

| 8月31日 |       | 星期一      |      |
|-------|-------|----------|------|
| 主 食   | 芝麻飯   | 白米       | 65 g |
|       |       | 黑芝麻      | 1 g  |
|       |       |          | g    |
|       |       |          | g    |
|       |       |          | g    |
|       |       |          | g    |
|       |       |          | g    |
|       |       |          | g    |
| 主 菜   | 咖哩雞肉  | AS冷藏帶皮胸  | 40 g |
|       |       | CAS冷藏腿排丁 | 35 g |
|       |       | 洋芋中丁     | 20 g |
|       |       | 紅蘿蔔中丁    | 10 g |
|       |       | 洋蔥中丁     | 10 g |
|       |       |          | g    |
|       |       |          | g    |
|       |       |          | g    |
| 副 菜   | 枸杞絲瓜  | 絲瓜厚切     | 60 g |
|       |       | CAS絞肉    | 10 g |
|       |       | 寬粉       | 8 g  |
|       |       | 枸杞       | g    |
|       |       | 蒜末       | g    |
|       |       |          | g    |
|       |       |          | g    |
|       |       |          | g    |
| 青 菜   | 有機青菜  | 有機蔬菜切    | 70 g |
|       |       |          | g    |
|       |       |          | g    |
|       |       |          | g    |
|       |       |          | g    |
|       |       |          | g    |
| 湯 品   | 蘿蔔金粒湯 | 白蘿蔔小丁    | 15 g |
|       |       | CAS冷凍玉米粒 | 15 g |
|       |       | 大骨       | g    |
|       |       |          | g    |
|       |       |          | g    |

| 9月1日 |           | 星期二   |      |
|------|-----------|-------|------|
| 主 食  | 麥片飯(有機白米) | 有機白米  | 70 g |
|      |           | 麥片    | 10 g |
|      |           |       | g    |
|      |           |       | g    |
|      |           |       | g    |
|      |           |       | g    |
|      |           |       | g    |
|      |           |       | g    |
| 主 菜  | 香菇瓜子肉     | CAS絞肉 | 75 P |
|      |           | 小豆干丁  | 15 g |
|      |           | 香菇小丁  | 10 g |
|      |           | 洋蔥小丁  | 10 g |
|      |           | 調味碎瓜  | 5 g  |
|      |           | 青蔥    | 1 g  |
|      |           |       | g    |
|      |           |       | g    |
| 副 菜  | 白菜滷       | 大白菜切片 | 55 g |
|      |           | CAS肉絲 | 10 g |
|      |           | 秀珍菇   | 10 g |
|      |           | 紅蘿蔔絲  | 5 g  |
|      |           | 木耳絲   | 3 g  |
|      |           | 乾香菇絲  | g    |
|      |           | 蒜末    | g    |
|      |           |       | g    |
| 青 菜  | 有機青菜      | 有機蔬菜切 | 70 g |
|      |           |       | g    |
|      |           |       | g    |
|      |           |       | g    |
|      |           |       | g    |
|      |           |       | g    |
| 湯 品  | 黃瓜魚丸湯     | 大黃瓜中丁 | 20 g |
|      |           | 虱目魚丸  | 15 g |
|      |           |       | g    |
|      |           |       | g    |
|      |           |       | g    |

