

新竹縣康乃爾美國學校114 年 9 月份營養午餐菜單 Sept. 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	一 Mo	白飯 Rice	日式咖哩雞肉 Japanese Curry Chicken	▲★蟹肉蒸蛋 Steamed egg with crab meat	味增燉蘿蔔 Miso Braised Radish	時蔬 Vegetable	蒜頭雞湯 Garlic chicken soup	水果 Fruit	水果 Fruit	▲蟹肉棒 (Crab meat) ★雞蛋 (egg)	▲seafood ★egg
2	二 Tu	漢堡 Burger	炸豬排 Fried pork chop	小熱狗 Small hot dog	▲鮪魚沙拉 Tuna Salad	時蔬 Vegetable	果汁 Fruit juice	水果 Fruit	銀絲捲 Steamed bread roll	▲魚 (fish)	▲seafood
3	三 We	五穀飯 Five grain rice	豆乳雞丁 fermented bean curd with chicken	★木耳炒蛋 Stir-fried eggs with mushrooms	豆芽炒豆包 Fried bean bun with bean sprouts	時蔬 Vegetable	大瓜貢丸湯 Winter melon meat ball soup	水果 Fruit	蔥肉餡餅 Pork pie	★雞蛋 (egg)	★egg
4	四 Th	義大利麵 Spaghetti	波隆那肉醬義大利麵(牛) Bologna spaghetti	○●焗烤南瓜 Pumpkin Gratin	薯餅 Hash Brown	時蔬 Vegetable	洋蔥濃湯 Onion soup	水果 Fruit	水果 Fruit	●起司 (cheese) ○奶油 (cream)	○●dairy products
5	五 Fr	油麵 Yellow noodle	蒜酥乾拌麵 Garlic crisp and dry noodles	炸雞腿 Fried chicken thighs	★中式滷味 Braised assorted foods	時蔬 Vegetable	★玉米蛋花湯 Corn Egg Drop Soup	水果 Fruit	香蕉蛋糕 Banana cake	★雞蛋 (egg)	★egg
8	一 Mo	糙米飯 Brown Rice	馬鈴薯燉排骨 Potato stewed pork ribs	雜菜冬粉 Mixed vegetable vermicelli	奶油白醬年糕 Creamy white sauce rice cake	時蔬 Vegetable	韓式魚板湯 Korean fish cake soup	水果 Fruit	水果 Fruit		
9	二 Tu	通心麵 Pasta	手撕豬肉 Pulled Pork	美式炒蛋 American-style scrambled eggs	奶油馬鈴薯泥 Creamy Mashed Potatoes	時蔬 Vegetable	●★玉米濃湯 Corn Soup	水果 Fruit	雞蛋小饅頭 Egg buns	★雞蛋 (egg) ●起司 (cheese)	★egg ●dairy products
10	三 We	白飯 Rice	雞肉丼飯 Chicken Rice	可樂餅 croquette	★鮮菇蒸蛋Steamed Egg with Mushroom	時蔬 Vegetable	蘿蔔排骨湯 Pork ribs soup with radish	水果 Fruit	高麗菜包 Cabbage buns	★雞蛋 (egg)	★egg
11	四 Th	白飯 Rice	薑汁燒肉 Braised pork with ginger sauce	塔香甜不辣 Basil Tempura	★蛋酥白菜 Crispy egg with cabbage	時蔬 Vegetable	榨菜肉絲湯 pork with Sichuan cabbage soup	水果 Fruit	水果 Fruit	★鳥蛋 (bird eggs)	★egg
12	五 Fr	酸辣湯麵 Hot and sour noodle soup	香酥雞排 Crispy Fried Chicken Fillet	★中式滷味 Braised assorted foods		時蔬 Vegetable		水果 Fruit	奶酥麵包 Butter bread	★鳥蛋 (bird eggs)	★egg
