

Lunch Menu of September 2017

Monday(/)	Tuesday(/)	Wednesday(/)	Thursday(/)	Friday(9/1)
				<p>☐Set A. Rice orange sesame chicken ,baked pumpkin with cheese, ,scrambled egg with corn ,assorted vegetables. A 白米飯 香橙芝麻雞、起司烤南瓜、玉米滑蛋、青菜</p> <p>☐Set B. Spaghetti with meat sauce orange sesame chicken, baked pumpkin with cheese, corn with scrambled egg, assorted vegetables. B 義大利肉醬麵 香橙芝麻雞、起司烤南瓜、玉米滑蛋、青菜</p>
Monday(9/4)	Tuesday(9/5)	Wednesday(9/6)	Thursday(9/7)	Friday(9/8)
<p>☐Set A. Bacon and egg fried rice with black pepper honey mustard chicken, bacon fries, scrambled egg with seaweed and anchovy, assorted vegetables A 黑胡椒培根蛋炒飯: 蜂蜜芥茉雞排、培根炒洋芋。叻仔魚海苔炒蛋、青菜</p> <p>☐Set B. Stir-fried noodles with tuna and vegetables honey mustard chicken, bacon fries, scrambled egg with seaweed and anchovy, assorted vegetables B 鮪魚什蔬炒麵 蜂蜜芥茉雞排、培根炒洋芋。叻魚海苔炒蛋、青菜</p>	<p>☐Set A. Brown rice roast chicken with yogurt, cabbage au gratin, scrambled egg with corn and vegetables, assorted vegetables A 糙米飯 香烤優格雞腿排、奶油焗白菜、三色玉米炒蛋、青菜</p> <p>☐Set B. Spaghetti with sausage in tomato sauce roast chicken with yogurt, cabbage au gratin, scrambled egg with corn and vegetables, assorted vegetables B 蕃茄香腸義大利麵 香烤優格雞腿排、奶油焗白菜、三色玉米炒蛋、青菜</p>	<p>☐Set A. Rice Italian grilled chicken, fries, scrambled egg with crab meat, assorted vegetables A 白米飯 義式烤雞、炸脆皮薯條、蟹肉炒蛋、青菜</p> <p>☐Set B. Fish fillet burger Fish fillet, fries, scrambled egg with crab meat, assorted vegetables B 美式魚排堡 魚排、炸脆皮薯條、蟹肉炒蛋、青菜</p>	<p>Professional Development</p>	<p>Professional Development</p>

