

新竹縣康乃爾美國學校114 年 7 月份營養午餐菜單 Jul. 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
1	二 Tu	糙米飯 Brown Rice	●番茄起司焗雞排 Tomato cheese baked chicken cutlet	涼拌百香果雞絲 Chilled passion fruit chicken	★豆腐蒸蛋 Steamed eggs with tofu	時蔬 Vegetable	洋蔥馬鈴薯湯 Onion potato soup	水果 Fruit		●起司(cheese) ★雞蛋(egg)	●dairy products ★egg
2	三 We	白飯 Rice	▼栗子燒肉 Chestnut roasted pork	咖喱洋芋 Curry potatoes	西芹炒豆包 Celery fried bean buns	時蔬 Vegetable	蘿蔔排骨湯 Pork ribs soup with radish	水果 Fruit		▼栗子(chestnut)	▼nut
3	四 Th	白飯 Rice	椒麻雞 Spicy chicken with pepper	▲鳳梨蝦球 Shrimp balls with pineapple	鐵板豆腐 Iron Plate Tofu	時蔬 Vegetable	★玉米蛋花湯 Corn Egg Drop Soup	水果 Fruit		▲蝦(shrimp) ★雞蛋(egg)	▲seafood ★egg
4	五 Fr	義大利麵 Pasta	▲蛤蠣義大利麵 Clam Pasta	日式雞肉串 Japanese chicken skewers	洋蔥圈 Onion rings	時蔬 Vegetable	●地瓜濃湯 Sweet potato Soup	水果 Fruit		▲蛤蠣(clams) ●奶油(cream)	▲seafood ●dairy products
7	一 Mo	白飯 Rice	竹筍燒肉 Braised pork with bamboo shoots	▲蝦仁煎蛋 Shrimp Fried Egg	蔥爆豆干 Scallion Stir-Fried Tofu	時蔬 Vegetable	冬瓜貢丸湯 Winter Melon Meatballs Soup	水果 Fruit		▲蝦(shrimp)	▲seafood
8	二 Tu	糙米飯 Brown Rice	香酥雞排 Crispy Fried Chicken Fillet	▲絲瓜蛤蠣 Loofah and Clams	★番茄炒蛋 Scrambled Eggs with Tomatoes	時蔬 Vegetable	▼味噌豆腐湯 Miso Tofu Soup	水果 Fruit		★雞蛋(egg) ▲蛤蠣(clams) ▼柴魚片(bonito flakes)	★egg ▲▼seafood
9	三 We	水餃(高麗菜) Dumplings (Cabbage)	水餃(玉米) dumplings (Corn)	★皮蛋豆腐 Century egg tofu	涼拌小瓜 Cold cucumber salad	時蔬 Vegetable	●★玉米濃湯 Corn Soup	水果 Fruit		●奶油(cream) ★雞蛋(egg) 皮蛋(preserved egg)	●dairy products ★egg
10	四 Th	冬粉 Glass noodle	酸菜鴨 Sauerkraut duck	★糖心蛋/黃金泡菜 Soft boiled egg/Golden kimchi	★中式滷味 Braised assorted foods	時蔬 Vegetable		水果 Fruit		★雞蛋(egg)	★egg
11	五 Fr	白飯 Rice	黑胡椒牛柳 Black pepper beef tenderloin	老皮嫩肉 Old skin and tender meat	培根炒高麗菜 Bacon Stir-Fried Cabbage	時蔬 Vegetable	香菇雞湯 Mushroom and Chicken Soup	水果 Fruit			
14	一 Mo	白飯 Rice	蒜泥白肉 Sliced Boiled pork with Garlic Sauce	白菜滷 Chinese cabbage	甘梅地瓜 Sweet plum and sweet potato	時蔬 Vegetable	竹筍排骨湯 Bamboo shoots and ribs soup	水果 Fruit			
15	二 Tu	五穀飯 Five grain rice	味噌豆腐燴雞腿 Miso tofu and chicken thighs	★洋蔥炒蛋 Scrambled eggs with onions	鮮菇炒玉米筍 Stir-fried corn shoots with fresh mushrooms	▼凉拌龍鬚菜 (佐 胡麻醬) Chilled seaweed (sesame sauce)	玉米雞湯 Corn chicken soup	水果 Fruit		★雞蛋(egg) ▼堅果(nut)	★egg ▼nut
