

新竹縣康乃爾美國學校113年5月份營養午餐菜單

May. 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	三 We	紫米飯 Purple rice	黑胡椒豬柳 Black pepper pork tenderloin	魚香茄子 Fish flavored eggplant	肉末玉米 Minced pork and corn	時蔬 Vegetable	★番茄雞蛋豆腐湯 Tomato egg tofu soup	水果 Fruit	椰果奶茶 Coconut Jelly milk tea	★雞蛋(egg)	★egg
2	四 Th	白飯 Rice	蔥油雞 Scallion chicken	福菜肉沫 Blessed vegetable minced pork	五味豆腐 Five flavor tofu	時蔬 Vegetable	薑絲冬瓜湯 Winter melon soup	水果 Fruit	水果 Fruit		
3	五 Fr	白麵 Noodles	榨菜肉絲麵 Mustard pork noodles	蒜味蘿蔔糕 Garlic carrot cake	★中式滷味 Braised assorted foods	時蔬 Vegetable	/	水果 Fruit	香蕉蛋糕 Banana cake	★鳥蛋(bird eggs)	★egg
6	一 Mo	白飯 Rice	紅糟雞丁 Red Glutinous Chicken	★鮮菇蒸蛋 Steamed Egg with Mushroom	白花炒培根 Cauliflower fried bacon	時蔬 Vegetable	蘿蔔排骨湯 Pork ribs soup with radish	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
7	二 Tu	薑黃飯 Turmeric rice	手撕豬肉 Pulled Pork	脆皮馬蹄條 Fried Water Chestnuts	★馬鈴薯烘蛋 Potato eggs	時蔬 Vegetable	●★玉米濃湯 Corn Soup	水果 Fruit	鮮肉包 Stamed Pork bun	●起司(cheese) ★雞蛋(egg)	●dairy products ★egg
8	三 We	糙米飯 Brown Rice	沙茶炒雞柳 Fried chicken with shacha	紅燒冬瓜 Steam Melon	蠔皇上樹 Minced Winter Noodles	時蔬 Vegetable	青木瓜排骨湯 Green papaya pork rib soup	水果 Fruit	銀絲捲 Steamed bread roll		
9	四 Th	白飯 Rice	泡菜豬肉 Pork with Kimchi	★紅蘿蔔炒蛋 Carrot scrambled eggs	地瓜球 Sweet potato balls	時蔬 Vegetable	鳳梨苦瓜雞湯 Bitter gourd chicken soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
10	五 Fr	白麵 Noodles	梅乾菜肉醬麵 Umeboshi and bolognese noodles	炸雞翅 Fried chicken	★滷蛋/貢丸 Spiced corned egg /Gongmaru	時蔬 Vegetable	▲味噌豆腐湯 Miso Tofu Soup	水果 Fruit	大理石蛋糕 Marble cake	★雞蛋(egg) ▲柴魚片(bonito flakes)	★egg ▲seafood
13	一 Mo	白飯 Rice	咖哩雞 Chicken with curry	酸梅苦瓜 Sour plum and bitter melon	▲糖醋甜不辣 Sweet and sour Tempura	時蔬 Vegetable	★海芽蛋花湯 Egg&Seaweed soup	水果 Fruit	水果 Fruit	★雞蛋(egg) ▲魚漿(fish paste)	★egg ▲seafood
14	二 Tu	糙米飯 Brown Rice	蘿蔔燒肉 Roast pork with radish	麻婆豆腐 Mapo Tofu	★蛋黃芋圓 Egg yolk taro balls	時蔬 Vegetable	蒜頭雞湯 Garlic chicken soup	水果 Fruit	雞蛋小饅頭 Egg buns	★雞蛋(egg)	★egg
15	三 We	白飯 Rice	★雞肉井飯 Chicken Rice	▲芹菜花枝丸 Celery squid balls	★豆腐燒蛋 Braised Tofu with egg	時蔬 Vegetable	蔬菜湯 Vegetables Soup	水果 Fruit	綠豆湯 Green bean soup	★鳥蛋(bird eggs) ▲花枝(squid)	★egg ▲seafood