Monday(9/11)	Tuesday(9/12)	Wednesday(9/13)	Thursday(9/14)	Friday(9/15)
<p>□Set A. Assorted rice with spice stir-fried chicken with pickled plum, scrambled egg with shrimp, assorted vegetables A 什錦香料飯 紹梅炒雞丁、滑蛋蝦仁、青菜</p> <p>□Set B. Assorted Stir-fried noodles stir-fried chicken with pickled plum, scrambled egg with shrimp, assorted vegetables B 和風什錦炒麵 紹梅炒雞丁、滑蛋蝦仁、青菜</p>	<p>□Set A. Rice lemon chicken sticks, Japanese-style pork shashlik, scrambled egg with scallions, assorted vegetables A 白米飯 香檸雞柳條、和風豬肉串、青蔥炒蛋、青菜</p> <p>□Set B. Penne with smoked chicken in cream lemon chicken sticks, Japanese-style pork shashlik, scrambled egg with scallions, assorted vegetables B 奶油燻雞斜管麵 香檸雞柳條、青蔥炒蛋、青菜</p>	<p>□Set A. Braised pork with rice braised pork, stewed egg, dried bean curd with spice, pickled cucumber, bamboo shoot A 滷肉飯: 滷五花肉、滷蛋、五香豆干、醃漬小黃瓜、筍干</p> <p>□Set B. Chicken burrito scrambled egg with corn, vegetable with mushroom, fries B 波麗多墨西哥雞肉捲 玉米滑蛋、鮮菇炒青江菜、炸薯條</p>	<p>□Set A. Black rice chicken in fruit flavor, mushrooms with stir-fried sweet peppers, basil scrambled egg, assorted vegetables A 紫米飯 水果風味雞肉、青炒甜椒野菇、塔香炒蛋、青菜</p> <p>□Set B. Gratin pasta with corn and tuna in cream chicken in fruit flavor, mushrooms with stir-fried sweet peppers, assorted vegetables B 奶油玉米鮪魚焗麵 水果風味雞肉、青炒甜椒野菇、青菜</p>	<p>□Set A. Rice fried chicken, grilled sweet pepper with bacon, Spanish potato omelet, assorted vegetables A 白米飯 卡啦雞、培根四季串、西班牙炒蛋、青菜</p> <p>□Set B. Fried chicken burger fried chicken, grilled sweet pepper with bacon, Spanish potato omelet, assorted vegetables B 卡啦雞腿堡 馬鈴薯沙拉、西班牙炒蛋、青菜</p>
Monday(9/18)	Tuesday(9/19)	Wednesday(9/20)	Thursday(9/21)	Friday(9/22)
<p>□Set A. Rice Japanese-style pork chop, Kontoni, steamed egg with vegetables, assorted vegetables A 白米飯 和風豬肉、關東煮、野菜風蒸蛋、青菜</p> <p>□Set B. Sesame Cold Noodles with Shredded chicken Japanese pork, Konto ni, steamed egg with vegetables, assorted vegetables B 雞絲胡麻涼麵 和風豬肉、關東煮、野菜風蒸蛋、青菜</p>	<p>□Set A. Hawaiian fried rice Vienna pork schnitzel, stir-fried bitter gourd with bacon, assorted vegetables A 夏威夷炒飯 維也納豬排、培根炒苦瓜、青菜</p> <p>□Set B. Sushi steamed egg, assorted vegetables B 日式壽司 日式蒸蛋、青菜</p>	<p>□Set A. Grilled pork donburi Konto ni, boiled egg, assorted vegetables A 日式燒肉丼飯 關東煮、水煮蛋、青菜</p> <p>□Set B. Nabeyaki fried egg noodles grilled pork, Konto ni, boiled egg, assorted vegetables B 鍋燒炒意麵: 燒肉片、關東煮、水煮蛋、青菜</p>	<p>□Set A. Rice Hakka-style stir fry, stir-fried bitter melon with salted egg, scrambled egg with carrots, assorted vegetables A 白米飯 客家小炒、鹹蛋炒苦瓜、紅蘿蔔炒蛋、青菜</p> <p>□Set B. Fried Hakka style rice noodles Hakka-style stir fry, scrambled egg with carrots, assorted vegetables B 客家乾炒板條 客家小炒、紅蘿蔔炒蛋、青菜</p>	<p>□Set A. Assorted chicken rice pork seasoned with garlic ,braised eggplants A 雞肉什錦炊飯 蒜味梅花肉、魚香茄子</p> <p>□Set B. Miso ramen pork seasoned with garlic, corn, poached egg, assorted vegetables B 味噌拉麵: 蒜味梅花肉、玉米塊、糖心蛋、青菜</p>

Monday(9/25)	Tuesday(9/26)	Wednesday(9/27)	Thursday(9/28)	Friday(9/29)
<p>☐Set A. Rice Mexican chicken, gratin loofah, tea eggs, assorted vegetables A 白米飯: 墨西哥風味雞、焗烤絲瓜、茶葉蛋、青菜</p> <p>☐Set B. Japanese-style pork fillet egg burger Waldorf salad, tea eggs B 和風豬排蛋堡 華爾道夫沙拉、茶葉蛋</p>	<p>☐Set A. Rice grilled fish fillet, vegetables with curry, fried eggs with preserved radish, assorted vegetables A 白米飯: 醬燒鮮魚排、咖哩燴鮮蔬、蔥香菜脯蛋、青菜</p> <p>☐Set B. Noodles with pork fillet and mushrooms Fried eggs with preserved radish, fried cabbage with dried shrimp B 蘑菇豬柳燴麵 蔥香菜脯蛋、櫻花蝦高麗菜</p>	<p>☐Set A. Curry chicken rice Japanese teriyaki pork, cabbage roll A 咖哩雞肉飯 日式壽喜燒肉、高麗菜捲</p> <p>☐Set B. Assorted Japanese Udon Japanese teriyaki pork, fried eggs with tuna and seaweed, assorted vegetables B 日式什錦烏龍麵 日式壽喜燒肉、鮭魚海苔炒蛋、青菜</p>	<p>☐Set A. Rice Fish Fillet with Seaweed, baby corn with mushrooms, fried eggs with onion, assorted vegetables A 白米飯: 麥年海苔鮮魚排、玉米筍炒百菇、洋蔥炒蛋、青菜</p> <p>☐Set B. Teppanyaki noodles with black pepper flavoured pork Fish fillet with Seaweed, fried eggs with onion, assorted vegetables B 黑胡椒豬肉鐵板炒麵 麥年海苔鮮魚排、洋蔥炒蛋、青菜</p>	<p>☐Set A. Rice Pork Fillet with onion, sesame seasoned yam and green beans, fried eggs with tomato, assorted vegetables A 白米飯: 三蔥燒豬排、芝麻地瓜四季豆、蕃茄炒蛋、青菜</p> <p>☐Set B. Creamy Spaghetti with clams Mashed potato salad, sunny side up eggs, assorted vegetables B 奶油什蔬蛤蠣義大利麵 馬鈴薯沙拉、荷包蛋、青菜</p>