16	三 We	白飯 Rice	泡菜豬肉 Pork with Kimchi	小瓜炒花枝羹 Stir-fried cucumber with squid soup	螞蟻上樹 Minced Winter Noodles	時蔬 Vegetable	青木瓜排骨湯 Green papaya pork rib soup	水果 Fruit			
17	四 Th	▲明太子海鮮 義大利麵 Mingtaizi seafood spaghetti	迷迭香烤雞 Roast chicken with rosemary	●焗烤南瓜 Pumpkin Gratin	玉米餅(莎莎醬) Corn tortilla with Salsa	時蔬 Vegetable	洋蔥濃湯 Onion soup	水果 Fruit		●起司(cheese)	●dairy products
18	五 Fr	白飯 Rice	馬鈴薯燉牛肉 Beef stew with potatoes	香煎山藥佐梅醋醬 Pan-fried yam with plum vinegar sauce	★日式滑蛋豆腐 Japanese-style egg tofu	時蔬 Vegetable	▲鮭魚味噌湯 Salmon miso soup	水果 Fruit		★雞蛋(egg) ▲魚(fish)	★egg ▲seafood
21	一 Mo	白飯 Rice	橙汁排骨 Spare ribs orange juice	▲西芹炒鮮魷 Fried squid with celery	蘿蔔麵輪 Radish noodle wheels	時蔬 Vegetable	蒜頭雞湯 Garlic chicken soup	水果 Fruit		▲魷魚(squid)	▲seafood
22	二 Tu	糙米飯 Brown Rice	海南雞肉 Hainan chicken rice	★荷包蛋 Egg	青花炒臘肉 Stir-fried Bacon with Blue Flower	時蔬 Vegetable	▲冬瓜蛤蠣湯 Winter squash clam soup	水果 Fruit		★雞蛋(egg) ▲蛤蠣(clams)	★egg ▲seafood
23	三 We	白飯 Rice	香酥鴨 Crispy Duck	瓜仔肉 Ground Pork with Asian pickles	蒜味四季豆 Garlic siji beans	時蔬 Vegetable	大瓜貢丸湯 Winter melon meat ball soup	水果 Fruit			
24	四 Th	義大利麵 Spaghetti	▼青醬雞肉義大利麵 Pesto chicken pasta	薯餅 Hash Brown	迷迭香炒洋菇 Frird mushroom with Rosemary	時蔬 Vegetable	●巧達濃湯 Chodal Soup	水果 Fruit		▼堅果(nut) ●奶油(cream)	●dairy products ▼nut
25	五 Fr	白飯 Rice	咖喱豬 Curry Pork	★苦瓜鹹蛋 Bitter gourd salted egg	地瓜球 Sweet potato balls	時蔬 Vegetable	玉米蘿蔔湯 Corn and radish soup	水果 Fruit		★鹹蛋(salted egg)	★egg
28	一 Mo	油麵 Yellow noodle	豆鼓麻醬麵 Fermented black bean and sesame sauce noodles	炸豬排 Fried pork cutlet	★中式滷味 Braised assorted foods	時蔬 Vegetable	★紫菜蛋花湯 Egg and seaweed soup	水果 Fruit		★雞蛋(egg)	★egg
29	二 Tu	漢堡 Burger	卡拉雞腿堡 Kake Chicken Leg Burger	▲鮪魚沙拉 Tuna Salad	薯條 Fries	時蔬 Vegetable	可樂 Coke	水果 Fruit		▲鮪魚(tuna)	▲seafood
30	三 We	白飯 Rice	紅燒獅子頭 Braised meat ball in brown sauce	★高麗菜炒蛋 Stir-fried cabbage with eggs	麻婆豆腐 Mapo Tofu	時蔬 Vegetable	鳳梨苦瓜雞湯 Bitter gourd chicken soup	水果 Fruit		★雞蛋(egg)	★egg
31	四 Th	義大利麵 Spaghetti	辣味雞肉義大利麵 Spicy chicken pasta	椒鹽馬鈴薯 Salt and pepper potatoes	普羅旺斯烤菜 Provence roast	時蔬 Vegetable	羅宋湯 Borscht	水果 Fruit			