15	一 Mo	香料飯 Spice rice	西班牙番茄肉醬 Spanish Tomato Meat Sauce	辣味土豆(辣番茄醬) Patatas Bravas		拉曼查蔬菜燉 Pisto Manchego	檸檬氣泡水 Lemon sparkling water	水果 Fruit	水果 Fruit		
16	二 Tu	白飯 Rice	三杯雞 Chicken cooked with Taiwanese three-cup sauce	火腿玉米粒 Minced ham and corn kernel	★培根洋蔥炒蛋 Eggs with Bacon and Onions	時蔬 Vegetable	酸菜肉片湯 Sliced Pork and Pickled Vegetable Soup	水果 Fruit	豆沙包 Bean paste bun	★雞蛋 (egg)	★egg
17	三 We	糙米飯 Brown Rice	紫蘇梅燒肉 Roasted pork with perilla and plum	黑胡椒豆腐 Black pepper Tofu	脆皮馬蹄條 Fried Water Chestnuts	時蔬 Vegetable	★紫菜蛋花湯 Egg and seaweed soup	水果 Fruit	肉鬆麵包 Pork Floss Bread	★雞蛋 (egg)	★egg
18	四 Th	義大利麵 Spaghetti	番茄蘿勒雞肉 Basil chicken Tomato Sauce	●蒜味馬鈴薯 Garlic potatoes	普羅旺斯烤菜 Provence roast	時蔬 Vegetable	羅宋湯 Borscht	水果 Fruit	水果 Fruit	●起司 (cheese)	●dairy products
19	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	波羅麵包 Pineapple bread	★鳥蛋 (bird eggs)	★egg
22	一 Mo	白飯 Rice	椒麻雞 Spicy chicken with pepper	泰式打拋茄子 Thai Style Basil Eggplant	百香青木瓜 Passion green papaya	時蔬 Vegetable	椰奶西谷米 Coconut milk sago	水果 Fruit	水果 Fruit		
23	二 Tu	薑黃飯 Turmeric rice	鷹嘴豆燉辣豬肉 Spicy pork stew with chickpeas	焗烤西芹根 Baked Celeriac	杏鮑菇炒毛豆 Fried edamame with king oyster mushrooms	時蔬 Vegetable	香菇雞湯 Mushroom and Chicken Soup	水果 Fruit	奶黃包 Sweet cream Bun		
24	三 We	糙米飯 Brown Rice	蔥爆牛柳 Beef fillet with spring onion	★玉米炒蛋 Scrambled eggs with corn kernels	蒜味豆腐 Garlic tofu	時蔬 Vegetable	玉米蘿蔔湯 Corn and radish soup	水果 Fruit	克林姆麵包 Krimbereal	★雞蛋 (egg)	★egg
25	四 Th	白飯 Rice	肉燥飯 Minced meat rice	炸豬排 Fried pork cutlet	香腸/★滷蛋 sausage/Spiced corned egg	時蔬 Vegetable	冬瓜貢丸湯 Winter Melon Meatballs Soup	水果 Fruit	水果 Fruit	★雞蛋 (egg)	★egg
26	五 Fr	烏龍麵 Udon noodles	照燒雞肉炒麵 Teriyaki chicken stir-fried noodles	炸地瓜 Fried sweet potato	黃金泡菜 Golden kimchi	時蔬 Vegetable	▲味增豆腐湯 Miso Tofu Soup	水果 Fruit	大理石蛋糕 Marble cake	▲柴魚片 (bonito flakes)	▲seafood
29	一 Mo	教師節 CONFUCIUS DAY HOLIDAY									
30	二 Tu	白飯 Rice	孜然排骨 Cumin pork ribs	●★起司蒸蛋 Steamed egg with cheese	蘿蔔麵輪 Radish noodle wheels	時蔬 Vegetable	青木瓜排骨湯 Green papaya pork rib soup	水果 Fruit	椰果奶茶 Cococonut Jelly milk tea	★雞蛋 (egg) ●起司 (cheese)	★egg ●dairy products