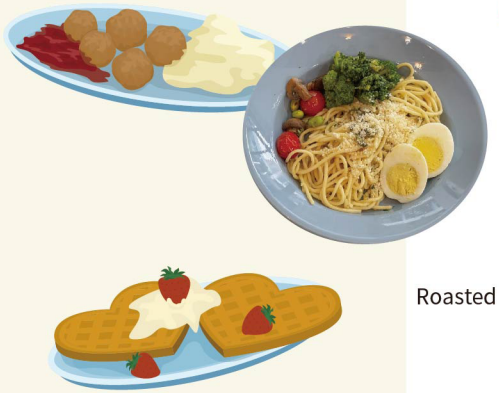
EPC MENU PLAN JUNE. 2025



MON 6/2	TUE 6/3	WED 6/4	THU 6/5	FRI 6/6
(V) Spaghetti with Oil and Garlic/Salad with Thousand Island Dressing 蒜香橄欖油義大利麵/生菜沙拉(蔬菜條)佐千島醬/帕西里起司粉	Stir Fried Beef with Shredded Bean Curd/ Pan Fried Fish Fillet with Sesame Oil/Fried Cuttlefish Ball/ Steamed Rice 香根豆干牛肉/煎麻香巴沙魚/炸花枝丸/白飯	Taiwanese Danzai Noodle Soup (Pork) / Marinated Egg 擔仔麵(豬)	Chinese Fried Chicken/ Fried Rice with Bacon and Onion 五香炸雞塊/培根蔥拌飯	Swedish Meatballs (Chicken)/ Beef Gravy /Roasted Potatoes with Bacon 瑞典肉丸/起司肉汁(牛)/培根馬鈴薯
	(V)Egg Salad Sandwich with Cheese 蛋沙拉起士三明治	(V)Braised Tofu / Mushroom Rice 紅燒板豆腐/菌菇飯	(V) Olive Vegetables Linguine/Cheese Frittata 時蔬橄欖麵/起士烘蛋/烘脆麵包粒/帕米森起士粉	(V) Plant-Based Meatballs with Tomato Coulis/ Mixed Stir Fry Vegetables/ Steamed Rice 蔬菜茄醬素肉丸 /季節時蔬/白飯
Side dish Roasted Seasonal Vegetables 香料烤時蔬	**Side dish** Mixed Stir Fry Vegetables 季節炒時蔬	**Side dish** Mixed Stir Fry Vegetables 季節炒時蔬	**Side dish** Mixed Stir Fry Vegetables 季節炒時蔬	**Side dish** Salad with Honey Yogurt Dressing 生菜沙拉條佐蜂蜜優格醬
Boiled Egg 水煮蛋	Vegetable Pancakes 蔬菜煎餅	Fried Sesame Balls 炸芝麻球	Marinated Cucumber Strip 涼拌小黃瓜	Mashed Potato 洋芋泥
Seasonal Fresh Fruit 時鮮水果				

SANDWICH OPTION

Cuban Sandwich (Pork) 古巴三明治 (豬)	Whole Wheat Teriyaki Chicken Sandwich 全麥照燒雞腿三明治	Parmesan Cheese Subway with Beef 帕瑪森起司牛肉潛艇堡	Bagel with Smoked Chicken 燻雞貝果	Tuna Sandwich 鮪魚三明治
Seasonal Fresh Fruit 時鮮水果				

*Veggie duo is subject to change on a daily basis. 每日時蔬雙拼內容皆有不同，實際內容依當日實品為主。

Allergen list 過敏原對照表

1. Milk 乳製品
2. Eggs 雞蛋
3. Fish 魚類
4. Molluscs 貝殼類
5. Crustaceans 甲殼類
6. Tree nuts 堅果
7. Peanuts 花生
8. Sesame 芝麻
9. Wheat 小麥
10. Soybeans 大豆
11. Mango 芒果
12. Sulfur Dioxide 亞硫酸鹽

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EPC MENU PLAN JUNE. 2025

MON 6/9	TUE 6/10	WED 6/11	THU 6/12	FRI 6/13
Pork Cordon Bleu/ Beef Curry/ Steamed Rice 藍帶起司豬/奶油咖哩牛/白飯 *Coconut	Monte Cristo Sandwich (Chicken) 基度山三明治	Beef Noodles/Pan Seared Pork Dumplings 中式牛肉麵/煎餃	Beef Patty with Cheese / Penne with Tomato Sauce 起司牛肉漢堡排/蕃茄筆管麵	Pork Rice Burger 豬肉米漢堡
(V) Vegetable Curry / Steamed Rice 時蔬咖哩/白飯	(V) Monte Cristo Sandwich 時蔬起士基度山	(V) Pesto Pasta with Veggies/ Fried Mozzarella Cheese Sticks 青醬義大利扁麵/起司條	(V) Mediterranean Roasted Vegetables/ French Bread 地中海烤蔬菜/法棍切片 *Coconut	(V) Stir Fry Tofu skin with Chinese Brown Sauce/ Mixed Stir Fry Vegetables/ Steamed Rice 紅燒素豆包/清炒雙菇/白飯
Side dish Mix Grilled Vegetables 混合烤蔬菜	**Side dish** Mix Grilled Vegetables 混合烤蔬菜	**Side dish** Mixed Stir Fry Vegetables 季節炒時蔬	**Side dish** Seasonal Vegetables with Olive Oil 橄欖油拌時蔬	**Side dish** Shredded Cabbage Salad with Sesame Dressing 高麗菜絲沙拉/胡麻醬
Scrambled Eggs with Cheese 起士奶油炒蛋	Corn Soup 玉米濃湯	Blanched Vegetables 水煮青菜	Potato Wedges 帶皮薯條	Oden Set (Radish, Carrot, Fried Tofu, Kelp, Konjac) 關東煮 (白蘿蔔/紅蘿蔔/油豆腐/海帶/蒟蒻) *Coconut
Seasonal Fresh Fruit 時鮮水果				Blueberry Muffin 藍莓馬芬

