洋香蘿蔔湯 Radish Soup with Celery	玉米濃湯 Corn Soup	番茄醬肉片 Tomato and Pork Ribs Broth	西式洋蔥湯 Western-Style Onion Soup	
熱量	810	850	830	830	

△表加工品 Processed Food
◎表油炸物 Deep-fried Food
△表魚類 Fish
★表帶殼海鮮 Shrimp and Shelled Seafood
●表牛羊肉品
沙茶醬含帶殼海鮮及芝麻，不含花生成分
本表食材一律使用國產豬、未使用輻射污染食品