

**國際部美食街菜單**

| 日期 | 5月21日             |  | 5月22日                                 |                   | 5月23日                                |                                      | 5月24日             |   | 5月25日                           |                   | 5月26日                                      |                             |     |                                   |     |     |
|----|-------------------|--|---------------------------------------|-------------------|--------------------------------------|--------------------------------------|-------------------|---|---------------------------------|-------------------|--|-----------------------------|-----|-----------------------------------|-----|-----|
| 餐別 | 週一                |  | 週二                                    |                   | 週三                                   |                                      | 週四                |   | 週五                              |                   | 週六   |                             |     |                                   |     |     |
|    | 每100克/每份量所含熱量(大卡) | 每100克/每份量所含熱量(大卡)                        | 每100克/每份量所含熱量(大卡)                     | 每100克/每份量所含熱量(大卡) | 每100克/每份量所含熱量(大卡)                    | 每100克/每份量所含熱量(大卡)                    | 每100克/每份量所含熱量(大卡) | 每100克/每份量所含熱量(大卡)                             | 每100克/每份量所含熱量(大卡)               | 每100克/每份量所含熱量(大卡) | 每100克/每份量所含熱量(大卡)                          | 每100克/每份量所含熱量(大卡)           |     |                                   |     |     |
| 早餐 | 主食                |  | 玉米雞蓉粥<br>Rice congee                  | 190               | 13                                   | 滷肉飯<br>Pork Rice                     | 175               | 12  | 皮蛋瘦肉粥<br>Rice congee            | 180               | 14   | 茄汁肉醬麵<br>Pasta              | 235 | 11                                |     |     |
|    | 小菜1               |  | 漢堡+焗烤馬鈴薯沙拉<br>Hamburgers+Salad        | 220               | 14                                   | 鍋貼*2+炒奶香玉米粒<br>Dumplings+Corn        | 200               | 15  | 火腿蛋餅<br>Chinese omelet          | 330               | 20   | 黑糖糕+烤雞塊<br>Cake+Chicken     | 240 | 15                                |     |     |
|    | 小菜2               |  | 香煎漢堡排+荷包蛋+有機蔬菜<br>Pork+Egg+Vegetables | 109               | 6                                    | 滷黑豆干+荷包蛋+有機蔬菜<br>Tofu+Egg+Vegetables | 250               | 14  | 花生麵筋+肉鬆+有機蔬菜<br>Pork+Vegetables | 200               | 14   | 焗烤烘蛋+有機蔬菜<br>Egg+Vegetables | 250 | 13                                |     |     |
|    | 飲品                |  | 豆漿<br>Soy Bean Milk                   | 110               | 9                                    | 牛奶<br>Milk                           | 100               | 8   | 可可亞<br>Hot Chocolate            | 120               | 8  | 牛奶茶<br>Milk tea             | 150 | 8                                 |     |     |
| 午餐 | 主食1               | 滷雞腿<br>Slow Stew Chicken                 | 270                                   | 12                | 海苔烤翅小饅<br>Roasted Chicken            | 245                                  | 12                | 韓式雞排<br>Chicken                               | 270                             | 12                | 泰式香酥雞腿排<br>Fried Chicken                   | 225                         | 13  | 卡啲雞腿堡<br>Banq Banq leq            | 240 | 15  |
|    | 主食2               | 叉燒肉<br>Fry Pork                          | 235                                   | 10                | 蔥爆五花肉條<br>Stir-Fried Pork            | 220                                  | 11                | 烤豬排<br>Roasted Pork                           | 235                             | 10                | 竹筒炒肉絲<br>Pan-Fried Pork                    | 230                         | 16  | 香烤豬肋排<br>Baked pork               | 220 | 12  |
|    | 主食3               | 蒲燒鯛魚<br>Seafood                          | 190                                   | 11                | ★酸辣魚排<br>Fried Fish                  | 235                                  | 15                | 紅燒兔頭刀<br>Braised fish                         | 190                             | 11                | 烤白旗魚<br>Seafood                            | 200                         | 14  | 糖醋魚球<br>Sour fish                 | 250 | 10  |
|    | 副主菜               | 咖喱肉醬<br>Curry Sauce                      | 200                                   | 5                 | 豆干炒肉絲<br>Pan-Fried Tofu With Pork    | 210                                  | 12                | 獅頭白菜<br>Meatballs in Soy Sauce                | 220                             | 15                | 香菇肉丁<br>Slow Stewed Chicken                | 200                         | 16  | 蘋果咖哩肉<br>Pork                     | 205 | 10  |
|    | 副菜1               | 三杯豆腐<br>Tofu                             | 125                                   | 6                 | 泡菜冬粉<br>Dongfen Noodles with Kimchi  | 125                                  | 6                 | 三彩玉米<br>Fried Corn                            | 170                             | 10                | 糖醋豆包<br>Sour Tofu                          | 140                         | 5   | 三杯豆干<br>Dried Tofu                | 185 | 8   |
