

新竹縣康乃爾美國學校113年4月份營養午餐菜單

Apr. 2024 H.C.A.S Lunch & Snack Menu

| 日  | 星期   | Main Dish                                    | Dish 1   | Dish 2   | Dish 3                                | Dish 4          | Soup  | Fruit       | Snack                                | Remark  | Allergen                    |
|----|------|--|--|--|---------------------------------------|-----------------|---|-------------|--------------------------------------|---|-----------------------------|
| 1  | 一 Mo | <h1 style="color: red;">春假 Spring Break</h1> |  |  |                                       |                 |   |             |                                      |   |                             |
| 2  | 二 Tu |  |  |  |                                       |                 |   |             |                                      |   |                             |
| 3  | 三 We |  |  |  |                                       |                 |   |             |                                      |   |                             |
| 4  | 四 Th |  |  |  |                                       |                 |   |             |                                      |   |                             |
| 5  | 五 Fr |  |  |  |                                       |                 |   |             |                                      |   |                             |
| 8  | 一 Mo | 水餃(高麗菜)<br>Dumplings                         | 三杯獅子頭<br>Three cups of lion heads                      | 黃金泡菜<br>Golden kimchi                              |                                       | 時蔬<br>Vegetable | ★酸辣湯<br>Hot and sour soup                       | 水果<br>Fruit | 水果<br>Fruit                          | ★鳥蛋(bird eggs)                                | ★egg                        |
| 9  | 二 Tu | 地瓜飯<br>Sweet potato rice                     | 宮保雞丁<br>Spicy Stir Fried Chicken                       | 蘿蔔滷雙結<br>Radish marinated double knot              | 玉米蒸蛋<br>Corn steamed egg              | 時蔬<br>Vegetable | ▲味噌豆腐湯<br>Miso Tofu Soup                        | 水果<br>Fruit | 馬拉糕<br>Malay cake                    | ▲柴魚片(bonito flakes)                           | ▲seafood                    |
| 10 | 三 We | 白飯<br>Rice                                   | 鼓汁豬排<br>Black Beanbraised pork chops                   | 白花炒培根<br>Cauliflower sauteed with bacon            | 螞蟻上樹<br>Minced Winter Noodles         | 時蔬<br>Vegetable | 玉米蘿蔔湯<br>Corn and radish soup                   | 水果<br>Fruit | 水煎包<br>Fried buns                    |   |                             |
| 11 | 四 Th | 義大利麵<br>Spaghetti                            | 鮮菇松露雞肉<br>Chicken with mushrooms truffles sauce        | 薯條<br>Fries  | ●焗烤奶油地瓜<br>Creamy sweet potato gratin | 時蔬<br>Vegetable | 羅宋湯<br>Borscht                                  | 水果<br>Fruit | 水果<br>Fruit                          | ●起司(cheese)                                   | ●dairy products             |
| 12 | 五 Fr | 油麵<br>Yellow noodle                          | 擔仔麵<br>Ta-a noodles                                    | 白切肉/★滷蛋/貢丸<br>Pork/ Spiced corned egg /Gongmaru    | 中式滷味<br>Braised assorted foods        | 時蔬<br>Vegetable | /   | 水果<br>Fruit | 蜂蜜蛋糕<br>Honey cake                   | ★雞蛋(egg)                                      | ★egg                        |
| 15 | 一 Mo | 捲餅<br>Burrito                                | 酪梨雞肉捲餅<br>Avocao chicken burritos                      | 脆皮雞腿<br>Crispy chicken drumsticks                  | ●焗烤千層麵<br>Baked lasagna               | 時蔬<br>Vegetable | 氣泡水<br>Sparkling water                          | 水果<br>Fruit | PD DAY                               | ●起司(cheese)                                   | ●dairy products             |
| 16 | 二 Tu | 糙米飯<br>Brown Rice                            | 咖哩牛<br>Curry beef                                      | ▲▼章魚燒花枝丸<br>Takoyaki haneji ball                   | ★蛋酥白菜<br>Crispy egg with cabbage      | 時蔬<br>Vegetable | 蘿蔔排骨湯<br>Pork ribs soup with radish             | 水果<br>Fruit | 黑糖饅頭<br>Brown sugar bun              | ★雞蛋(egg)<br>▲花枝(squid)<br>▼柴魚片(bonito flakes) | ▲▼seafood<br>★egg           |