| 9月2日 |        | 星期三      |      |
|------|--------|----------|------|
| 主 食  | 胚芽飯    | 白米       | 60 g |
|      |        | 胚芽米      | 20 g |
|      |        |          | g    |
|      |        |          | g    |
|      |        |          | g    |
|      |        |          | g    |
|      |        |          | g    |
|      |        |          | g    |
| 主 菜  | 洋蔥雞肉   | AS冷藏帶皮胸  | 40 g |
|      |        | CAS冷藏腿排丁 | 35 g |
|      |        | 洋蔥片      | 35   |
|      |        | 生香菇片     | 15 g |
|      |        | 青蔥段      | 2    |
|      |        |          | g    |
|      |        |          | g    |
|      |        |          | g    |
| 副 菜  | 小黃瓜炒素雞 | 小黃瓜滾刀大丁  | 35 g |
|      |        | 素雞切片     | 25 g |
|      |        | 紅黃甜椒大丁   | 15 g |
|      |        | 蒜末       | g    |
|      |        |          | g    |
|      |        |          | g    |
|      |        |          | g    |
|      |        |          | g    |
| 青 菜  | 油菜     | TAP油菜切   | 70 g |
|      |        |          | g    |
|      |        |          | g    |
|      |        |          | g    |
|      |        |          | g    |
|      |        |          | g    |
| 湯 品  | 海芽豆腐湯  | 豆腐       | 10 g |
|      |        | 盒蛋       | 2 g  |
|      |        | 海帶芽      | 1 g  |
|      |        |          | g    |
|      |        |          | g    |

| 9月3日 |       | 星期四     |      |
|------|-------|---------|------|
| 主 食  | 紫米飯   | 白米      | 60 g |
|      |       | 黑糯米     | 20 g |
|      |       |         | g    |
|      |       |         | g    |
|      |       |         | g    |
|      |       |         | g    |
|      |       |         | g    |
|      |       |         | g    |
| 主 菜  | 茄汁魚丁  | CAS水鯊魚丁 | 80 g |
|      |       | 杏鮑菇滾刀   | 20 g |
|      |       | 番茄中丁    | 10 g |
|      |       | 洋蔥      | 5 g  |
|      |       | TAP毛豆仁  | 3 g  |
|      |       | 蒜末      | g    |
|      |       |         | g    |
|      |       |         | g    |
| 副 菜  | 佃煮蘿蔔  | 白蘿蔔中丁   | 40 g |
|      |       | 生筍大丁    | 20 g |
|      |       | 油豆腐丁    | 15 g |
|      |       |         | g    |
|      |       |         | g    |
|      |       |         | g    |
|      |       |         | g    |
|      |       |         | g    |
| 青 菜  | 有機青菜  | 有機蔬菜切   | 70 g |
|      |       |         | g    |
|      |       |         | g    |
|      |       |         | g    |
|      |       |         | g    |
|      |       |         | g    |
| 湯 品  | 冬瓜山粉圓 | 地瓜小丁    | 15 g |
|      |       | 冬瓜茶磚    | 5 g  |
|      |       | 山粉圓     | 2 g  |
|      |       |         | g    |
|      |       |         | g    |

| 9月4日 |        | 星期五     |       |
|------|--------|---------|-------|
| 主 食  | 照燒烏龍麵  | 烏龍麵     | 110 g |
|      |        | 高麗菜片    | 25 g  |
|      |        | 洋蔥絲     | 15 g  |
|      |        | CAS肉絲   | 10 g  |
|      |        | TAP紅蘿蔔絲 | 10 g  |
|      |        | 青蔥      | 1 g   |
|      |        |         | g     |
|      |        |         | g     |
| 主 菜  | 芝香豬排*1 | 調理里肌排   | 75 g  |
|      |        | 熟白芝麻    | 0.1 g |
|      |        |         | g     |
|      |        |         | g     |
|      |        |         | g     |
|      |        |         | g     |
|      |        |         | g     |
|      |        |         | g     |
| 副 菜  | 芋頭包    | 芋頭包     | 1 P   |
|      |        |         | g     |
|      |        |         | g     |
|      |        |         | g     |
|      |        |         | g     |
|      |        |         | g     |
|      |        |         | g     |
|      |        |         | g     |
| 青 菜  | 蚵白菜    | TAP蚵白菜切 | 70 g  |
|      |        |         | g     |
|      |        |         | g     |
|      |        |         | g     |
|      |        |         | g     |
|      |        |         | g     |
| 湯 品  | 味噌黃芽湯  | 黃豆芽     | 10 g  |
|      |        | 玉米粒     | 10 g  |
|      |        | 味噌      | 5 g   |
|      |        |         | g     |
|      |        |         | g     |

