

慈济简易素食课程内容与时间表

第一期

课数	餐单	Bukit Bintang	Kelana Jaya	Puchong
1	营养早餐(1) 精力汤、小米粥	20/3 7.30pm- 9.30pm	19/3 10am- 11.30am	20/3 10am- 11.30am
2	营养早餐(2) 松仁面包酱、水果奶稀	27/3 7.30pm- 9.30pm	26/3 10am- 11.30am	27/3 10am- 11.30am
3	简易午餐(3) 活力沙拉、味增拉面	3/4 7.30pm- 9.30pm	2/4 10am- 11.30am	3/4 10am- 11.30am
4	简易午餐(4) 罗马沙拉、素吞拿三文治	17/4 7.30pm- 9.30pm	16/4 10am- 11.30am	17/4 10am- 11.30am
5	养生晚餐(5) 素鲜锅、黄金饭	24/4 7.30pm- 9.30pm	23/4 10am- 11.30am	24/4 10am- 11.30am
6	养生晚餐(6) 意大利蔬菜汤、彩虹小米饭	8/5 7.30pm- 9.30pm	30/4 10am- 11.30am	8/5 10am- 11.30am

第二期

课数	餐单	Bukit Bintang	Kelana Jaya	Puchong
1	营养早餐(1) 麻香三文治、南美粥	15/5 7.30pm- 9.30pm	14/5 10am- 11.30am	15/5 10am- 11.30am
2	营养早餐(2) 南瓜咖耶、生机杏仁奶	22/5 7.30pm- 9.30pm	21/5 10am- 11.30am	22/5 10am- 11.30am
3	简易午餐(3) 活力三文治、香菇干捞面	5/6 7.30pm- 9.30pm	4/6 10am- 11.30am	5/6 10am- 11.30am

4	简易午餐 (4) 玉米沙拉、菠菜浓汤	12/6 7.30pm- 9.30pm	11/6 10am- 11.30am	12/6 10am- 11.30am
5	养生晚餐 (5) 香茅天贝、椰香荞麦饭	19/6 7.30pm- 9.30pm	18/6 10am- 11.30am	19/6 10am- 11.30am
6	养生晚餐 (6) 老火汤、蔬爽小炒	26/6 7.30pm- 9.30pm	25/6 10am- 11.30am	26/6 10am- 11.30am

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