SANDWICH OPTION

Bacon Cheddar Panini with Hash Brown (Pork) 培根起司薯餅帕尼尼	Cuban Sandwich (Pork) 古巴三明治 (豬)	Whole Wheat Teriyaki Chicken Sandwich 全麥照燒雞腿三明治	Parmesan Cheese Subway with Beef 帕瑪森起司牛肉潛艇堡	Bagel with Smoked Chicken 燻雞貝果
Seasonal Fresh Fruit 時鮮水果				

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EPC MENU PLAN JUNE. 2025

MON 6/16

Schnitzel (Pork)/ Roasted Potatoes with Bacon/ Orecchiette with Cream Sauce
德式炸豬排/培根煎馬鈴薯/奶油貓耳朵麵/帕米森起士粉

(V) Miso Noodle Soup
味噌湯麵
(海帶芽、菠菜、玉米、水煮蛋)

Side dish

Mixed Stir Fry Vegetables
季節炒時蔬

Salad with Honey Yogurt Dressing
生菜沙拉條佐蜂蜜優格醬

Seasonal Fresh Fruit 時鮮水果

TUE 6/17

Butter Chicken/Basmati Rice
印度咖哩雞/印度香米

(V) Vegetarian Curry/ Basmati Rice
蔬菜咖哩/印度米

Side dish

Corn and Cucumber Salad
玉米黃瓜沙拉

Pitta Bread
皮塔餅

Seasonal Fresh Fruit 時鮮水果

WED 6/18

Scattered Sushi (Fish)/ Miso Soup
散壽司(壽司飯/蒲燒鯛魚/梅煮紅蘿蔔)/味噌湯

(V) Scattered Sushi/ Radish Soup
散壽司(壽司飯/梅煮紅蘿蔔/日式豆皮)/蘿蔔湯

*Coconut

Side dish

Mixed Corn Salad
玉米沙拉

Japanese Omelette
玉子燒

Mango Panna Cotta/ (V)Apple Jelly
芒果奶酪/(素)蘋果果凍

Seasonal Fresh Fruit 時鮮水果

THU 6/19

Beef Lasagne (Beef & Pork)
肉醬千層麵(牛/豬)

(V) Ratatouille Lasagne
義式蔬菜千層麵

Side dish

Salad with Apples and Raisin
蘋果葡萄乾沙拉

Boiled Egg
水煮蛋

Seasonal Fresh Fruit 時鮮水果

FRI 6/20

Hungarian Beef Stew/ French Cheese Bread
匈牙利燉牛肉/法國起士軟包

(V) Onion Soup/ French Cheese Bread/ Butter Boiled Potatoes
洋蔥湯/法國起士軟包/水煮馬鈴薯

Side dish

Cucumber and Mushroom Stir Fry
橄欖油拌時蔬

Creamy Scrambled Eggs
巴西里奶油炒蛋

SANDWICH OPTION

Tuna Sandwich
鮪魚三明治

Bacon Cheddar Panini with Hash Brown (Pork)
培根起司薯餅帕尼尼

Cuban Sandwich (Pork)
古巴三明治(豬)

Whole Wheat Teriyaki Chicken Sandwich
全麥照燒雞腿三明治

Parmesan Cheese Subway with Beef
帕瑪森起司牛肉潛艇堡

Seasonal Fresh Fruit 時鮮水果

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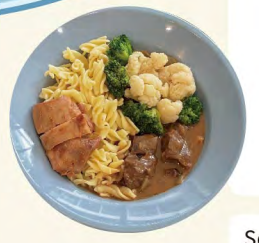

MON 6/23	TUE 6/24	WED 6/25	THU 6/26	FRI 6/27
Barbecued Chicken/Braised Beef with Mushroom Seaweed Cream Sauce/ Fusilli Pasta 西式烤醬雞腿/奶油海苔鮮菇燉牛頰/螺旋通心粉	Udon Noodle Soup with Pork 烏龍湯麵 (豬)	Chicken Curry/Pan Fried Tilapia/Steamed Rice 香濃咖哩雞/煎潮鯛魚/白飯 *Coconut	NO SCHOOL DAY	NO SCHOOL DAY
(V) Ratatouille/ Fusilli Pasta 義式蔬菜/螺旋通心粉	(V) Udon Noodle Soup 素烏龍湯麵 *Coconut	(V) Vegetable Curry/ Steamed Rice 咖哩蔬菜飯 *Coconut		
Side dish Seasonal Vegetables with Olive Oil 橄欖油拌時蔬 Fried Mozzarella Cheese Sticks 起司條	**Side dish** Vegetable Tempura 蔬菜天婦羅 Japanese Fried Tofu Pouch 日式豆包	**Side dish** Mix Grilled Vegetables 混合烤蔬菜 Scrambled Eggs with Cheese 起士奶油炒蛋		
Seasonal Fresh Fruit 時鮮水果	Cream Puff 菠蘿泡芙	Seasonal Fresh Fruit 時鮮水果		
SANDWICH OPTION				
Bagel with Smoked Chicken 燻雞貝果	Tuna Sandwich 鮪魚三明治	Bacon Cheddar Panini with Hash Brown (Pork) 培根起司薯餅帕尼尼		
Seasonal Fresh Fruit 時鮮水果				

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