

日期Date	午餐 Vegetarian Lunch Menu's Detail							營養成分分析 Nutrition Facts							
	主食	主菜1	主菜2	副菜1	副菜2	副菜3	水果	湯品	全穀類 類(份)	豆類 及 蛋類 (份)	蔬菜 類 (份)	油類 及 脂肪 類 (份)	水果 類 (份)	乳品 類 (份)	熱量 (Kcal)
4/01 (三)	五穀飯 Grain Rice	麻油薑絲炒豆腐 Stir-fried Bean Curd Rolls and Shredded Ginger with Sesame Oil	◎沙嗲雞蛋豆腐(含花生) Satay Egg Tofu (Contains Peanuts)	豆芽菜炒干絲 Stir-Fried Bean Sprouts with Dried Tofu	素炒冬粉 Stir-fried Glass Noodles		有機蔬菜 Fresh Vegetable	金針紅棗薑絲湯 Lily Bud and Red Date Soup with Ginger	3.9	3.0	1.8	3.2	1.0	0.0	747.0
4/02 (四)	風味主食日	白米 五穀米 白米 素香腸 青花菜 蘑菇 洋蔥仁 胡蘿蔔 鮑魚	豆腐 黑酸菜 薑 雞蛋豆腐 白芝麻 沙嗲醬(含花生)	西芹香鮑菇素雞 Stir-fried King Oyster Mushroom & Vegetarian Chicken with Celery	北非香料時蔬 Roasted Vegetables with Spices	有機蔬菜 Organic Vegetable	珍珠冬瓜茶 Winter Melon Tea with Tapioca	4.0	3.0	1.9	2.8	1.0	0.1	750.5	
4/03 (五)															
4/06 (一)															
兒童節、清明節愉快															
4/07 (二)	白飯 Rice	日式味噌黑干 Japanese Dried Tofu with Miso Sauce	沙嗲雞丸(含芝麻) Satay Wheat Gluten	青花菜焗腐竹 Braised Broccoli with Bean Curd Sticks	素蘿蔔糕 Vegetarian Daikon Cake	有機蔬菜 Organic Vegetable	蝦茸菜仁湯 White Fungus and Job's Tears Soup	3.9	3.0	2.0	3.0	1.0	0.0	743.0	
4/08 (三)	五穀飯 Grain Rice	醬爆炒雞蛋(含麩質) Stir-fried Egg and Scallion (Contains Gluten)	三杯炒麵筋 3-cup Rolled Flour Gluten	菜脯炒干丁 Stir-fried Dried Tofu and Preserved Radish	雲耳白菜油 Chinese Cabbage Stew with Black Fungus	有機蔬菜 Fresh Vegetable	紅棗青木瓜湯 Green Papaya and Red Date Soup	4.0	3.0	2.0	3.0	1.0	0.0	750.0	
4/09 (四)	白飯 Rice	△破布子百展雞 Steamed Vegetarian Chicken with Cordia	醬油豆腐 Braised Oily Tofu	蜜汁烤麵 Stir-fried Wheat Gluten with Honey Sauce	細末時蔬 Simmered Vegetables	有機蔬菜 Organic Vegetable	香茅薑蔥湯 Daikon Soup with Cilantro	4.0	3.0	1.3	3.0	1.0	0.0	732.5	
4/10 (五)	風味主食日	白米 日式炒烏龍 Yaki Udon	照燒蘭花乾 Teriyaki Bean Curd	白菜臘豆皮 Braised Chinese Cabbage with Bean Curd Skin	素炒皇帝豆 Stir-fried Lima Beans	有機蔬菜 Fresh Vegetable	味噌蔬菜湯 Vegetables Miso Soup	4.2	3.0	2.0	3.0	1.0	0.0	764.0	
4/13 (一)	糙米飯 Brown Rice	滑蛋滑素蝦仁 Silky Eggs with Vegetarian Shrimp	沙嗲千層乾(含芝麻) Satay Layered Bean Curd (Contains Sesame)	秋葵燒素肚 Stir-fried Okra and Seitan	豆腐香蒜燒冬瓜 Braised Winter Melon with Fermented Black Beans	有機蔬菜 Fresh Vegetable	薑絲海芽湯 Kelp Sprouts Soup with Shredded Ginger	4.0	3.1	2.0	3.0	1.0	0.0	757.5	
4/14 (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 Roll	絲瓜焗冬粉 Sponge Gourd and Mung Bean Noodles	有機蔬菜 Organic Vegetable	紅豆紫米湯 Azuki Bean and Black Rice soup	4.1	3.1	1.8	2.6	1.0	0.0	741.5	
4/15 (三)	五穀飯 Grain Rice	古早味蛋蛋 Steamed Eggs	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	有機蔬菜 Fresh Vegetable	竹筍鮮菇湯 Bamboo Shoots and Mushroom Soup	4.0	3.0	2.0	3.0	1.0	0.0	750.0	
