



09 2025 午餐餐單

小白菜 Veggie Fun Facts:

- ✔ 營養豐富：富含維生素A、C、K與葉酸，能增強免疫力、保護視力。
- 🍌 高鈣來源：含有植物性鈣質，吸收率高，是茹素者補鈣的好幫手。
- 🔥 低熱量高纖維：每100克僅約13卡路里，有助於控制體重與促進腸道健康。
- 📦 耐寒好種植：屬於十字花科，耐寒、成長快速，是許多家庭園藝的熱門選擇。
- 🍲 百搭萬用：可炒、煮湯、燙熟拌醬，適合中式、西式或韓式等各類料理！



星期一	星期二	星期三	星期四	星期五
1 	2 蒸蛋 清炒小白菜 白飯	3 全素火腿三明治  薯條 清炒綠花椰菜	4 素肉絲高麗菜炒米粉 清炒芥藍	5 番茄豆腸 清炒小白菜 白飯
8 紅燒豆腐 毛豆玉米炒紅蘿蔔 白飯	9 番茄義大利麵 清炒雙色花椰菜	10 全素麥克雞塊  薯條 玉米炒蛋	11 素肉燥 清炒油菜 白飯	12 起司披薩 素芥藍牛
15 素肉絲炒麵 清炒小白菜	16 番茄炒蛋 四季豆炒素肉絲 白飯	17 全素漢堡  清炒綠花椰菜 薯條	18 素肉絲炒麵 白菜燉豆腐	19 翠玉豆腐 高麗菜炒紅蘿蔔 白飯
22 起司通心粉 清炒綠花椰菜	23 素咖哩豆腐 青江菜炒素肉片 白飯	24 白醬義大利麵 炒義大利瓜	25 黑胡椒烏龍麵 清炒小白菜	26 蛋豆腐 素芥藍牛 白飯
29 起司披薩 玉米炒毛豆鷹嘴豆	30 番茄燴豆腸 清炒芥藍 白飯	<p>**所有餐點包括一份牛奶及水果 **菜單項目會因供應情況、季節性或其他因素而調整。</p> <p> 【全素 Vegan】（無蛋奶）</p>		





- Bok Choy Fun Facts:**
- ✓ Rich in vitamins A, C, and K.
 - 🍌 Great plant-based source of calcium.
 - 🔥 Low in calories, high in fiber.
 - 🌬️ Grows fast and loves cool weather.
 - 🍲 Delicious in stir-fries, soups, and more!

09 2025 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>2</p> <p>Steamed Egg</p> <p>Stir-fried Bok Choy</p> <p>Steamed Rice</p>	<p>3</p> <p>Vegan Ham Sandwich </p> <p>French Fries</p> <p>Stir-Fried Broccoli</p>	<p>4</p> <p>Stir-fried Rice Vermicelli with Vegetarian Shredded Pork and Cabbage</p> <p>Stir-fried Chinese Kale</p>	<p>5</p> <p>Tomato with Soybean Rolls</p> <p>Stir-fried Bok Choy</p> <p>Steamed Rice</p>
<p>8</p> <p>Braised Tofu</p> <p>Stir-fried Edamame Carrot and Corn</p> <p>Steamed Rice</p>	<p>9</p> <p>Spaghetti with Marinara Sauce</p> <p>Stir-Fried Broccoli and Califlower</p>	<p>10</p> <p>Vegan McNuggets </p> <p>Stir-Fried Corn and Scrambled Eggs</p> <p>French Fries</p>	<p>11</p> <p>Vegetarian Minced Meat Sauce</p> <p>Stir-fried Rapeseed</p> <p>Steamed Rice</p>	<p>12</p> <p>Cheese Pizza</p> <p>Veggie Beef and Chinese Kale</p>
<p>15</p> <p>Stir-fired Noodles with Vegetarian Shredded Meat</p> <p>Stir-fried Bok Choy</p>	<p>16</p> <p>Tomato Scrambled Eggs</p> <p>Stir-Fried String Beans and Shredd Veggie Meat</p> <p>Steamed Rice</p>	<p>17</p> <p>Vegan Burger </p> <p>Stir-Fried Broccoli</p> <p>French Fries</p>	<p>18</p> <p>Stir-fired Noodles with Vegetarian Shredded Meat</p> <p>Braised Cabbage with Tofu</p>	<p>19</p> <p>Jade Tofu</p> <p>Stir-Fried Cabbage and Carrot</p> <p>Steamed Rice</p>
<p>22</p> <p>Macaroni and Cheese</p> <p>Stir-Fried Broccoli</p>	<p>23</p> <p>Veggie Curry Tofu</p> <p>Stir-fried Spoon Cabbage and Veggie Meat</p> <p>Steamed Rice</p>	<p>24</p> <p>Alfredo Pasta</p> <p>Stir-Fried Zucchini</p>	<p>25</p> <p>Black Pepper Vegetarian Beef Udon</p> <p>Stir-fried Cabbage and Scrambled Eggs</p>	<p>26</p> <p>Egg Tofu</p> <p>Veggie Beef and Chinese Kale</p> <p>Steamed Rice</p>
<p>29</p> <p>Cheese Pizza</p> <p>Stir-fried Corn, Edamame and Chickpea</p>	<p>30</p> <p>Tomato Braised Soybean Rolls</p> <p>Stir-fried Chinese Kale</p> <p>Steamed Rice</p>	<p>**All meals include a serving of milk & Fruit</p> <p>**Menu items are subject to change due to availability, seasonality, or other factors.</p> <p>Vegan </p>		

