

新竹縣康乃爾美國學校 113 年10月份 營養午餐及點心菜單
H.C.A.S - October 2024 - Lunch & Snack Menu

| 日 | 星期 | Main Dish | Dish 1 | Dish 2 | Dish 3 | Dish 4 | Soup | Fruit | Snack | Remark | Allergen |
|----|-----------------|--------------------------|---|--|--|-----------------|--|-------------|--|---|--------------------------|
| 1 | 二 Tue. | 白飯 Rice | BBQ炒肉片 BBQ Fried Pork Slices | ★菜脯炒蛋 Scrambled Eggs with dried radish | 香菇豆腐煲 Mushroom Tofu Casserole | 時蔬 Vegetable | 鳳梨苦瓜雞湯 Bitter Melon Chicken Soup | 水果 Fruit | 南瓜雜糧饅頭 Multigrain Pumpkin Steamed Bun | ★雞蛋(egg) | ★egg |
| 2 | 三 Wed. | 糙米飯 Brown Rice | 咖哩雞 Chicken Curry | 涼拌金針菇 Enoki Shrooms Cold Dish | 春捲 Spring Rolls | 時蔬 Vegetable | 酸菜肉片湯 Sliced Pork Soup with Pickled Mustard Green | 水果 Fruit | 地瓜包 Sweet Potato Bun | | |
| 3 | 四 Thu. | 義大利麵 Spaghetti | 波隆那(牛)肉醬 義大利麵 Bologna Spaghetti | 麥克雞塊 Chicken Nuggets | ●○焗烤奶油地瓜 Creamy Sweet Potato Gratin | 時蔬 Vegetable | 洋蔥濃湯 Onion Soup | 水果 Fruit | 水果 Fruit | ○起司(cheese) ●奶油(cream) | ○●dairy products |
| 4 | 五 Fri. | 烏龍麵 Udon Noodles | 稻禾烏龍麵 Daohe Udon Noodles | 唐揚炸雞 Chicken Karaage (Deep-Fried) | 油豆腐/★水煮蛋/海苔絲 Tofu / Egg / Seaweed | 時蔬 Vegetable | | 水果 Fruit | 肉鬆麵包 Pork Floss Bread | ★雞蛋(egg) | ★egg |
| 7 | 一 Mon. | 白飯 Rice | 鷹嘴豆燉辣豬肉 Spicy Pork Stew with Chickpeas | ●★起司蒸蛋 Steamed Egg with Cheese | ○●焗烤白菜 Cabbage Gratin | 時蔬 Vegetable | 大瓜貢丸湯 Winter Melon Meat Ball Soup | 水果 Fruit | 水果 Fruit | ★雞蛋(egg) ●起司(cheese) ○奶油(cream) | ★egg ○●dairy products |
| 8 | 二 Tue. | 紫米飯 Purple Rice | 糖醋雞丁 Sweet & Sour Chicken | 蘿蔔滷雙結 Braised Radish & Double Knots (Seaweed&Tofu Skin) | 火腿玉米粒 Cubed Ham and Corn Kernels | 時蔬 Vegetable | ★紫菜蛋花湯 Egg-Drop Seaweed Soup | 水果 Fruit | 鮮肉包 Steamed Pork Bao | ★雞蛋(egg) | ★egg |
| 9 | 三 Wed | 白飯 Rice | 薑汁燒肉 Braised Pork with Ginger Sauce | 螞蟻上樹 Minced Pork w/ Glass Noodles | ★木耳炒蛋 Fried Egg with Black Woodears | 時蔬 Vegetable | 剝皮辣椒雞湯 Pickled Peeled Chili Chicken Soup | 水果 Fruit | 椰奶西米露 Coconut Milk Sago | ★雞蛋(egg) | ★egg |
| 10 | 四 Thu. | 國慶日 NATIONAL DAY | | | | | | | | | |
| 11 | 五 Fri. PD | 大蒜麵包 Garlic Bread | ●焗烤千層麵 Baked Lasagna | 義式炸雞 Fried Chicken | 普羅旺斯烤菜 Provence Roast | 時蔬 Vegetable | 可樂/海尼根(無酒精) Coca Cola/ 0.0 Heineken | 水果 Fruit | PD DAY | ●起司(cheese) | ●dairy products |
| 14 | 一 Mon. | 白飯 Rice | 筍乾扣肉 Braised Pork Belly with Dried Bamboo Shoots | ★鮮菇蒸蛋 Steamed Egg with Mushroom | 塔香茄子 Basil Eggplant | 時蔬 Vegetable | 青木瓜排骨湯 Green Papaya Pork Rib Soup | 水果 Fruit | 水果 Fruit | ★雞蛋(egg) | ★egg |
| 15 | 二 Tue. | 五穀飯 Five Grain Rice | 葡萄酒燉雞 Wine Braised Chicken | 老皮嫩肉 Braised Egg Tofu | 西芹炒鮮菇 Fresh Mushroom with Celery | 時蔬 Vegetable | 玉米蘿蔔湯 Corn & Radish Soup | 水果 Fruit | 叉燒包 HK Style Barbecued Pork Buns | | |
