

May. 2025 H.C.A.S Lunch & Snack Menu

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日	星期	Main Dish	Dish 1	Dish 2	Dish 3	Dish 4	Soup	Fruit	Snack	Remark	Allergen
1	四 Th	糙米飯 Brown Rice	蒜味香菇燴雞肉 Garlic mushroom-flavored chicken	家常豆腐 Homemade tofu	★玉米蒸蛋 Corn steamed egg	時蔬 Vegetable	榨菜肉絲湯 pork with Sichuan cabbage soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
2	五 Fr	油麵 Yellow noodle	梅乾菜肉醬麵 Umeboshi and bolognese noodles	炸雞腿 Fried chicken thighs	★中式滷味 Braised assorted foods	時蔬 Vegetable	蘿蔔湯 Radish soup	水果 Fruit	杯子蛋糕 Cup cake	★鳥蛋(bird eggs)	★egg
5	一 Mo	白飯 Rice	咖哩豬 Curry Pork	▲西芹炒鮮魷 Fried squid with celery	高麗菜炒臘肉 Stir-fried bacon with choy sum	時蔬 Vegetable	蒜頭雞湯 Garlic chicken soup	水果 Fruit	水果 Fruit	▲魷魚(squid)	▲seafood
6	二 Tu	五穀飯 Five grain rice	豆乳雞丁 fermented bean curd with chicken	★番茄炒蛋 Scrambled Eggs with Tomatoes	豆芽炒豆包 Fried bean bun with bean sprouts	時蔬 Vegetable	酸菜肉片湯 Sliced Pork and Pickled Vegetable Soup	水果 Fruit	豆沙包 Bean paste bun	★雞蛋(egg)	★egg
7	三 We	白飯 Rice	馬鈴薯燉排骨 Potato stewed pork ribs	辣炒年糕 Spicy rice cake	雜菜冬粉 Mixed vegetable vermicelli	時蔬 Vegetable	★紫菜蛋花湯 Egg and seaweed soup	水果 Fruit	水煎包 Fried buns	★雞蛋(egg)	★egg
8	四 Th	香料飯 Spiced rice	○酸豆奶油雞肉 Chicken with capers and cream	蛋黃芋圓 Egg yolk taro balls	●★起司蒸蛋 Steamed egg with cheese	時蔬 Vegetable	蘿蔔排骨湯 Pork ribs soup with radish	水果 Fruit	水果 Fruit	○鮮奶油(fresh cream) ★雞蛋(egg) ●起司(cheese)	★egg ○●dairy products
9	五 Fr	拉麵 Ramen	燒肉拉麵 Miso yakiniku ramen	▼花生銀絲卷 Peanut silver roll	玉米粒/★水煮蛋/魚板 Corn kernels /egg/Fish plates	時蔬 Vegetable		水果 Fruit	奶油麵包 Butter bread	▼花生(peanut) ★雞蛋(egg)	▼nut ★egg
12	一 Mo	糙米飯 Brown Rice	糖醋雞丁 Sweet and sour chicken	★紅蘿蔔炒蛋 Scrambled eggs with carrots	蔥爆豆干 Fried tofu with scallion	時蔬 Vegetable	香菇雞湯 Mushroom and Chicken Soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
13	二 Tu	義大利麵 Spaghetti	茄汁肉醬義大利麵 Spaghetti Bolognese	洋蔥圈 Onion rings	●蒜味馬鈴薯 Garlic potatoes	時蔬 Vegetable	●巧達濃湯 Chodal Soup	水果 Fruit	▼芝麻包 Sesame bun	●奶油(cream)	●dairy products
14	三 We	白飯 Rice	玫瑰油雞 Rose oil chicken	士林香腸 Shilin sausage	玉米雞丁 Diced corn chicken	時蔬 Vegetable	冬瓜貢丸湯 Winter Melon Meatballs Soup	水果 Fruit	黑糖饅頭 Brown sugar bun		
