

午膳訂餐餐單 (2024年3月) Lunch Order Form (March, 2024)

如欲訂購由午膳承辦商提供之午膳餐款 (每盒34元正) , 請於本月5號前填寫本訂購表 , 如需退餐 , 請每天8:15前通知校務處職員。

If you want to order the lunch meal provided by the lunch supplier (\$34 per box), please fill in the form before 6th of this month. If you need to cancel the meal, please inform the school office staff before 8:15 of the service day.

* 表示必填問題

1。 電子郵件 *

2。 3月1日 (1 Mar) *

- A. 豉油汁豬柳豆腐飯
- B. 咖喱煙鴨胸飯
- C. 白汁魚柳燴意粉(s)
- D. 鮮茄什菌燴通粉(v)

- A. Pork Tenderloin and Bean Curd with Soy Sauce on Steam Rice
- B. Smoked Duck Breast with Rice in Curry Sauce
- C. Stewed Spaghetti with Fish Fillet in White Sauce(s)
- D. Stewed Macaroni with Tomato and Assorted Mushrooms (v)

單選。

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☐ 是日不訂午餐 No Meal Order on This Day

3。 3月4日 (4 Mar) *

- A. 翠玉瓜蒸魚柳飯 (s)
- B. 燒汁燴牛肉飯
- C. 法汁雞柳燴意粉
- D. 白汁什菌燴長通粉(v)

- A. Steamed Fish Fillet Rice with Jade Melon (s)
- B. Stewed Beef with Rice in Barbecue Sauce
- C. Stewed Spaghetti with Chicken Fillet in French Sauce
- D. Stewed Penne with Assorted Mushrooms in White Sauce (v)

單選。

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4。 3月5日 (5 Mar) *

- A. 薯仔燴豬柳飯
- B. 白汁海鮮燴通粉(s)
- C. 肉醬意粉
- D. 紅燒豆腐飯(v)

- A. Stewed Pork Tenderloin Rice with Potato
- B. Stewed macaroni with seafood in white sauce
- C. Spaghetti Bolognese
- D. Braised Tofu with Rice(v)

單選。

- ☐ A
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5。 3月6日 (6 Mar) *

- A. 西蘭花雞柳飯
- B. 白汁煙肉燴意粉
- C. 南瓜汁豬柳燴蝴蝶粉
- D. 蕃茄炒蛋飯(v)

- A. Chicken broccoli with rice
- B. Braised Spaghetti with Bacon in White Sauce
- C. Stewed Farfalle with Pork Tenderloin in Pumpkin Sauce
- D. Tomato Fried Egg Rice (v)

單選。

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6。 3月7日 (7 Mar) *

- A. 粟米肉餅飯
- B. 炭燒雞扒飯
- C. 白汁蟹柳燴意粉(s)
- D. 茄汁什菜燴通粉(v)

- A. Corn Meat Loaf with Rice
- B. Charcoal Grilled Chicken Fillet with Rice
- C. Stewed Spaghetti with Crabmeat in White Sauce(s)
- D. Stewed Spaghetti with Assorted Vegetables in Tomato Sauce (v)

單選。

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7。 3月8日 (8 Mar) *

- A. 雲耳蒸雞飯
- B. 甜酸汁豬柳燴螺絲粉
- C. 干炒大蝦意粉(s)
- D. 粉絲雲耳蒸節瓜飯(v)

- A. Steamed Chicken Rice with Black Fungus
- B. Fusilli with Pork Tenderloin in Sweet and Sour Sauce
- C. Spaghetti with Fried Prawns(s)
- D. Steamed Melon on Rice with Vermicelli and Black Fungus (v)

單選。

- ☐ A
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- ☐ D
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8。 3月11日 (11 Mar) *

- A. 咖喱豬柳飯
- B. 茄汁肉丸意粉
- C. 什菌雞柳長通粉
- D. 葡汁什菜飯(V)

- A. Pork Tenderloin Rice with Curry
- B. Spaghetti with meatballs in tomato sauce
- C. Penne with Mixed Mushroom and Chicken Fillet
- D. Mixed Vegetable Rice with Portuguese Sauce (V)

單選。

- ☐ A
- ☐ B
- ☐ C
- ☐ D
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9。 3月12日 (12 Mar) *

- A. 豉油汁冬菇雞球飯
- B. 什菜煙肉炒意粉
- C. 白汁海鮮焗通粉(s)
- D. 什椒炒椰菜花飯(v)