| 9月7日 |        |         |    | 星期一 |
|------|--------|---------|----|-----|
| 主 食  | 燕麥飯    | 白米      | 60 | g   |
|      |        | 燕麥粒     | 20 | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
| 主 菜  | 香烤雞翅*1 | CAS冷藏雞翅 | 1  | p   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
| 副 菜  | 茄汁豆包   | 番茄大丁    | 35 | g   |
|      |        | 豆包      | 30 | g   |
|      |        | 杏鮑菇片    | 15 | g   |
|      |        | 蔥段      |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
| 青 菜  | 有機青菜   | 有機蔬菜切   | 70 | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
| 湯 品  | 芋頭西米露  | 芋頭小丁    | 25 | g   |
|      |        | 西谷米     | 6  | g   |
|      |        | 奶粉      |    | g   |
|      |        | 椰漿      |    | g   |
|      |        |         |    | g   |
|      |        |         |    |     |

| 9月8日 |           |        |    | 星期二 |
|------|-----------|--------|----|-----|
| 主 食  | 古早味蒜頭雞肉絲飯 | 有機白米   | 60 | g   |
|      |           | CAS絞肉  | 25 | g   |
|      |           | cas雞肉絲 | 10 | g   |
|      |           | 玉米粒    | 10 | g   |
|      |           | 毛豆仁    | 3  | g   |
|      |           | 絞蒜     | 3  | g   |
|      |           | 手切油蔥   | 3  | g   |
|      |           | 青蔥     | 2  | g   |
| 主 菜  | 韓式燒肉      | CAS肉片  | 75 | g   |
|      |           | 大白菜片   | 20 | g   |
|      |           | 洋蔥絲    | 10 | g   |
|      |           | 韓國泡菜   | 10 | g   |
|      |           | 紅蘿蔔絲   | 5  | g   |
|      |           | 青蔥     | 3  | g   |
|      |           |        |    | g   |
|      |           |        |    | g   |
| 副 菜  | 蒜香四季      | TAP敏豆段 | 65 | g   |
|      |           | 腐皮絲    | 10 | g   |
|      |           | 絞蒜     | 1  | g   |
|      |           |        |    | g   |
|      |           |        |    | g   |
|      |           |        |    | g   |
|      |           |        |    | g   |
|      |           |        |    | g   |
| 青 菜  | 有機青菜      | 有機蔬菜切  | 70 | g   |
|      |           |        |    | g   |
|      |           |        |    | g   |
|      |           |        |    | g   |
|      |           |        |    | g   |
|      |           |        |    | g   |
| 湯 品  | 紫菜蛋花湯     | CAS液蛋  | 10 | g   |
|      |           | 紫菜     | 1  | g   |
|      |           |        |    | g   |
|      |           |        |    | g   |
|      |           |        |    | g   |
|      |           |        |    |     |

| 9月9日 |        |         |    | 星期三 |
|------|--------|---------|----|-----|
| 主 食  | 地瓜飯    | 白米      | 60 | g   |
|      |        | 地瓜小丁    | 20 | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
| 主 菜  | 清蒸小卷*2 | 小卷      | 80 | g   |
|      |        | 薑絲      |    | g   |
|      |        | 蔥段      |    | g   |
|      |        | 樹子      |    | g   |
|      |        | 蒜末      |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
| 副 菜  | 麻婆豆腐   | 豆腐      | 50 | g   |
|      |        | 三色豆     | 20 | g   |
|      |        | cas絞肉   | 10 | g   |
|      |        | 蔥花      | 2  | g   |
|      |        | 蒜末      |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
| 青 菜  | 青江菜    | TAP青江菜切 | 70 | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
| 湯 品  | 肉骨茶蔬菜湯 | 高麗菜切    | 20 | g   |
|      |        | 生香菇絲    | 5  | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    | g   |
|      |        |         |    |     |