4/16 (四)	白飯 Rice	塔香素包 Braised Bean Curd	雲耳炒麵丸 Stir-fried Gluten Balls with Black Fungus	玉米干丁 Stir-fried Corn with Diced Tofu	野菇豆腐菜 Stir-fried Bean Sprouts with Mushroom	有機蔬菜 Organic Vegetable	仙草蘿蔔湯 Herbal Daikon Soup	4.0	3.2	1.7	3.0	1.0	0.0	757.5	
4/17 (五)	風味主食日	京醬肉末炒飯 Sweet Bean Sauce Fried Rice	◎日式唐揚素雞塊 Vegetarian Chicken Karaage	茄汁豆腐 Bean Curd Rolls with Tomato Sauce	佃煮蘿蔔筒竹 Tsukudani Daikon with Bean Curd Sticks	有機蔬菜 Fresh Vegetable	素肉骨茶湯 Plant-Based Bak Kut Teh (Herbal Soup)	3.9	3.0	1.9	3.2	1.0	0.0	749.5	
4/20 (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 Slice	菜豆炒素肉 Stir-fried Long Beans with Plant-Based Meat	麻油高麗菜 Stir-fried Cabbage with Sesame Oil	有機蔬菜 Fresh Vegetable	扁扁蘿蔔湯 Bottle Gourd and Radish Soup	4.0	3.0	1.8	3.0	1.0	0.0	745.0	
4/21 (二)	白飯 Rice	青豆麵筋咖哩 Chickpea Curry with Taro	回鍋凍腐 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	蜂蜜山粉圓甜湯 Chia Seeds Honey Soup	4.0	3.0	1.8	2.7	1.0	0.1	743.5	
4/22 (三)	蔬食特餐	蛋香素炒飯條 Stir-fried Rice Noodles	梅乾菜燒豆腐 Braised Dried Tofu with Pickled Mustard	麻油雙菇麵丸 Stir-fried Noodles with Mushrooms and Tofu Meatballs in Sesame Oil	胡瓜滑素雞 Stir-fried Cucumber and Vegetarian Tempura	有機蔬菜 Fresh Vegetable	大油湯 Assorted Vegetables Thick Soup	4.0	3.0	2.0	2.9	1.0	0.0	745.5	
4/23 (四)	白飯 Rice	香滑油豆腐 Braised Oily Tofu	芽香豆包塊 Stir-fried Bean Curd and Celery	京醬燒素肚 Braised Seitan	木耳白菇 Stir-fried Cauliflower and Black Fungus	有機蔬菜 Organic Vegetable	芽香蘿蔔素丸湯 Radish and Veggie Ball Soup with Celery	4.0	3.0	1.5	3.0	1.0	0.0	737.5	
4/24 (五)	風味主食日	白米 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	白灼秋葵 Blanched Okra	有機蔬菜 Organic Vegetable	南瓜濃湯 Pumpkin Soup	3.9	3.0	1.9	3.2	1.0	0.2	773.5	
4/27 (一)	糙米飯 Brown Rice	玉米炒蛋 Scrambled Eggs with Corn	醬燒千層干 Braised Bean Curd	素佛跳牆 Vegetarian Stew	扇貝高麗菜 Stir-fried Cabbage with Fermented Bean Curd	有機蔬菜 Fresh Vegetable	當歸冬瓜湯 Chinese Angelica & Winter Melon Soup	4.0	3.0	1.9	3.0	1.0	0.0	747.5	
4/28 (二)	白飯 Rice	△素獅子頭 Vegetarian Braised Meat Balls	梅乾菜凍腐 Braised Frozen Tofu and Preserved Vegetables	塔香海草 Stir-fried Kelp and Basil	筍片炒什錦 Stir-fried Assorted Vegetables and Bamboo Shoots	有機蔬菜 Organic Vegetable	綠豆燕麥湯 Sweet Mung Bean and Oat Soup	4.1	3.0	1.8	2.6	1.0	0.0	734.0	
4/29 (三)	五穀飯 Grain Rice	松露茶蛋 Steamed Egg with Truffle	素醬燻干 Stir-fried Pressed Tofu with Sweet Bean Sauce	腐竹白菜 Stir-fried Chinese Cabbage and Bean Curd Skin	干香鱈魚 Vegetarian Yuxiang Loafish	有機蔬菜 Fresh Vegetable	奶香玉米濃湯 Corn Soup	4.0	3.0	1.9	2.4	1.0	0.1	732.5	
4/30 (四)	白飯 Rice	豆包塊 紅蘿蔔 黑木耳 香菇	巴羅素克烤蔬菜 Roasted Vegetables	素肚炒麵筋菜 Stir-fried Seitan with Gracilaria	日式茄子羹 Japanese Eggplant	有機蔬菜 Organic Vegetable	紫菜蛋花湯 Seaweed and Egg Drop Soup	4.0	3.0	1.8	3.0	1.0	0.0	745.0	

◎表油炸物、含麩質 Deep-fried Food, Contains gluten
△表加工品 Processed Product
沙嗲醬使用含芝麻的全蛋沙嗲醬，不含花生成分
本校未使用轉基因食品