HSINCHU AMERICAN SCHOOL

2026 November Lunch Menu 2026年11月午餐菜單

Date日期	11/2 (Monday)	11/3 (Tuesday)	11/4 (Wednesday)	11/5 (Thursday)	11/6 (Friday)
Lunch Menu 菜單	壽喜燒豬肉	香酥骰子雞	炸卜肉	義式雞柳	香酥魚柳
	Sukiyaki Pork	Crispy Diced Chicken	Taiwanese-Style Crispy Fried Pork	Italian Chicken Strips	Crispy Fish Fillet
	蜂蜜烤雞柳	羅宋牛肉	焗烤南瓜雞肉	玉米豬肉水餃	彩椒牛肉
	Honey-Roasted Chicken Strips	Russian Beef	Baked Chicken with Pumpkin and Cheese	Corn and Pork Dumplings	Bell Pepper Beef
	冬瓜燴鮮菇	滷蛋	玉米炒蛋	蛋酥大白菜	咖哩洋芋
	Winter Melon Stew with Fresh Mushrooms	Braised Egg	Corn Scrambled Eggs	Napa Cabbage with Crispy Egg Flakes	Curry Potatoes
	青花炒蛋	胡瓜香菇	銀芽干片	香草馬鈴薯丸	蘿蔔滷麵輪
	Stir-fried Broccoli with Eggs	Cucumber and Mushroom	Dried Bean Sprouts	Herbed Potato Balls	Braised Wheat Gluten Rings with Radish
	應時青菜	應時青菜	應時青菜	應時青菜	應時青菜
	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
	紅豆湯	蘿蔔海芽湯	綠豆QQ	玉米濃湯	椰香西米露/水果
	Red Bean Soup	Radish and Seaweed Soup	Mung Beans (QQ)	Creamy Corn Soup	Coconut Sago Pudding / Fruit
Date日期	11/9 (Monday)	11/10 (Tuesday)	11/11 (Wednesday)	11/12 (Thursday)	11/13 (Friday)
Lunch Menu 菜單	醬香肉丁	蜂蜜芥末佐炸雞	洋蔥醬燒雞丁	照燒豬肉	香酥雞柳
	Braised Pork Diced in Soy Sauce	Honey Mustard Fried Chicken	Chicken with Onion Sauce	Teriyaki Pork	Crispy Chicken Strips
	香酥雞柳	蜜汁叉燒肉	蘆筍牛柳	鳳梨雞丁	茄香牛肉丁
	Crispy Chicken Strips	Honey Glazed Char Siu Pork	Asparagus and Beef Tenderloin	Pineapple Chicken	Eggplant and Beef Cubes
	香酥春捲	玉米炒蛋	醬燒冬粉	黃金酥豆腐	白花鮮菇
	Crispy Spring Rolls	Corn and Egg Stir-fry	Braised Glass Noodles	Golden Crispy Tofu	Fresh White Mushrooms
	紅燒豆腐	三角薯塊	毛豆干丁鮮菇	大瓜魚丸	玉米可樂餅
	Braised Tofu	Potato Wedges	Edamame, Dried Tofu, and Fresh Mushrooms	Fish Balls with Melon Seeds	Corn Croquettes
	應時青菜	應時青菜	應時青菜	應時青菜	應時青菜
	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
	黑糖波霸	紫菜豆腐湯	芋圓仙草	金針雞湯	麥茶QQ/水果
	Brown Sugar Boba	Seaweed and Tofu Soup	Taro Balls and Grass Jelly	Enoki Mushroom Chicken Soup	Barley Tea/ Fruit
Date日期	11/16 (Monday)	11/17 (Tuesday)	11/18 (Wednesday)	11/19 (Thursday)	11/20 (Friday)
Lunch Menu 菜單	日式炸雞	糖醋魚丁	黑胡椒肉柳	照燒雞柳	五香肉丁
	Japanese-Style Fried Chicken	Sweet and Sour Fish Cubes	Black Pepper Pork Strips	Teriyaki Chicken Strips	Spiced Pork Diced
	空心菜炒牛肉	麥克雞塊	香酥雞丁	滑蛋牛肉	花椰雞肉
	Stir-fried Beef with Water Spinach	Chicken Nuggets	Crispy Chicken Cubes	Scrambled Eggs with Beef	Cauliflower and Chicken
	香腸炒蛋	蜜香南瓜	玉米奶酥捲	蘿蔔滷甜條	蕃茄炒蛋
	Sausage Scrambled Eggs	Honey-Glazed Pumpkin	Sweet Corn and Milk Cream Roll	Radish Stew with Sweet Strips	Scrambled Eggs with Tomatoes
	白菜麵筋	麻婆豆腐	冬瓜黑輪	咖哩洋芋	豆干炒小黃瓜
	Cabbage and Gluten Noodles	Mapo Tofu	Winter Melon and Black Bean Paste	Curry Potatoes	Stir-fried Tofu and Cucumber
	應時青菜	應時青菜	應時青菜	應時青菜	應時青菜
	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
	黑糖米苔目	白菜雞湯	紅豆西米露	玉米雞湯	冬瓜粉圓甜湯/水果
	Brown Sugar Rice Noodles	Chicken and Cabbage Soup	Red Bean Sago Pudding	Corn and Chicken Soup	Winter Melon and Tapioca Ball Sweet Soup / Fruit
Date日期	11/23 (Monday)	11/24 (Tuesday)	11/25 (Wednesday)	11/26 (Thursday)	11/27 (Friday)
Lunch Menu 菜單	洋蔥豬肉片	糖醋雞腿肉	醬燒豬肉柳		
	Onion and Pork Slices	Sweet and Sour Chicken	Braised Pork Tenderloin		
	雞米花	咖哩牛肉	茄汁雞丁		
	Popcorn Chicken	Curry Beef	Chicken Cubes in Tomato Sauce		
	海帶豆干絲	南瓜貝殼酥	鮮肉燒賣		
	Seaweed and Dried Tofu Strips	Pumpkin Shell Pastry	Pork Shumai	Thanksgiving Potluck	Thanksgiving Holiday (No School)
	玉米青花	小黃瓜素雞	冬瓜魚羹	感恩節餐會	感恩節假期
	Corn Cauliflower	Vegetarian Chicken with Cucumber	Winter Melon Fish Soup		
	應時青菜	應時青菜	應時青菜		
	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables		
	黑糖地瓜甜湯	海芽豆腐湯	冬瓜檸檬山粉圓		
	Brown Sugar Sweet Potato Soup	Seaweed and Tofu Soup	Winter Melon Lemon Drink with Basil Seeds		
Date日期	11/30 (Monday)				
Lunch Menu 菜單	檸檬雞柳條				
	Lemon Chicken Strips				
	高麗菜豬肉片				
	Cabbage and Pork Slices				
	滷味雙拼(甜不辣 + 滷蛋)				
	Braised Medley				
	玉米炒蛋				
	Corn Scrambled Eggs				
	應時青菜				
	Seasonal Vegetables				
	椰奶西米露				
	Coconut Milk Sago Pudding				