| 9月10日 |       |       |     | 星期四 |
|-------|-------|-------|-----|-----|
| 主 食   | 蕎麥飯   | 白米    | 60  | g   |
|       |       | 糙米    | 15  | g   |
|       |       | 蕎麥    | 5   | g   |
|       |       |       |     | g   |
|       |       |       |     | g   |
|       |       |       |     | g   |
|       |       |       |     | g   |
|       |       |       |     | g   |
| 主 菜   | 香滷肉角  | CAS肉角 | 75  | P   |
|       |       | 海帶結   | 20  | g   |
|       |       | 紅蘿蔔中丁 | 20  | g   |
|       |       | 青蔥    | 0.5 | g   |
|       |       |       |     | g   |
|       |       |       |     | g   |
|       |       |       |     | g   |
|       |       |       |     | g   |
| 副 菜   | 培根高麗菜 | 高麗菜片  | 65  | g   |
|       |       | 鴻喜菇   | 15  | g   |
|       |       | 碎培根   | 2   | g   |
|       |       | 蒜末    |     | g   |
|       |       |       |     | g   |
|       |       |       |     | g   |
|       |       |       |     | g   |
|       |       |       |     | g   |
| 青 菜   | 有機青菜  | 有機蔬菜切 | 70  | g   |
|       |       |       |     | g   |
|       |       |       |     | g   |
|       |       |       |     | g   |
|       |       |       |     | g   |
|       |       |       |     | g   |
| 湯 品   | 味噌湯   | 薄豆腐小丁 | 10  | g   |
|       |       | 味噌    | 5   | g   |
|       |       | 海帶芽   | 1   | g   |
|       |       |       |     | g   |
|       |       |       |     | g   |
|       |       |       |     |     |

| 9月11日 |       |          |    | 星期五 |
|-------|-------|----------|----|-----|
| 主 食   | 薏仁飯   | 白米       | 60 | g   |
|       |       | 小薏仁      | 20 | g   |
|       |       |          |    | g   |
|       |       |          |    | g   |
|       |       |          |    | g   |
|       |       |          |    | g   |
|       |       |          |    | g   |
|       |       |          |    | g   |
| 主 菜   | 奶香燉雞  | AS冷藏帶皮胸  | 40 | g   |
|       |       | CAS冷藏腿排丁 | 35 | g   |
|       |       | 洋芋中丁     | 20 | g   |
|       |       | 生香菇片     | 5  | g   |
|       |       | TAP毛豆仁   | 5  | g   |
|       |       | 洋蔥丁      | 5  | g   |
|       |       | 奶粉       | 3  | g   |
|       |       | 蒜末       |    |     |
| 副 菜   | 三杯杏鮑菇 | 杏鮑菇滾刀    | 50 | g   |
|       |       | 紅蘿蔔大丁    | 35 | g   |
|       |       | 九層塔      | 1  | g   |
|       |       | 蔥段       |    | g   |
|       |       | 蒜頭       |    | g   |
|       |       | 薑片       |    | g   |
|       |       |          |    | g   |
|       |       |          |    | g   |
| 青 菜   | 小白菜   | TAP小白菜切  | 70 | g   |
|       |       |          |    | g   |
|       |       |          |    | g   |
|       |       |          |    | g   |
|       |       |          |    | g   |
|       |       |          |    | g   |
| 湯 品   | 扁蒲湯   | 扁蒲小丁     | 25 | g   |
|       |       | 吻仔魚      | 2  |     |
|       |       | 大骨       |    | g   |
|       |       |          |    | g   |
|       |       |          |    | g   |
|       |       |          |    |     |