16	四 Th	白飯 Rice	京醬肉絲 Shredded pork with beijing sauce	▲酥炸柳葉魚 Fried Fish	★番茄炒蛋 Scrambled Eggs with Tomatoes	時蔬 Vegetable	▲蘿蔔魚丸湯 White radish fish ball soup	水果 Fruit	水果 Fruit	▲魚(fish) ★雞蛋(egg)	▲seafood ★egg
17	五 Fr	油麵 Yellow noodle	▲海鮮羹麵 Seafood noodles	涼拌青木瓜 Green papaya Salad		時蔬 Vegetable	/	水果 Fruit	奶油麵包 Butter bread	▲魚(fish)	▲seafood
20	一 Mo	紫米飯 Purple rice	鹽酥雞 Salted chicken	▲鮮蝦粉絲煲 Shrimp vermicelli clay pot	五香洋芋 Spiced potatoes	時蔬 Vegetable	★紫菜蛋花湯 Egg and seaweed soup	水果 Fruit	水果 Fruit	▲蝦(shrimp) ★雞蛋(egg)	▲seafood ★egg
21	二 Tu	義大利麵 Spaghetti	茄汁肉醬義大利麵 Spaghetti Bolognese	洋蔥圈 Onion rings	●焗烤南瓜 Pumpkin Gratin	時蔬 Vegetable	羅宋湯 Borscht	水果 Fruit	叉燒包 Barbecued pork buns	●起司(cheese)	●dairy products
22	三 We	白飯 Rice	葡萄酒燉雞 Wine braised chicken	●焗烤白菜 Cabbage Gratin	咖哩鷹嘴豆 Curried chickpeas	時蔬 Vegetable	玉米蘿蔔湯 Corn and radish soup	水果 Fruit	菠蘿麵包 Pineapple bread	●起司(cheese)	●dairy products
23	四 Th	地瓜飯 Sweet potato rice	鍋包肉 Guobaorou	★培根洋蔥炒蛋 Eggs with Bacon and Onions	蒜味豆干 Garlic dried tofu	時蔬 Vegetable	香菇雞湯 Mushroom and Chicken Soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
24	五 Fr	白麵 Noodles	番茄牛肉麵 Beef Tomato Soup	★中式滷味 Braised assorted foods	酸菜 pickled vegetables	時蔬 Vegetable	/	水果 Fruit	銅鑼燒 Dorayaki	★鳥蛋(bird eggs)	★egg
27	一 Mo	白飯 Rice	咖哩豬 Curry Pork	沙茶寬粉 Sacha Glass Noodle	★肉鬆蒸蛋 Steamed Egg with Pork Floss	時蔬 Vegetable	酸菜肉片湯 Sliced Pork and Pickled Vegetable Soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
28	二 Tu	糙米飯 Brown Rice	糖醋雞丁 Sweet and sour chicken	蘿蔔麵輪 Radish noodle wheels	鮮菇四季豆 Shiitake Mushroom Beans	時蔬 Vegetable	大瓜貢丸湯 Winter melon meat ball soup	水果 Fruit	豆沙包 Bean paste bun		
29	三 We	稀飯 Porridge	★皮蛋肉瘦肉粥 Preserved egg lean meat porridge	▲▼小魚乾花生 Dried fish and peanuts	紅豆漿/肉鬆 Red bean dates/Meat floss	時蔬 Vegetable	/	水果 Fruit	檸檬愛玉 Lemon love jade	☆皮蛋(preserved egg) ★雞蛋(egg) ▲魚(fish) ▼花生(peanut)	☆★egg ▲seafood ▼nut
30	四 Th	義大利麵 Spaghetti	番茄羅勒雞肉 Basil chicken Tomato Sauce	●大蒜麵包 Garlic bread	玉米餅(莎莎醬) Corn tortilla with Salsa	時蔬 Vegetable	洋蔥濃湯 Onion soup	水果 Fruit	水果 Fruit	●奶油(cream)	●dairy products
31	五 Fr	▲白酒蛤蜊義大利麵 White wine clam and Cuttlefish noodles	匈牙利烤雞 Hungarian roast chicken	牧羊人派 Shepherds pie	普羅旺斯烤菜 Provence roast	時蔬 Vegetable	可樂/海尼根(無酒精) Cola/Heineken	水果 Fruit	PD DAY	▲蛤蜊(clams)	▲seafood