15	四 Th	地瓜飯 Sweet potato rice	泡菜豬肉 Pork with Kimchi	沙茶寬粉 Sacha Glass Noodle	鮮菇雙花 Fresh Mushroom Broccoli	時蔬 Vegetable	青木瓜排骨湯 Green papaya pork rib soup	水果 Fruit	水果 Fruit		
16	五 Fr	烏龍麵 Udon noodles	▲■味增海鮮烏龍麵 Miso sea line cutlet udon	筍乾/★水煮蛋 Dried bamboo shoots/egg	黃金泡菜 Golden kimchi	時蔬 Vegetable		水果 Fruit	乳酪麵包 Cheese bread	▲魚(fish) ■花枝(squid) ▼柴魚片(bonito flakes) ★雞蛋(egg)	▲▼■seafood ★egg
19	一 Mo	白飯 Rice	豬肉丼飯 Pork Rice	鮮菇花椰菜 Fresh mushroom cauliflower	黑胡椒豆腐 Black pepper Tofu	時蔬 Vegetable	玉米蘿蔔湯 Corn and radish soup	水果 Fruit	水果 Fruit		
20	二 Tu	五穀飯 Five grain rice	葡萄馬鈴薯燉雞 Chicken stew in wine	★玉米起司烘蛋 Corn cheese baked egg	●奶油白菜 Cream cabbage	時蔬 Vegetable	羅宋湯 Borscht	水果 Fruit	鮮肉包 Stamed Pork bun	★雞蛋(egg) ●奶油(cream)	★egg ●dairy products
21	三 We	大亨堡 Hot dog bun	德國香腸 German sausage	洋蔥/酸黃瓜 Onion/Pickle	薯條 Fries	時蔬 Vegetable	●★玉米濃湯 Corn Soup	水果 Fruit	椰果奶茶 Coconut Jelly milk tea	●奶油(cream) ★雞蛋(egg)	●dairy products ★egg
22	四 Th	糙米飯 Brown Rice	韓式炸雞 Korean-style fried chicken	涼拌黃豆芽 Soybean sprouts salad	小瓜炒貢丸片 Stir-fried tribute balls with gherkins	時蔬 Vegetable	▲味增豆腐湯 Miso Tofu Soup	水果 Fruit	水果 Fruit	▲柴魚片(bonito flakes)	▲seafood
23	五 Fr	稀飯 Porridge	★☆皮蛋肉瘦肉粥 Preserved egg lean meat porridge	★菜脯炒蛋 Scrambled eggs with preserved radish	紅豆漿/肉鬆 Red bean dates/Meat floss	時蔬 Vegetable		水果 Fruit	香蕉蛋糕 Banana cake	☆皮蛋(preserved egg) ★雞蛋(egg)	☆★egg
26	一 Mo	白飯 Rice	迷迭香烤雞 Roast chicken with rosemary	西芹炒豆包 Celery fried bean buns	★培根洋蔥炒蛋 Eggs with Bacon and Onions	時蔬 Vegetable	剝皮辣椒雞湯 Peeled chili chicken soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
27	二 Tu	白飯 Rice	紅燒牛肉 Braised beef	蒜味豆腐 Garlic tofu	塔香茄子 Tarxiang eggplant	時蔬 Vegetable	大瓜貢丸湯 Winter melon meat ball soup	水果 Fruit	銀絲捲 Steamed bread roll		
28	三 We	漢堡 Burger	手撕豬肉 Pulled Pork	麥克雞塊 Chicken nuggets	★馬鈴薯沙拉 Potato Salad	時蔬 Vegetable	果汁 Juice	水果 Fruit	銅鑼燒 Dorayaki	★雞蛋(egg)	★egg
29	四 Th	▼青醬雞肉義大利麵 Pesto chicken pasta	匈牙利烤雞 Hungarian roast chicken	●蒜味馬鈴薯 Garlic potatoes	普羅旺斯烤菜 Provence roast	時蔬 Vegetable	可樂 Cola	水果 Fruit	PD DAY	▼堅果(nut) ●奶油(cream)	▼nut ●dairy products
30	五 Fr	端午節 DRAGONBOAT FESTIVAL									