| 17 | 三 We | 紫米飯<br>Purple rice                           | 紫蘇梅燒肉<br>Braised pork with perilla plum                | ★番茄炒蛋<br>Scrambled Eggs with Tomatoes              | 芹菜豆包<br>Celery bean bag               | 時蔬<br>Vegetable | 大瓜貢丸湯<br>Winter melon meat ball soup            | 水果<br>Fruit | 黑糖珍珠奶茶<br>Brown suger pearl milk tea | ★雞蛋(egg)                                      | ★egg                        |
| 18 | 四 Th | 大亨堡<br>Hot dog bun                           | 德國香腸<br>German sausage                                 | 洋蔥/酸黃瓜<br>Onion/Pickle                             | 麥克雞塊<br>Chicken nuggets               | 時蔬<br>Vegetable | ●★玉米濃湯<br>Corn Soup                             | 水果<br>Fruit | 水果<br>Fruit                          | ●起司(cheese)<br>★雞蛋(egg)                       | ●dairy products<br>★egg     |
| 19 | 五 Fr | 白麵<br>Noodles                                | 蔥燒牛肉麵<br>Beef soup                                     | ★中式滷味<br>Braised assorted foods                    | 酸菜<br>pickled vegetables              | 時蔬<br>Vegetable | /   | 水果<br>Fruit | 肉鬆麵包<br>Pork Floss Bread             | ★鳥蛋(bird eggs)                                | ★egg                        |
| 22 | 一 Mo | 白飯<br>Rice                                   | 紅棗燉雞<br>Braised chicken wit red dates                  | ★海芽滑蛋<br>Sea bud smoot egg                         | ▲柴魚蘿蔔<br>bonito flakes with radish    | 時蔬<br>Vegetable | 青木瓜排骨湯<br>Green papaya pork rib soup            | 水果<br>Fruit | 水果<br>Fruit                          | ★雞蛋(egg)<br>▲柴魚片(bonito flakes)               | ★egg<br>▲seafood            |
| 23 | 二 Tu | 地瓜飯<br>Sweet potato rice                     | 薑汁燒肉<br>Braised pork with ginger sauce                 | 香菇豆腐煲<br>Mushroom tofu casserole                   | ★茄汁炸蛋<br>Fried eggs with tomato sauce | 時蔬<br>Vegetable | 榨菜肉絲湯<br>pork with Sichuan cabbage soup         | 水果<br>Fruit | 地瓜包<br>Sweet potato bun              | ★雞蛋(egg)                                      | ★egg                        |
| 24 | 三 We | 香料飯<br>Spice rice                            | 番茄燉雞肉<br>Tomato stewed chicken                         | ●★起司蒸蛋<br>Steamed egg with cheese                  | 燉菜<br>Stews Vegetables                | 時蔬<br>Vegetable | 香菇雞湯<br>Mushroom and Chicken Soup               | 水果<br>Fruit | 黑糖紅豆捲<br>Brown sugar red bean roll   | ●起司(cheese)<br>★雞蛋(egg)                       | ●dairy products<br>★egg     |
| 25 | 四 Th | 糙米飯<br>Brown Rice                            | 水煮肉片<br>Sichuan Spicy Boiled meat                      | 什錦大瓜<br>Assorted melon                             | 塔香甜不辣<br>Basil Tempura                | 時蔬<br>Vegetable | ★紫菜蛋花湯<br>Egg and seaweed soup                  | 水果<br>Fruit | 水果<br>Fruit                          | ★雞蛋(egg)                                      | ★egg                        |
| 26 | 五 Fr | 烏龍麵<br>Udon noodles                          | ▲▼味噌海鮮烏龍麵<br>Miso sea line cutlet udon                 | ▲魚板/水煮蛋<br>Fish plate/egg                          | ●奶油玉米<br>Creamed corn                 | 時蔬<br>Vegetable | /   | 水果<br>Fruit | 乳酪麵包<br>Cheese bread                 | ▲魚(fish)<br>▼蝦子(shrimp)<br>●奶油(cream)         | ▲seafood<br>●dairy products |
| 29 | 一 Mo | 白飯<br>Rice                                   | 蘑菇肉片<br>Mushroom pork                                  | 白菜鮮菇寬粉<br>Cabbage,fresh mushrooms and rice noodles | ★三色蛋<br>Three color egg               | 時蔬<br>Vegetable | 酸菜肉片湯<br>Sliced Pork and Pickled Vegetable Soup | 水果<br>Fruit | 水果<br>Fruit                          | ★雞蛋(egg)鹹蛋(salted egg)<br>皮蛋(preserved egg)   | ★egg                        |
| 30 | 二 Tu | 義大利麵<br>Pasta                                | ●奶油燻雞義大利麵<br>Pasta with Smoked chicken and cream sauce | ●蒜味馬鈴薯<br>Garlic potatoes                          | 小熱狗<br>Small hot dog                  | 時蔬<br>Vegetable | 洋蔥濃湯<br>Onion soup                              | 水果<br>Fruit | 蔥花捲<br>Scallion flower Bun           | ●奶油(cream)                                    | ●dairy products             |