



番茄：趣味健康小常識  
☆ 番茄其實是水果，不是蔬菜！  
☆ 它有很多顏色，有紅色、黃色、綠色和紫色。  
☆ 熱量很低——大約只有22卡路里  
☆ 富含維生素C——幫助你的免疫系統  
☆ 是維生素A的好來源——有助於保護你的眼睛  
☆ 含有鉀——有助於你的心臟和肌肉  
☆ 富含抗氧化物，如茄紅素——保護你的細胞  
☆ 含有大量水分——幫助你保持水分充足

## 2026年6月 午餐餐單

星期一	星期二	星期三	星期四	星期五
06/01/2026 教師在職訓練日 (學校停課)	06/02/2026 教師在職訓練日 (學校停課)	06/03/2026 主食：照燒蔬菜炒麵 蔬菜：綠花椰菜炒玉米 配餐：素春捲	06/04/2026 主食：蒸蛋 蔬菜：青江菜炒豆干 配餐：白飯	06/05/2026 主食：起司通心粉 蔬菜：意式綜合蔬菜
06/08/2026 主食：紅燒豆腐 蔬菜：清炒青江菜 配餐：白飯	06/09/2026 主食：蘑菇醬蝴蝶麵 蔬菜：意式綜合蔬菜	06/10/2026 主食：番茄炒蛋 蔬菜：毛豆炒豆干，鷹嘴豆 配餐：白飯	06/11/2026 主食：紅燒豆腸燴豆腐 蔬菜：清炒四季豆 配餐：白飯	06/12/2026 主食：豆腸高麗菜炒烏冬麵 蔬菜：清炒青江菜 配餐：素春捲
06/15/2026 主食：甜酸麵腸 蔬菜：清炒青江菜 配餐：白飯	06/16/2026 主食：照燒蔬菜炒麵 蔬菜：青江菜炒豆干 配餐：素春捲	06/17/2026 主食：蘑菇洋蔥起司披薩 蔬菜：清炒綠花椰菜	06/18/2026 主食：香菇豆干滷燥 蔬菜：清炒青江菜 配餐：白飯	06/19/2026 主食：番茄意大利麵 蔬菜：毛豆炒玉米，紅蘿蔔
06/22/2026 主食：蒸蛋 蔬菜：意式綜合蔬菜 配餐：白飯	06/23/2026 主食：起司通心粉 蔬菜：綠花椰菜炒豆干	06/24/2026 主食：紅燒豆腐 蔬菜：清炒四季豆 配餐：白飯	06/25/2026 主食：豆腸高麗菜炒烏冬麵 蔬菜：清炒小白菜 配餐：素春捲	06/26/2026 主食：番茄燴豆腸 蔬菜：清炒四季豆 配餐：白飯
06/29/2026 主食：甜酸豆腐 蔬菜：清炒小白菜 配餐：白飯	06/30/2026 主食：素炒麵 蔬菜：四季豆炒豆干 配餐：素春捲	**所有餐點包括一份牛奶及水果 **菜單項目會因供應情況、季節性或其他因素而調整。		



- Tomato: Fun & Healthy Facts!**
- ☆ Tomatoes are actually a fruit, not a vegetable!
  - ☆ They come in many colors like red, yellow, green, and purple.
  - ☆ Low in calories – about 22 calories
  - ☆ High in vitamin C – helps your immune system
  - ☆ Good source of vitamin A – great for your eyes
  - ☆ Contains potassium – helps your heart and muscles
  - ☆ Full of antioxidants like lycopene – protects your cells
  - ☆ High in water content – keeps you hydrated

## June 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
06/01/2026 Steff In Service Training (School Closed)	06/02/2026 Steff In Service Training (School Closed)	06/03/2026 Main: Teriyaki Vegetable Stir-Fried Noodles Veg: Stir-fried Broccoli & Corn Side: Vegetable Spring Rolls	06/04/2026 Main: Steamed Egg Veg: Stir-fried Baby Bok Choy&Tofu Strips Side: Steamed Rice	06/05/2026 Main: Macaroni and Cheese Veg: Italian vegetable blend
06/08/2026 Main: Braised Tofu Veg: Stir-Fried Shanghai Bok Choy Side: Steamed Rice	06/09/2026 Main: Pasta With Cream of Mushroom Veg: Italian vegetable blend	06/10/2026 Main: Scrambled Eggs with Tomato Veg: Stir-fried Beancurd, Edamame and Carrot Side: Steamed Rice	06/11/2026 Main: Braised Soybean Rolls and Tofu Veg: Stir-fried Green Beans Side: Steamed Rice	06/12/2026 Main: Stir-fried Udon Noodles with Tofu Sausage and Cabbage Veg: Stir-Fried Shanghai Bok Choy Side: Vegetable Spring Rolls
06/15/2026 Main: Sweet and Sour Wheat Gluten Veg: Stir-Fried Shanghai Bok Choy Side: Steamed Rice	06/16/2026 Main: Teriyaki Vegetable Stir-Fried Noodles Veg: Stir-fried Baby Bok Choy&Tofu Strips Side: Vegetable Spring Rolls	06/17/2026 Main: Mushroom, Onion & Cheese Pizza Veg: Stir-fried Broccoli	06/18/2026 Main: Braised Mushroom & Diced Tofu Rice Veg: Stir-Fried Shanghai Bok Choy Side: Steamed Rice	06/19/2026 Main: Spaghetti with Marinara Sauce Veg: Stir-fried Edamame Carrot and Corn
06/22/2026 Main: Steamed Egg Veg: Italian vegetable blend Side: Steamed Rice	06/23/2026 Main: Macaroni and Cheese Veg: Chinese BroccoliStir-fried Tofu Strips	06/24/2026 Main: Braised Tofu Veg: Stir-fried Green Beans Side: Steamed Rice	06/25/2026 Main: Stir-fried Udon Noodles with Tofu Sausage and Cabbage Veg: Stir-Fried Baby Bok Choy Side: Vegetable Spring Rolls	06/26/2026 Main: Tomato Braised Soybean Rolls Veg: Stir-fried Green Beans Side: Steamed Rice
06/29/2026 Main: Sweet & Sour Tofu Veg: Stir-Fried Baby Bok Choy Side: Steamed Rice	06/30/2026 Main: Vegetarian Stir-fried Noodles Veg: Stir-fried String Beans and Shredded Veggie Meat Side: Vegetable Spring Rolls	<p>**All meals include a serving of milk &amp; Fruit                      **Menu items are subject to change due to availability, seasonality, or other factors.</p>		