- A. Mushroom and Chicken Balls on Rice with Soy Sauce
- B. Fried Spaghetti with Bacon and Mixed Vegetables
- C. Baked Seafood with Macaroni in White Sauce(s)
- D. Stir-fried Cauliflower Rice with Mixed Peppers(v)

單選。

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10。 3月13日 (13 Mar) *

- A. 日式叉燒飯
- B. 南瓜汁肉丸燴意粉
- C. 薯仔雞球飯
- D. 什菌燴蝴蝶粉(v)

- A. Japanese Style Barbecued Pork Rice
- B. Stewed Spaghetti with Meatballs in Pumpkin Sauce
- C. Chicken Balls with Potato on Rice
- D. Stewed Farfalloni with Mixed Mushrooms(v)

單選。

☐ A

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11。 3月14日 (14 Mar) *

- A. 台式肉燥飯
- B. 香草白汁海鮮燴意粉(s)
- C. 茄汁雞柳燴螺絲粉
- D. 羅漢齋飯(v)

- A. Rice with Taiwanese style minced pork
- B. Braised Spaghetti with Seafood in Vanilla Sauce(s)
- C. Stewed Spaghetti with Chicken Fillet in Tomato Sauce
- D. Chinese Vegetarian stew with Rice(v)

單選。

- ☐ A
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- ☐ D
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12。 3月15日 (15 Mar) *

- A. 蘿蔔牛腩飯
- B. 洋葱汁豬柳燴意粉
- C. 粟米雞粒飯
- D. 咖哩素肉丸通粉(v)

- A. Beef Brisket with Radish on Rice
- B. Spaghetti with Braised Pork Tenderloin in Onion Sauce
- C. Corn and Minced Chicken Rice
- D. Macaroni with Vegetarian Meatballs in Curry Sauce(v)

單選。

- ☐ A
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- ☐ D
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13。 3月18日 (18 Mar) *

- A. 茄汁燴牛肉飯
- B. 肉醬意粉
- C. 白汁海鮮焗長通粉(s)
- D. 紅燒豆腐飯(v)

- A. Stewed Beef and Rice in Tomato Sauce
- B. Spaghetti Bolognese
- C. Baked penne with seafood in white sauce(s)
- D. Braised Tofu on Rice(v)

單選。

- ☐ A
- ☐ B
- ☐ C
- ☐ D
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14。 3月19日 (19 Mar) *

- A. 翠玉瓜蒸雞球肉飯
- B. 燒汁海鮮意粉(s)
- C. 蠔油白菌豬柳飯
- D. 法汁什菌燴通粉(v)

- A. Steamed Chicken Balls and Pork with Jade Melon on Steam Rice
- B. Seafood Spaghetti with Roasted Sauce(s)
- C. Pork Tenderloin Rice with White Mushroom in Oyster Sauce
- D. Stewed Rice with Assorted Mushrooms in French Sauce (v)

單選。

- ☐ A
- ☐ B
- ☐ C
- ☐ D
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15。 3月20日 (20 Mar) *

- A. 冬菇蒸肉餅飯
- B. 西蘭花煙鴨胸飯
- C. 香草什腸燴意粉
- D. 芝士什菌蝴蝶粉(v)

- A. Steamed Mushroom Pancake with Rice
- B. Smoked Duck Breast with Broccoli over Rice
- C. Stewed Spaghetti with Vanilla Sausage
- D. Farfalle with Cheese and Assorted Mushrooms (v)

單選。

- ☐ A
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- ☐ D
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16。 3月21日 (21 Mar) *

- A. 雲耳蒸雞飯
- B. 茄汁肉丸意粉
- C. 冬菇蒸魚柳飯(s)
- D. 咖哩素肉丸長通粉(v)

- A. Steamed Chicken Rice with Black Fungus
- B. Spaghetti with meatballs in tomato sauce
- C. Steamed Fish Fillet and Shiitake mushroom with Rice(s)
- D. Penne with veggie meatballs in curry sauce(v)

單選。

- ☐ A
- ☐ B
- ☐ C
- ☐ D
- ☐ 是日不訂午餐 No Meal Order on This Day

17。 3月22日 (22 Mar) *

- A. 薯仔牛肉飯
- B. 什菌雞柳焗螺絲粉
- C. 白汁大蝦焗意粉(s)
- D. 蕃茄炒蛋飯(v)

- A. Beef and potatoes on rice
- B. Baked Fusilli with Chicken Fillet and Assorted Mushrooms
- C. Baked Spaghetti with Prawns in White Sauce(s)
- D. Tomato Fried Eggs on Rice(v)

單選。

☐ A

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Google 表單