| 9月14日 |       | 星期一    |       |
|-------|-------|--------|-------|
| 主 食   | 南瓜飯   | 白米     | 60 g  |
|       |       | 南瓜小丁   | 20 g  |
|       |       |        | g     |
|       |       |        | g     |
|       |       |        | g     |
|       |       |        | g     |
|       |       |        | g     |
|       |       |        | g     |
| 主 菜   | 塔香打拋豬 | CAS絞肉  | 75 g  |
|       |       | 洋蔥小丁   | 15 g  |
|       |       | 小豆干丁   | 10 g  |
|       |       | 番茄小丁   | 10 g  |
|       |       | 筍丁     | 10 g  |
|       |       | 九層塔    | 0.1 g |
|       |       |        | g     |
|       |       |        | g     |
| 副 菜   | 紅絲白花  | CAS白花菜 | 70 g  |
|       |       | TAP毛豆仁 | 10 g  |
|       |       | 木耳絲    | 2 g   |
|       |       | 紅蘿蔔絲   | 2 g   |
|       |       |        | g     |
|       |       |        | g     |
|       |       |        | g     |
|       |       |        | g     |
| 青 菜   | 有機青菜  | 有機蔬菜切  | 70 g  |
|       |       |        | g     |
|       |       |        | g     |
|       |       |        | g     |
|       |       |        | g     |
|       |       |        | g     |
| 湯 品   | 黃瓜大骨湯 | 大黃瓜中丁  | 30 g  |
|       |       | 大骨     | g     |
|       |       |        | g     |
|       |       |        | g     |
|       |       |        | g     |

| 9月15日 |           | 星期二   |       |
|-------|-----------|-------|-------|
| 主 食   | 芝麻飯(有機白米) | 有機白米  | 80 g  |
|       |           | 香鬆    | 2 g   |
|       |           | 黑芝麻   | 1 g   |
|       |           |       | g     |
|       |           |       | g     |
|       |           |       | g     |
|       |           |       | g     |
|       |           |       | g     |
| 主 菜   | 三杯滷雞腿*1   | CAS雞腿 | 1 p   |
|       |           | 蒜頭    | 0.5 g |
|       |           | 蔥段    | g     |
|       |           | 薑片    | g     |
|       |           | 九層塔   | g     |
|       |           | 滷包    | g     |
|       |           |       | g     |
|       |           |       | g     |
| 副 菜   | 海芽蒸蛋      | 液蛋    | 40 g  |
|       |           | 生香菇絲  | 5 g   |
|       |           | 玉米粒   | 5 g   |
|       |           | 海芽    | 1 g   |
|       |           |       | g     |
|       |           |       | g     |
|       |           |       | g     |
|       |           |       | g     |
| 青 菜   | 有機青菜      | 有機蔬菜切 | 70 g  |
|       |           |       | g     |
|       |           |       | g     |
|       |           |       | g     |
|       |           |       | g     |
|       |           |       | g     |
| 湯 品   | 綠豆薏仁湯     | 綠豆    | 15 g  |
|       |           | 小薏仁   | 10 g  |
|       |           |       | g     |
|       |           |       | g     |
|       |           |       | g     |

| 9月16日 |       | 星期三     |      |
|-------|-------|---------|------|
| 主 食   | 燕麥飯   | 白米      | 60 g |
|       |       | 燕麥      | 20 g |
|       |       |         | g    |
|       |       |         | g    |
|       |       |         | g    |
|       |       |         | g    |
|       |       |         | g    |
|       |       |         | g    |
| 主 菜   | 銀芽豬柳  | CAS肉柳   | 75 g |
|       |       | 綠豆芽     | 20 g |
|       |       | 洋蔥絲     | 10 g |
|       |       | 沙茶醬     | 3 g  |
|       |       | 青蔥      | 1 g  |
|       |       |         | g    |
|       |       |         | g    |
|       |       |         | g    |
| 副 菜   | 蛋酥扁蒲  | 扁蒲粗條    | 55 g |
|       |       | CAS粗絞肉  | 10 g |
|       |       | 紅蘿蔔絲    | 10 g |
|       |       | 木耳絲     | 3 g  |
|       |       | 液蛋      | 5 g  |
|       |       | 蒜頭      | g    |
|       |       |         | g    |
|       |       |         | g    |
| 青 菜   | 蚵白菜   | TAP蚵白菜切 | 70 g |
|       |       |         | g    |
|       |       |         | g    |
|       |       |         | g    |
|       |       |         | g    |
|       |       |         | g    |
| 湯 品   | 薑香絲瓜湯 | 絲瓜片     | 20 g |
|       |       | 薑絲      | 1 g  |
|       |       |         | g    |
|       |       |         | g    |
|       |       |         | g    |

