

Healthy, hygienic, satisfying.

# YZU Menu of Faculty Cafeteria

October 20- October 24

| Date                        | 10/20<br>Monday |                               | 10/21<br>Tuesday |                                          | 10/22<br>Wednesday |                                          | 10/23<br>Thursday |                                          | 10/24<br>Friday                 |       |
|-----------------------------|-----------------|-------------------------------|------------------|------------------------------------------|--------------------|------------------------------------------|-------------------|------------------------------------------|---------------------------------|-------|
|                             | 午餐              | Lunch                         | 午餐               | Lunch                                    | 午餐                 | Lunch                                    | 午餐                | Lunch                                    | 午餐                              | Lunch |
| Main Meat Dish<br>主葷菜       | 香煎豬排            | Fried pork steak              | 蒜泥白肉             | Pork with garlic sauce                   | 獅子頭                | Meat ball                                | 香烤雞腿<br>(豬排)      | Roasted chicken legs<br>(pork steak)     | 光復節連假<br>Taiwan Retroration Day |       |
| Main Vegetarian Dish<br>主素菜 | 豌豆豆干            | Pea with bean curd            | 素炒鮮筍             | Pea with bean curd                       | 芹香干絲               | Parsley and dried bean curd noodle salad | 花椰雙拼              | Broccoli & cauli flower                  |                                 |       |
| Meat Side Dish 1<br>副葷菜 1   | 胡瓜木耳            | Cucumber with black fungus    | 香 Q 滷蛋           | Fried bamboo shoots                      | 海帶芽蛋               | Sea weed and egg                         | 家常豆腐              | Home-style bean curd                     |                                 |       |
| Meat Side Dish 2<br>副葷菜 2   | 洋蔥肉絲            | Sliced pork with onion        | 小黃瓜肉絲            | Cucumber with sliced pork                | 開陽白菜               | Chinese leaves with dried shrimp         | 香菇蘿蔔              | Mooli with mushroom                      |                                 |       |
| Vegetables<br>青菜            | 青菜              | Greens                        | 青菜               | Greens                                   | 青菜                 | Greens                                   | 青菜                | Greens                                   |                                 |       |
| Soup<br>湯                   | 酸辣湯             | Hot and sour soup             | 馬鈴薯湯             | Potato soup                              | 蘿蔔排骨               | Mooli soup with pork-ribs                | 冬瓜排骨              | White ground soup with pork-ribs         |                                 |       |
| Sweet Soup<br>甜湯            | 黑糖白木耳           | White Fungus sweet soup       | 綠豆湯              | Mung bean soup                           | 紅豆小燕麥              | Red bean and oats soup                   | 綠豆湯               | Mung bean soup                           |                                 |       |
| Side Dish 1<br>副食 1         | 飯<br>糙米飯<br>麵   | Rice<br>Brown rice<br>Noodles | 飯<br>糙米飯<br>米粉   | Rice<br>Brown rice<br>Rice<br>Vermicelli | 飯<br>糙米飯<br>麵      | Rice<br>Brown rice<br>Noodles            | 飯<br>糙米飯<br>米粉    | Rice<br>Brown rice<br>Rice<br>Vermicelli |                                 |       |
| Side Dish 2<br>副食 2         | 水果              | Fruit                         | 水果               | Fruit                                    | 水果                 | Fruit                                    | 水果                | Fruit                                    |                                 |       |

Healthy, hygienic, satisfying.

# YZU Menu of Faculty Cafeteria

October 20- October 24

| Date                        | 10/20<br>Monday |                                  | 10/21<br>Tuesday |                               | 10/22<br>Wednesday |                               | 10/23<br>Thursday |                                    | 10/24<br>Friday                 |        |
|-----------------------------|-----------------|----------------------------------|------------------|-------------------------------|--------------------|-------------------------------|-------------------|------------------------------------|---------------------------------|--------|
|                             | 晚餐              | Supper                           | 晚餐               | Supper                        | 晚餐                 | Supper                        | 晚餐                | Supper                             | 晚餐                              | Supper |
| Main Meat Dish<br>主葷菜       | 香滷肉燥            | Braised minced pork              | 香烤雞腿             | Roasted chicken legs          | 香煎豬排               | Fried pork steak              | 客家小炒              | Hakka stir-fried with squid        | 光復節連假<br>Taiwan Retroration Day |        |
| Main Vegetarian Dish<br>主素菜 | 大黃瓜木耳           | Cucumber with black fungus       | 紅片花椰             | Broccoli with carrot          | 時蔬豆干               | Vegetable with bean curd      | 薑絲絲瓜              | Loofah with ginger                 |                                 |        |
| Meat Side Dish 1<br>副葷菜 1   | 紅參炒蛋            | Fried eggs with carrot sliced    | 紅燒冬瓜             | Stewed white ground           | 螞蟻上樹               | Potato noodles with meat      | 洋芋咖哩              | Curry potato                       |                                 |        |
| Meat Side Dish 2<br>副葷菜 2   | 什錦玉米            | Corn Assorted Vegetables         | 麻婆豆腐             | Mapo Tofu                     | 胡瓜木耳               | Cucumber with black fungus    | 大白菜豆皮             | Chinese cabbage and bean curd skin |                                 |        |
| Vegetables<br>青菜            | 青菜              | Greens                           | 青菜               | Greens                        | 青菜                 | Greens                        | 青菜                | Greens                             |                                 |        |
| Soup<br>湯                   | 冬瓜排骨            | White ground soup with pork-ribs | 玉米蛋花湯            | Corn soup with eggs           | 海帶芽湯               | Sea weed soup                 | 柴魚豆腐              | Dried bonito tofu soup             |                                 |        |
| Side Dish 1<br>副食 1         | 飯<br>糙米飯<br>麵   | Rice<br>Brown rice<br>Noodles    | 飯<br>糙米飯<br>麵    | Rice<br>Brown rice<br>Noodles | 飯<br>糙米飯<br>麵      | Rice<br>Brown rice<br>Noodles | 飯<br>糙米飯<br>麵     | Rice<br>Brown rice<br>Noodles      |                                 |        |
| Side Dish 2<br>副食 2         | 水果              | Fruit                            | 水果               | Fruit                         | 水果                 | Fruit                         | 水果                | Fruit                              |                                 |        |