|    | 副菜2               | 薑絲冬瓜<br>Steam Melon                      | 150                                   | 7                 | 開陽高麗菜<br>Pan-Fried Cabbage           | 150                                  | 7                 | 芹香海帶絲<br>Seaweed Strings                      | 195                             | 5                 | 海苔香鬆花枝丸<br>Deep Fried Squid Balls          | 110                         | 5   | 綠豆芽三絲<br>Bean Sprouts             | 125 | 4   |
|    | 副菜3               | 奶香玉米段<br>Milk-Flavored Corn              | 110                                   | 8                 | 紅蘿蔔絲炒蛋<br>Scrambled Eggs             | 110                                  | 8                 | 金沙南瓜<br>Pumpkin                               | 130                             | 6                 | 甜條炒麵<br>Fried Mushroom and Bell Pepper     | 120                         | 4   | 鯉魚蒸蛋<br>Steam Egg                 | 155 | 7   |
|    | 有機                | 有機蔬菜<br>Organic Vegetables               | 54                                    | 4.5               | 有機蔬菜<br>Organic Vegetables           | 54                                   | 4.5               | 有機蔬菜<br>Organic Vegetables                    | 54                              | 4.5               | 有機蔬菜<br>Organic Vegetables                 | 54                          | 4.5 | 有機蔬菜<br>Organic Vegetables        | 54  | 4.5 |
|    | 麵食1               | 鮮蝦餛飩麵<br>Wonton Noodles                  | 715                                   | 22                | 虱目魚肚麵條套餐<br>Noodle Soup+Seafood      | 620                                  | 20                | 紅燒牛肉麵<br>Beef Noodle Soup                     | 700                             | 30                | 滷味套餐<br>Braised dishes+Pork                | 680                         | 28  | ★奧奧鍋<br>Stinking Pot              | 650 | 22  |
|    | 麵食2               | 青醬義大利麵<br>Pasta+Roasted chicken          | 670                                   | 18                | 海鮮炒麵<br>Fried Noodles+Seafood        | 670                                  | 22                | 焗烤白醬培根螺旋麵<br>Gratin Pasta                     | 715                             | 30                | 南瓜炒米粉<br>Pumpkin with rice flour           | 650                         | 20  | 塔香肉筆管麵<br>Pasta+Chicken           | 670 | 23  |
|    | 快餐1               | 炸豬排佐優格醬飯<br>Stewed rice+Fried Pork       | 770                                   | 26                | 牛柳燻飯<br>Beef Rice                    | 685                                  | 22                | 烤雞飯<br>Roasted chicken Rice                   | 680                             | 26                | 蜂蜜芥末雞腿蛋包飯<br>Rice Omelette+Roasted chicken | 720                         | 30  | 牛肉漢堡排飯<br>Beef Rice               | 720 | 32  |
|    | 快餐2               | 茄汁炒飯<br>Fried rice+Chicken               | 710                                   | 21                | 肉羹飯<br>Pork Rice                     | 695                                  | 20                | 沙茶羊肉炒飯<br>Fried Rice+Mutton                   | 665                             | 24                | ★炸豬排并飯<br>Pork Chop Rice                   | 680                         | 25  | 日式食蔬湯咖哩<br>Vegetables Soup+Rice   | 700 | 24  |
|    | 水果                | 季節水果<br>Seasonal Fruits                  | 60                                    | 15                | 季節水果<br>Seasonal Fruits              | 60                                   | 15                | 季節水果<br>Seasonal Fruits                       | 60                              | 15                | 季節水果<br>Seasonal Fruits                    | 60                          | 15  | 季節水果<br>Seasonal Fruits           | 60  | 10  |
|    | 主食                | 白飯<br>Steamed Rice                       | 280                                   | 24                | 糙米飯<br>Brown Rice                    | 280                                  | 60                | 燕麥飯<br>Plain Cooked Rice                      | 280                             | 12                | 芝麻飯<br>Sesame Rice                         | 280                         | 12  | 紫米飯<br>Purple Rice                | 280 | 12  |
|    | 鹹湯品               | 絲瓜湯<br>Loofah Soup                       | 115                                   | 4                 | 青菜蛋花湯<br>Vegetables Soup             | 105                                  | 2                 | 鳳梨苦瓜雞湯<br>Bitter Melon Soup                   | 120                             | 3                 | 海帶豚香湯<br>Kelp Knot Soup                    | 105                         | 2   | 蘿蔔排骨湯<br>Daikon Radish Soup       | 150 | 6   |