| 9月17日 |         | 星期四     |      |
|-------|---------|---------|------|
| 主 食   | 地瓜飯     | 白米      | 60 g |
|       |         | TAP地瓜小丁 | 20 g |
|       |         |         | g    |
|       |         |         | g    |
|       |         |         | g    |
|       |         |         | g    |
|       |         |         | g    |
|       |         |         | g    |
| 主 菜   | 番茄炒蛋    | CAS液蛋   | 45 g |
|       |         | 番茄中丁    | 15 g |
|       |         | 玉米筍切    | 10 g |
|       |         | TAP毛豆仁  | 3 g  |
|       |         |         | g    |
|       |         |         | g    |
|       |         |         | g    |
|       |         |         | g    |
| 副 菜   | 塔香凍豆腐   | 杏鮑菇     | 30 g |
|       |         | 凍豆腐大丁   | 25 g |
|       |         | 木耳片     | 15 g |
|       |         | 嫩薑絲     | g    |
|       |         | 九層塔     | g    |
|       |         |         | g    |
|       |         |         | g    |
|       |         |         | g    |
| 青 菜   | 有機青菜    | 有機蔬菜切   | 70 g |
|       |         |         | g    |
|       |         |         | g    |
|       |         |         | g    |
|       |         |         | g    |
|       |         |         | g    |
| 湯 品   | 榨菜油片粉絲湯 | 油片絲     | 15 g |
|       |         | 冬粉      | 3 g  |
|       |         | 榨菜絲     | 3 g  |
|       |         | 紅蘿蔔絲    | 3 g  |
|       |         |         | g    |

| 9月18日 |        | 星期五     |      |
|-------|--------|---------|------|
| 主 食   | 南瓜炒米粉  | 濕米粉     | 55 g |
|       |        | 高麗菜絲    | 25 g |
|       |        | 南瓜絲     | 20 g |
|       |        | 木耳絲     | 8 g  |
|       |        | CAS肉絲   | 5 g  |
|       |        | 洋蔥絲     | 5 g  |
|       |        | 乾香菇絲    | 1 g  |
|       |        | 油蔥      | g    |
| 主 菜   | 椒鹽魚丁   | CAS水鯊魚丁 | 80 g |
|       |        | 馬鈴薯大丁   | 35 g |
|       |        |         | g    |
|       |        |         | g    |
|       |        |         | g    |
|       |        |         | g    |
|       |        |         | g    |
|       |        |         | g    |
| 副 菜   | 小豆沙包*1 | CAS小豆沙包 | 30 g |
|       |        |         | g    |
|       |        |         | g    |
|       |        |         | g    |
|       |        |         | g    |
|       |        |         | g    |
|       |        |         | g    |
|       |        |         | g    |
| 青 菜   | 油菜     | TAP油菜   | 70 g |
|       |        |         | g    |
|       |        |         | g    |
|       |        |         | g    |
|       |        |         | g    |
|       |        |         | g    |
| 湯 品   | 蘿蔔肉羹湯  | 白蘿蔔大丁   | 20 g |
|       |        | 肉羹      | 15 g |
|       |        |         | g    |
|       |        |         | g    |
|       |        |         | g    |



| 9月28日 |  |  |  | 星期一 |
|-------|--|--|--|-----|
| 主 食   |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
| 主 菜   |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
| 副 菜   |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
| 青 菜   |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
| 湯 品   |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |
|       |  |  |  | g   |

