

新竹縣康乃爾美國學校114 年 6 月份營養午餐菜單
Jun. 2025 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
2	一 Mo	刈包 Gua bao	梅干扣肉 Dried prunus Braised pork	★荷包蛋 Egg	酸菜/▼花生粉/香菜 pickled vegetables/ Peanut powder /coriander	時蔬 Vegetable	四神湯 Sishen soup	水果 Fruit		★雞蛋(egg) ▼花生(peanut)	★egg ▼nut
3	二 Tu	白飯 Rice	蒜味雞翅 Garlic flavored chicken wings	老皮嫩肉 Old skin and tender meat	魚香茄子 Fish flavored eggplant	時蔬 Vegetable	★紫菜蛋花湯 Egg and seaweed soup	水果 Fruit		★雞蛋(egg)	★egg
4	三 We	義大利麵 Pasta	卡邦妮義大利麵 Carbonnie pasta	法式炒蛋佐蘆筍段 Scrambled eggs with asparagus segments	涼拌紫洋葱 番茄沙拉 Purple onion & tomato salad	時蔬 Vegetable	●○蘋果洋芋起 司濃湯 Apple artichoke cheese bisque	水果 Fruit		●起司(cheese) ○奶油(cream)	○●dairy products
5	四 Th	白飯 Rice	鹽酥雞 Salted chicken	麻辣鴨血豆腐 Spicy duck blood tofu	★絲瓜炒蛋 Scrambled eggs with loofah	時蔬 Vegetable	蘿蔔排骨湯 Pork ribs soup with radish	水果 Fruit		★雞蛋(egg)	★egg
6	五 Fr	飯條 Scroll bar	客家炒飯條 Hakka bok tiao	客家鹹豬肉 Hakka salted pork	▼客家小炒 Hakka stir fry	時蔬 Vegetable	長豆排骨湯 Long bean pork rib soup	水果 Fruit		▼蝦米(shrimp)	▼seafood
9	一 Mo	白飯 Rice	蘑菇雞肉燴飯 Chicken rice with mushrooms	★九層塔煎蛋 Basil omelette	泡菜豆腐 Kimchi tofu	時蔬 Vegetable	冬瓜貢丸湯 Winter Melon Meatballs Soup	水果 Fruit		★雞蛋(egg)	★egg
10	二 Tu	白飯 Rice	紫蘇梅燒肉 Roasted pork with perilla and plum	紅燒竹筍 Braised bamboo hoots	★蛋酥白菜 Crispy egg with cabbage	時蔬 Vegetable	▲味噌豆腐湯 Miso Tofu Soup	水果 Fruit		★雞蛋(egg) ▲柴魚片(bonito flakes)	★egg ▲seafood
11	三 We	糯米飯 Brown Rice	▲酸菜魚 Pickled fish	白斬雞 Braised chicken	麻婆蒸蛋 Mapo steamed eggs	時蔬 Vegetable	香菇雞湯 Mushroom and Chicken Soup	水果 Fruit		▲魚(fish)	▲seafood
12	四 Th	五穀飯 Five grain rice	☆金沙排骨 Sands ribs	★番茄炒蛋 Scrambled Eggs with Tomatoes	絲瓜麵線 Towel gourd noodles	時蔬 Vegetable	青木瓜排骨湯 Green papaya pork rib soup	水果 Fruit		☆鹹蛋(salted egg) ★雞蛋(egg)	☆★egg
13	五 Fr	王子麵 Prince noodle	維力炸醬麵 Weli fried noodles	炸雞腿 Fried chicken	小瓜/紅蘿蔔/豆芽 Melon/carrot/bean sprouts	時蔬 Vegetable	玉米蘿蔔湯 Corn and radish soup	水果 Fruit			
16	一 Mo	義大利麵 Spaghetti	茄汁肉醬義大利麵 Spaghetti Bolognese	●蒜味馬鈴薯 Garlic potatoes	蒜味法國麵包 Garlice french bread	時蔬 Vegetable	羅宋湯 Borscht	水果 Fruit		●奶油(cream)	●dairy products
