HSINCHU AMERICAN SCHOOL

2026 October Lunch Menu 2026年10月午餐菜單

Date日期				10/1 (Thursday)	10/2 (Friday)
Lunch Menu 菜單				金沙魚柳	蜂蜜芥末雞柳
				Salted Egg Fish Fillets	Honey Mustard Chicken Strips
				燉義式豬肉	羅宋牛肉
				Italian-Style Braised Pork	Russian-Style Beef
				鮮菇花菜	南瓜絲炒蛋
				Cauliflower with Fresh Mushrooms	Stir-Fried Eggs with Shredded Pumpkin
				咖哩洋芋	四季豆干片
				Curry Potatoes	Green Beans
				應時青菜	應時青菜
				Seasonal Vegetables	Seasonal Vegetables
				白菜雞湯	珍珠奶茶/水果
				Napa Cabbage Chicken Soup	Bubble Milk Tea / Fruit
Date日期	10/5 (Monday)	10/6 (Tuesday)	10/7 (Wednesday)	10/8 (Thursday)	10/9(Friday)
Lunch Menu 菜單	橙香酥魚丁	椒鹽雞丁	筍香豬肉片	海苔香酥雞	
	Crispy Fish Bites with Orange Sauce	Salt and Pepper Diced Chicken	Pork Slices with Bamboo	Crispy Chicken with Seaweed	
	醬燒豬肉片	彩椒炒牛肉	五色嫩雞丁	蔥燒牛肉片	
	Soy-Glazed Pork Slices	Beef with Bell Peppers	Five-Color Diced Chicken	Scallion-Braised Beef	
	玉米炒蛋	蒜香雜菜冬粉	玉米可樂餅	胡瓜絲炒蛋	
	Stir-fried Eggs with Corn	Garlic Glass Noodles	Corn Croquettes	Eggs with Shredded Cucumber	Double Tenth Day (Make-up Holiday)
	咖哩洋芋	紹子豆腐	大瓜魚羹	牛奶銀絲卷	國慶日補假
	Curry Potatoes	Tofu with Minced Pork Sauce	Winter Melon & Fish	Milk-Flavored Silver Thread Rolls	
	應時青菜	應時青菜	應時青菜	應時青菜	
	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	
	檸檬愛玉	玉米濃湯	粉圓甜湯	紫菜金菇湯	
	Lemon Aiyu Jelly	Creamy Corn Soup	Tapioca Pearl Sweet Soup	Seaweed & Enoki Mushroom Soup	
Date日期	10/12 (Monday)	10/13 (Tuesday)	10/14 (Wednesday)	10/15 (Thursday)	10/16 (Friday)
Lunch Menu 菜單	南瓜雞丁	味噌炸魚柳	香酥卜肉	椒鹽雞米花	三杯雞丁
	Pumpkin Diced Chicken	Miso-Glazed Fried Fish	Crispy Pork Strips	Salt & Pepper Popcorn Chicken	Three Cup Diced Chicken
	蘑菇豬肉柳	空心菜炒牛肉	塔香燒雞肉	金菇嫩牛柳	馬鈴薯燉肉
	Mushroom Pork Strips	Water Spinach with Beef	Basil Braised Chicken	Tender Beef Strips with Enoki Mushrooms	Braised Pork & Potatoes
	白菜燒豆皮	鶉蛋燴瓜片	開陽白花菜	蕃茄炒蛋	彩繪豆芽
	Braised Napa Cabbage with Tofu Skin	Braised Cucumber with Quail Eggs	Cauliflower with Dried Shrimp	Eggs with Tomatoes	Colorful Bean Sprouts
	微笑薯餅	紅燒豆腐	木耳絲炒蛋	三杯豆包	甘梅地瓜薯條
	Smiley hash browns	Braised Tofu in Soy Sauce	Eggs with Shredded Wood Ear Mushrooms	Three Cup Tofu Skin	Sweet Potato Fries
	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	海芽豆腐湯	黑糖QQ	玉米雞湯	仙草甜薏仁/水果
	Sweet Red Bean Soup	Seaweed & Tofu Soup	Brown Sugar Chewy Dessert	Corn Chicken Soup	Sweet Soup / Fresh Fruit
Date日期	10/19 (Monday)	10/20 (Tuesday)	10/21 (Wednesday)	10/22 (Thursday)	10/23 (Friday)
Lunch Menu 菜單	豆干豬肉丁	洋蔥椒鹽雞肉	梅香金魚丁	蜜香地瓜脆雞	海苔酥魚柳
	Pork with Dried Tofu	Salt & Pepper Chicken	Plum-Flavored Fish Bites	Honey Sweet Potato Crispy Chicken	Crispy Fish Fillets with Seaweed
	玉米起司雞	咖哩牛肉	糖醋肉丁	京醬豬肉片	蘿蔔燉牛肉
	Corn & Cheese Chicken	Curry Beef	Sweet & Sour Diced Pork	Beijing-Style Sauce Pork Slices	Braised Beef with Radish
	蘿蔔黑輪	白菜滷	火腿玉米	蕃茄炒蛋	金菇炒三絲
	Fish Cake with Radish	Braised Napa Cabbage	Ham & Corn	Eggs with Tomatoes	Three Shredded Vegetables with Enoki Mushrooms
	螞蟻上樹	黃金豆腐	翡翠蒸蛋	回鍋干片	香酥雙糕(蘿蔔糕+豬血糕)
	Spicy Glass Noodles with Minced Pork	Golden Tofu	Steamed Egg	Twice-Cooked Dried Tofu Slices	Crispy Two-Cake Combo
	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
	綠豆湯	蔬菜蛋花湯	冬瓜山粉圓	味噌豆腐湯	百香珍珠椰果/水果
	Sweet Mung Bean Soup	Vegetable & Egg Drop Soup	Winter Melon Soup with Basil Seeds	Miso Tofu Soup	Coconut Jelly / Fresh Fruit
Date日期	10/26 (Monday)	10/27(Tuesday)	10/28 (Wednesday)	10/29 (Thursday)	10/30 (Friday)
Lunch Menu 菜單		椒鹽魚丁	脆皮蝦捲	五香蓮藕雞丁	義式茄香牛肉片
		Salt & Pepper Fish Bites	Crispy Shrimp Rolls	Five-Spice Chicken with Lotus Root	Italian-Style Tomato Beef Slices
		彩椒牛肉片	醬燒雞柳	滑蛋豬肉片	麥克雞塊
		Stir-fried Beef Slices with Bell Peppers	Soy-Glazed Chicken Strips	Pork Slices with Soft Scrambled Egg	Chicken Nuggets
		四季豆炒玉筍	香菇燴白菜	海芽燒冬瓜	青豆蝦仁炒蛋
	Taiwan Retrocession Day (Make-up Holiday)	Stir-fried Green Beans with Baby Corn	Braised Napa Cabbage with Mushrooms	Braised Winter Melon with Seaweed	Eggs with Green Peas & Shrimp
	台灣光復節補假	咖哩洋芋	海苔蒸蛋	麻婆豆腐	焗烤薯條
		Curry Potatoes	Steamed Egg with Seaweed	Mapo Tofu	Baked Fries with Cheese
		應時青菜	應時青菜	應時青菜	應時青菜
		Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
		瓜子雞湯	椰香西米露	紫菜蛋花湯	黑糖雙圓/水果
		Melon Seed Chicken Soup	Coconut Sago Dessert	Seaweed & Egg Drop Soup	Brown Sugar Sweet Soup / Fruit