| 9月29日 |           |           |    | 星期二 |
|-------|-----------|-----------|----|-----|
| 主 食   | 香鬆飯(有機白米) | 有機白米      | 60 | g   |
|       |           | 味島香鬆      | 1  | g   |
|       |           |           |    | g   |
|       |           |           |    | g   |
|       |           |           |    | g   |
|       |           |           |    | g   |
|       |           |           |    | g   |
|       |           |           |    | g   |
| 主 菜   | 栗子燒雞      | CAS冷藏帶皮胸丁 | 40 | g   |
|       |           | CAS冷藏腿排丁  | 35 | g   |
|       |           | 1/4豆乾丁    | 20 | g   |
|       |           | 栗子        | 10 | g   |
|       |           | 紅蘿蔔大丁     | 10 | g   |
|       |           |           |    | g   |
|       |           |           |    | g   |
|       |           |           |    | g   |
| 副 菜   | 清炒雙花      | CAS青花菜    | 35 | g   |
|       |           | CAS白花椰    | 35 | g   |
|       |           | CAS肉絲     | 10 | g   |
|       |           | 木耳絲       | 2  | g   |
|       |           |           |    | g   |
|       |           |           |    | g   |
|       |           |           |    | g   |
|       |           |           |    | g   |
| 青 菜   | 有機青菜      | 有機蔬菜切     | 70 | g   |
|       |           |           |    | g   |
|       |           |           |    | g   |
|       |           |           |    | g   |
|       |           |           |    | g   |
|       |           |           |    | g   |
| 湯 品   | 酸辣湯       | 筍絲        | 5  | g   |
|       |           | 木耳絲       | 5  | g   |
|       |           | 豆腐絲       | 5  | g   |
|       |           | 金針菇       | 3  | g   |
|       |           |           |    | g   |

| 9月30日 |      |           |    | 星期三 |
|-------|------|-----------|----|-----|
| 主 食   | 地瓜飯  | 白米        | 60 | g   |
|       |      | TAP地瓜小丁   | 20 | g   |
|       |      |           |    | g   |
|       |      |           |    | g   |
|       |      |           |    | g   |
|       |      |           |    | g   |
|       |      |           |    | g   |
|       |      |           |    | g   |
| 主 菜   | 水鯊魚排 | CAS去皮水鯊魚片 | 80 | g   |
|       |      |           |    | g   |
|       |      |           |    | g   |
|       |      |           |    | g   |
|       |      |           |    | g   |
|       |      |           |    | g   |
|       |      |           |    | g   |
|       |      |           |    | g   |
| 副 菜   | 滷白菜  | 大白菜切片     | 65 | g   |
|       |      | cas肉絲     | 10 | g   |
|       |      | 腐皮捲       | 5  | g   |
|       |      | 秀珍菇       | 3  | g   |
|       |      | 玉米筍       | 2  | g   |
|       |      | 蛋酥        |    | g   |
|       |      | 蒜末        |    | g   |
|       |      |           |    | g   |
| 青 菜   | 青江菜  | TAP青江菜切   | 70 | g   |
|       |      |           |    | g   |
|       |      |           |    | g   |
|       |      |           |    | g   |
|       |      |           |    | g   |
|       |      |           |    | g   |
| 湯 品   | 玉米濃湯 | 玉米粒       | 15 | g   |
|       |      | 洋芋小丁      | 10 | g   |
|       |      | 液蛋        |    | g   |
|       |      | 麵粉        |    | g   |
|       |      | 奶粉        |    | g   |

|     |  |  |  | 星期四 |
|-----|--|--|--|-----|
| 主 食 |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
| 主 菜 |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
| 副 菜 |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
| 青 菜 |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
| 湯 品 |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |
|     |  |  |  | g   |

|  |  |  |  | 星期五 |
|--|--|--|--|-----|
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |
|  |  |  |  | g   |