| 16 | 三 Wed. | 白飯 Rice | 蘑菇肉片 Mushroom Pork | 紅燒桂竹筍 Braised Gui Bamboo Shoots | 地瓜球 Deep-Fried Sweet Potato Balls | 時蔬 Vegetable | 香菇雞湯 Mushroom and Chicken Soup | 水果 Fruit | 奶酥麵包 Butter Bread | | |
| 17 | 四 Thu. | 白飯 Rice | 三杯雞 Three-Cup Chicken | ★番茄炒蛋 Scrambled Eggs with Tomatoes | 鮮菇花椰菜 Sautéed Fresh Mushroom w/ Cauliflower | 時蔬 Vegetable | ▲蘿蔔魚丸湯 White Radish Fish Ball Soup | 水果 Fruit | 水果 Fruit | ★雞蛋(egg) ▲魚漿(fish paste) | ★egg ▲seafood |
| 18 | 五 Fri. | 白麵 Plain Noodles | 蔥燒牛肉麵 Beef Noodle Soup | ★中式滷味 Braised Assorted Goods | 酸菜 Pickled Mustard Green | 時蔬 Vegetable | | 水果 Fruit | 蜂蜜蛋糕 Honey Cake | ★烏蛋(Quail eggs) | ★egg |
| 21 | 一 Mon. | 糙米飯 Brown Rice | 馬鈴薯燉肉 Slow-Cooked Pork & Potato | ▲開陽白菜 Stir-fried Napa Cabbage | 脆皮馬蹄條 Deep-Fried Water Chestnuts | 時蔬 Vegetable | 蒜頭雞湯 Garlic Chicken Soup | 水果 Fruit | 水果 Fruit | ▲蝦米(shrimp) | ▲seafood |
| 22 | 二 Tue. | 義大利麵 Spaghetti | 鮮菇松露雞肉 Chicken with mushrooms truffles Sauce | 薯條 French Fries | ○●焗烤南瓜 Pumpkin Gratin | 時蔬 Vegetable | 羅宋湯 Borscht | 水果 Fruit | 芝麻包 Sesame Bun | ○起司(cheese) ●奶油(cream) | ○●dairy products |
| 23 | 三 Wed. | 白飯 Rice | 紅燒牛腩 Braised Beef Brisket | ★海芽滑蛋 Seaweed Smooth Omelette | 塔香甜不辣 Basil Fish Cake Sticks | 時蔬 Vegetable | 冬瓜貢丸湯 Winter Melon Meatballs Soup | 水果 Fruit | 馬拉糕 Malay cake | ★雞蛋(egg) | ★egg |
| 24 | 四 Thu. | 白飯 Rice | 鼓汁豬排 Black Beanbraised Pork Chops | 培根雙花 Sautéed Broccoli & Cauliflower with Bacon | ★玉米蒸蛋 Corn Steamed Egg | 時蔬 Vegetable | 榨菜肉絲湯 Pork with Sichuan Cabbage Soup | 水果 Fruit | 水果 Fruit | ★雞蛋(egg) | ★egg |
| 25 | 五 Fri. | 油麵 Yellow Noodle | ☆皮蛋肉醬麵 Preserved-Egg Meat Sauce Noodles | 炸雞翅 Fried Chicken Wings | ★中式滷味 Braised Assorted Goods | 時蔬 Vegetable | ▲味噌豆腐湯 Miso Tofu Soup | 水果 Fruit | 大理石蛋糕 Marble Cake | ☆皮蛋(preserved egg) ★雞蛋(egg) ▲柴魚片(bonito flakes) | ☆★egg ▲seafood |
| 28 | 一 Mon. | 地瓜飯 Sweet Potato Rice | 宮保雞丁 Spicy Stir Fried Chicken | 沙茶寬粉 Sacha Glass Noodle | 咖哩豆腐 Curry Tofu | 時蔬 Vegetable | ★玉米蛋花湯 Corn and Egg Drop Soup | 水果 Fruit | 水果 Fruit | ★雞蛋(egg) | ★egg |
| 29 | 二 Tue. | 紫米飯 Purple Rice | 黑胡椒豬柳 Black Pepper Pork Tenderloin | ▲★蟹肉蒸蛋 Steamed Egg with Crab Meat | 紅燒冬瓜 Steam Melon | 時蔬 Vegetable | 蘿蔔排骨湯 Pork Ribs Soup with Radish | 水果 Fruit | 雞蛋小饅頭 Mini Egg Buns | ▲蟹肉棒(Crab Meat) ★雞蛋(egg) | ▲seafood ★egg |
| 30 | 三 Wed. | 白飯 Rice | 蜂蜜雞翅 Honey Fried Chicken Wings | ▲柴魚蘿蔔 Dashi Braised Radish | 雜菜冬粉 Mixed Vegetable Vermicelli | 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 | ▲柴魚片(bonito flakes) ★雞蛋(egg) | ▲seafood ★egg |
| 31 | 四 Thu. | 白飯 Rice | 肉燥飯 Braised Minced Meat Rice | 炸豬排 Fried Pork Cutlet | 香腸/★滷蛋 Sausage / Braised Corned Egg | 時蔬 Vegetable | 果汁 Juice | 水果 Fruit | 銅鑼燒 Dorayaki (Mini Pancake Sandwich with Red Bean Paste) | ★雞蛋(egg) | ★egg |