|    | 甜湯品               | 冬瓜山粉圓<br>Winter Melon Soup               | 170                                   | 11                | 水果茶<br>Fruit Tea                     | 195                                  | 15                | 芋頭西米露<br>Taro Milk                            | 165                             | 15                | 綠豆甜湯<br>Green Bean Soup                    | 145                         | 10  | QQ圓甜湯<br>Tapioca Balls Soup       | 140 | 14  |
|    | 輕食1               | 番茄雞肉燻飯<br>Tomato Chicken Stew            | 540                                   | 100               | 香濃起司雞肉通心粉<br>Cheese Chicken Macaroni | 550                                  | 0                 | 義式牛肉野菇燻飯<br>Beef Mushroom Pasta               | 550                             | 120               | 泰式豬肉醬貝殼麵<br>Thai Taste Pork Conchigli      | 520                         | 0   | 蒜香青醬海鮮鮮魷管麵<br>Pesto Sauce Seafood | 550 | 0   |
|    | 副食1               | 閃電泡芙<br>可爾必思                             | 100                                   | 90                | 韓式麵包<br>蜂蜜檸檬水                        | 110                                  | 80                | 洋蔥圈<br>草莓優酪乳                                  | 130                             | 80                | 北海道牛奶杯<br>仙草茶                              | 80                          | 80  | 法式蘋果派<br>蘋果汁                      | 80  | 70  |
|    | 飲品1               | 金針野菇湯<br>夏威夷披薩                           | 90                                    | 530               | 番茄牛肉清湯<br>起司豬排堡                      | 80                                   | 520               | 酸辣湯<br>和風魷魚燒披薩                                | 80                              | 520               | 冬瓜蛤蚧湯<br>照燒豬肉起司大亨堡                         | 80                          | 530 | 醬瓜雞肉湯<br>卡拉雞腿芥末三明治                | 80  | 520 |
|    | 輕食2               | Hawaiian Pizza<br>雞塊                     | 80                                    | 120               | Cheese Pork Rib Burger<br>提拉米蘇       | 130                                  | 100               | Japanese Taste Squid Pizza<br>水晶蛋糕            | 100                             | 120               | Pork Hamburg<br>巧克力吐司                      | 90                          | 90  | 黑糖麻糬餐包<br>可爾必思                    | 90  | 90  |
|    | 飲品2               | 可爾必思                                     | 80                                    | 90                | 蘋果汁                                  | 90                                   | 柳橙汁               | 70  | 70                              | 有機豆漿              | 70   | 70                          |     |                                   |     |     |
| 晚餐 | 主菜1               | 蜂蜜烤雞腿<br>Bake chicken                    | 220                                   | 5                 | 枸杞香菇燻飯<br>Chicken and Mushroom Stew  | 250                                  | 8                 |   |                                 |                   |  |                             |     |                                   |     |     |
|    | 主菜2               | 沙茶燒肉片<br>Pan-Fried pork                  | 245                                   | 8                 | 蘑菇醬燒豬排<br>Pork                       | 265                                  | 9                 |   |                                 |                   |  |                             |     |                                   |     |     |
|    | 主菜3               | 樹子蒸鱈魚<br>Mikiko with fish                | 215                                   | 6                 | 清蒸多利魚<br>Seafood                     | 280                                  | 10                |   |                                 |                   |  |                             |     |                                   |     |     |
|    | 副主菜               | 綠豆芽燻雞絲<br>Pan-Fry Green Bean Sprouts     | 200                                   | 9                 | 高麗菜捲<br>Cabbage Roll                 | 210                                  | 10                |   |                                 |                   |  |                             |     |                                   |     |     |
|    | 副菜1               | 茄汁豆包<br>Stewed with Bean                 | 180                                   | 7                 | 苦瓜鹹蛋<br>Bitter Gourd Egg             | 165                                  | 8                 |   |                                 |                   |  |                             |     |                                   |     |     |
|    | 副菜2               | 浮水魚羹<br>stewed bamboo                    | 195                                   | 6                 | 韓式年糕<br>Kimchi Topokki               | 170                                  | 10                |   |                                 |                   |  |                             |     |                                   |     |     |
|    | 副菜3               | ★炸菇菇<br>Fry Mushrooms                    | 120                                   | 2                 | 培根黃芽<br>Bean Sprouts                 | 130                                  | 5                 |   |                                 |                   |  |                             |     |                                   |     |     |