17	二 Tu	白飯 Rice	無錫排骨 Wuxi spare ribs	蒜味四季豆 Garlic siji beans	★菜脯煎蛋 Dried cabbage fried egg	時蔬 Vegetable	酸菜肉片湯 Sliced Pork and Pickled Vegetable Soup	水果 Fruit		★雞蛋(egg)	★egg
18	三 We	糯米飯 Brown Rice	▲糖醋魚 Fish With Sweet & Sour Sauce	三杯麵腸 Rolled flour gluten in three cups of sauce	▼開陽胡瓜 Courgette with Dried Shrimp	時蔬 Vegetable	鳳梨苦瓜雞湯 Bitter gourd chicken soup	水果 Fruit			
19	四 Th	白飯 Rice	蜂蜜雞翅 Honey Fried chicken	辣炒年糕 Spicy rice cake	雜菜冬粉 Mixed vegetable vermicelli	時蔬 Vegetable	韓式豆腐湯 Korean tofu soup	水果 Fruit		▲魚(fish) ▼蝦米(shrimp)	▲▼seafood
20	五 Fr	白飯 Rice	肉燥飯 Minced meat rice	炸豬排 Fried pork cutlet	★滷蛋/滷豆腐 Egg/Braised tofu	時蔬 Vegetable	竹筍排骨湯 Bamboo shoots and ribs soup	水果 Fruit		★雞蛋(egg)	★egg
23	一 Mo	糯米飯 Brown Rice	泰式椰香雞肉 Thai coconut chicken	涼拌小黃瓜 Gherkins salad	●起司南瓜燴豆腐 Cheese squash and tofu	時蔬 Vegetable	▲冬瓜蛤蜊湯 Winter squash clam soup	水果 Fruit		▲蛤蜊(clams) ●起司(cheese)	▲seafood ●dairy products
24	二 Tu	白飯 Rice	打地肉片 Beat and toss the slices of meat	▲▼月亮蝦餅 Moon shrimp cake	涼拌青木瓜 Chilled green papaya	時蔬 Vegetable	▼泰式酸辣湯 Thai hot and sour soup	水果 Fruit		▲魚(fish) ▼蝦(shrimp)	▼▲seafood
25	三 We	油麵 Yellow noodle	▼▲沙茶海鮮炒麵 Shacha seafood fried noodles	紅糟豬肉 Red pork chops	★中式滷味 Braised assorted foods	時蔬 Vegetable	大瓜貢丸湯 Winter melon meat ball soup	水果 Fruit		▲魷魚(squid) ▼蝦(shrimp) ★鳥蛋(bird eggs)	▲seafood ★egg
26	四 Th	白飯 Rice	日式炸豬排 Japanese fried pork cutlet	▲★蛤蜊蒸蛋 Stwamed egg eith clams	椒鹽杏鮑菇 Braissed Pleurotus eryngiwith pepper and salt	時蔬 Vegetable	剝皮辣椒雞湯 Peeled chili chicken soup	水果 Fruit		▲蛤蜊(clams) ★雞蛋(egg)	▲seafood ★egg
27	五 Fr	烏龍麵 Udon noodles	柚香蒜味雞柳 Chicken fillet with grapefruit and garlic	香煎甜味馬鈴薯片 Pan-fried sweet potato chips	醋漬綜合菇佐海苔絲 Vinegared mushrooms with shredded seaweed	時蔬 Vegetable	味噌高麗菜玉米 湯 Miso cabbage corn soup	水果 Fruit			
30	一 Mo	白飯 Rice	紅酒燉牛肉 Daube de boeuf	普羅旺斯燉蔬菜 Vegetable stew from provence	●★起司蒸蛋 Steamed egg with cheese	時蔬 Vegetable	▲蘿蔔魚丸湯 White radish fish ball soup	水果 Fruit		★雞蛋(egg) ●起司(cheese) ▲魚(fish)	★egg ●dairy products ▲seafood