|    | 有機                | 有機蔬菜<br>Organic vegetables               | 54                                    | 4.5               | 有機蔬菜<br>Organic vegetables           | 54                                   | 4.5               |   |                                 |                   |  |                             |     |                                   |     |     |
|    | 麵食                | 客家炒飯條<br>Taiwanese rice noodles          | 690                                   | 22                | 肉醬貝殼麵<br>Pasta                       | 670                                  | 20                | 炸醬麵<br>Dry Noodles                            | 640                             | 24                | △麻辣鴨血套餐<br>Soup Noodles+Pork               | 660                         | 20  | ★炸柳葉魚飯<br>Fried Fish Rice         | 705 | 18  |
|    | 快餐                |  |                                       |                   |                                      |                                      |                   |   |                                 |                   |  |                             |     |                                   |     |     |
|    | 水果                | 季節水果<br>Seasonal Fruits                  | 60                                    | 15                | 季節水果<br>Seasonal Fruits              | 60                                   | 15                | 季節水果<br>Seasonal Fruits                       | 60                              | 15                | 季節水果<br>Seasonal Fruits                    | 60                          | 15  | 義式蔬菜湯<br>Vegetables Soup          | 710 | 17  |
|    | 主食                | 白飯<br>Steamed Rice                       | 280                                   | 60                | 白飯<br>Steamed Rice                   | 280                                  | 60                | 白飯<br>Steamed Rice                            | 280                             | 60                | 白飯<br>Steamed Rice                         | 280                         | 60  |                                   |     |     |
|    | 鹹湯品               | 關東煮湯<br>Kanto cooking with soup          | 125                                   | 7                 | 酸辣湯<br>Hot & Sour Soup               | 125                                  | 7                 | 三絲羹湯<br>thickened soup                        | 135                             | 8                 | 金針肉絲湯<br>Mustard Soup                      | 140                         | 10  |                                   |     |     |
|    | 甜湯品               | 燒仙草甜湯<br>Grass jelly                     | 130                                   | 7                 | 燕麥薏仁甜湯<br>Oats and Barley Sweet Soup | 150                                  | 15                | 紅豆湯<br>Red Bean Soup                          | 150                             | 10                | 地瓜甜湯<br>Sweet Potato Soup                  | 165                         | 12  |                                   |     |     |
|    | 輕食1               | 蠔油牛肉燻飯<br>Oyster Sauce Kale Beef Risotto | 550                                   | 110               | 沙茶豬肉燻飯<br>Sand Tea Pork Rice         | 540                                  | 120               | 蒜香海鮮奶油焗烤飯<br>Garlic Creamy Seafood Baked Rice | 530                             | 100               | 南洋咖哩雞排飯<br>Curry Chicken Rice              | 540                         | 80  |                                   |     |     |
|    | 副食1               | 台式巧克力馬卡龍<br>蜂蜜檸檬水                        | 110                                   | 70                | 雞米花<br>仙草茶                           | 90                                   | 90                | 蜂蜜瑞士捲<br>美錄                                   | 100                             | 80                | 有機黑豆漿<br>薯條                                | 80                          | 80  |                                   |     |     |
|    | 飲品1               | 辣味豬肉香料披薩                                 | 540                                   | 530               | 德國烤腸大亨堡<br>Dachshund Hotdog          | 530                                  | 90                | 乳酪蒜香雞肉披薩<br>Cheese Garlic Chicken Pizza       | 530                             | 90                | 蜜汁雞腿排三明治<br>Honey Chicken Sandwich         | 530                         | 80  |                                   |     |     |
|    | 輕食2               | 奶油糖霜吐司<br>蜂蜜檸檬水                          | 120                                   | 70                | 巧克力瑞士捲<br>仙草茶                        | 90                                   | 80                | 焗烤吐司<br>原味優酪乳                                 | 90                              | 80                | 黑眼豆麵包<br>草莓優酪乳                             | 80                          | 80  |                                   |     |     |

★炸炸物 △表調理主菜 △表口味辣 ●表含有海鮮或堅果種子類

菜單開立:林承恩(食品營養師)

菜單審核:石慧玲(康橋雙語學校秀岡校區營養師)