

新竹縣康乃爾美國學校115 年1月份營養午餐菜單
 Jan. 2026 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	四 Th	寒假 WINTER BREAK									
2	五 Fr										
5	一 Mo	▲蒜味海鮮墨魚麵 Garlic Seafood Squid Ink Pasta.	炸雞腿 Fried chicken drumstick	椒鹽馬鈴薯 Salt and pepper potato	烤菜 Roasted vegetables	▲燻鮭魚沙拉 Smoked salmon salad	可樂/氣泡水 Cola/Sparkling water.	水果 Fruit	PD DAY	▲蛤蜊(clams) 魷魚(squid) 鮭魚(Salmon)	▲seafood
6	二 Tu	地瓜飯 Sweet potato rice	水煮肉片 Sichuan Spicy Boiled meat	白花炒香腸 Cauliflower with Sausage	★紅蘿蔔炒蛋 Carrot scrambled eggs	時蔬 Vegetable	香菇雞湯 Mushroom and Chicken Soup	水果 Fruit	雞蛋小饅頭 Egg buns	★雞蛋(egg)	★egg
7	三 We	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	青木瓜排骨湯 Green papaya pork rib soup	水果 Fruit	肉鬆麵包 Pork Floss Bread	▲蟹肉棒(Crab meat) ★雞蛋(egg)	▲seafood ★egg
8	四 Th	薑黃飯 Turmeric rice	鷹嘴豆燉辣豬肉 Spicy pork stew with chickpeas	杏鮑菇炒毛豆 Fried edamame with king oyster mushrooms	●○焗烤白菜 Cabbage Gratin	時蔬 Vegetable	玉米蘿蔔湯 Corn and radish soup	水果 Fruit	水果 Fruit	●起司(cheese) ○奶油(cream)	○●dairy products
9	五 Fr	烏龍麵 Udon noodles	味增烏龍麵 Miso udon	唐揚炸雞 Chicken Karaage	筍乾/★水煮蛋 Dried bamboo shoots/egg	時蔬 Vegetable	冬瓜貢丸湯 Winter Melon Meatballs Soup	水果 Fruit	波羅麵包 Pineapple bread	★雞蛋(egg)	★egg
12	一 Mo	地瓜飯 Sweet potato rice	泡菜豬肉 Pork with Kimchi	▲小魚乾豆干 Dried small fis and dried tofu	螞蟻上樹 Minced Winter Noodles	時蔬 Vegetable		水果 Fruit	水果 Fruit	▲魚(fish)	▲seafood
13	二 Tu	義大利麵 Spaghetti	波隆那肉醬義大利麵(牛) Bologna spaghetti	烤菜 Roasted vegetables	薯餅 Hash Brown	時蔬 Vegetable	洋蔥濃湯 Onion soup	水果 Fruit	黑糖紅豆捲 Brown sugar red bean roll		
14	三 We	糙米飯 Brown Rice	日式照燒雞肉 Japanese-style Teriyaki Chicken	山藥捲 Yam Roll	★木耳炒蛋 Stir-fried eggs with mushrooms	時蔬 Vegetable	▲味增豆腐湯 Miso Tofu Soup	水果 Fruit	蔥肉餡餅 Pork pie	★雞蛋(egg)	★egg
15	四 Th	白飯 Rice	紫蘇梅燒肉 Roasted pork with perilla and plum	五味豆腐 Five flavor tofu	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		
16	五 Fr	白麵 Noodles	蔥燒牛肉麵 Beef soup	★中式滷味 Braised assorted foods	酸菜 pickled vegetables	時蔬 Vegetable		水果 Fruit	克林姆麵包 Krimbereal	★鳥蛋(bird eggs)	★egg
19	一 Mo	香料飯 Spice rice	○酸豆奶油雞肉 Chicken with capers and cream	西芹炒鮮菇 Stir-Fried Celery with Fresh Mushrooms	▲★海鮮烘蛋 Seafood Omelette	時蔬 Vegetable	羅宋湯 Borscht	水果 Fruit	水果 Fruit	★雞蛋(egg) ▲魷魚(squid)	★egg ▲seafood
20	二 Tu	白飯 Rice	味增炒肉片 Miso Stir-Fried Pork Slices	玉米雞丁 Diced corn chicken	塔香茄子 Basil Eggplant	時蔬 Vegetable	★紫菜蛋花湯 Egg and seaweed soup	水果 Fruit	芋泥包 Taro Paste Bun	★雞蛋(egg)	★egg
21	三 We	糙米飯 Brown Rice	韓式辣炒春雞 Korean Spicy Stir-Fried Spring Chicken	●★起司蒸蛋 Steamed egg with cheese	雜菜冬粉 Mixed vegetable vermicelli	時蔬 Vegetable	▲韓式魚板湯 Korean fish cake soup	水果 Fruit	草莓鬆餅 Strawberry Pancakes	★雞蛋(egg) ●起司(cheese) ▲魚(fish)	★egg ●dairy products ▲seafood
22	四 Th	軟法麵包 Soft bread	番茄肉丸子 Tomato Meatballs	水牛城辣雞翅 Buffalo Chicken Wings	★馬鈴薯沙拉 Potato Salad	時蔬 Vegetable	可樂/果汁 Cola/Juice	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
23	五 Fr	油麵 Yellow noodle	▲土魷魚羹麵 Mackerel Soup Noodles	涼拌小黃瓜 Cold Tossed Cucumbers	★中式滷味 Braised assorted foods	時蔬 Vegetable		水果 Fruit	大理石蛋糕 Marble cake	▲魚(Fish) ★鳥蛋(bird eggs)	▲seafood ★egg
26	一 Mo	糙米飯 Brown Rice	京醬肉絲 Shredded Pork in Beijing Sauce	▲蟹黃豆腐煲 Crab Roe Tofu Casserole	白菜滷 Chinese cabbage	時蔬 Vegetable	蒜頭雞湯 Garlic chicken soup	水果 Fruit	水果 Fruit	★雞蛋(egg) ●起司(cheese)	★egg ●dairy products
27	二 Tu	義大利麵 Spaghetti	番茄蘿勒雞肉 Basil chicken Tomato Sauce	○●焗烤南瓜 Pumpkin Gratin	洋蔥圈 Onion rings	時蔬 Vegetable	●★玉米濃湯 Corn Soup	水果 Fruit	芝麻包 Sesame bun	●起司(cheese) ○奶油(cream) ★雞蛋(egg)	○●dairy products ★egg
28	三 We	白飯 Rice	糖醋咕咾肉 Sweet and Sour Pork	★菜脯炒蛋 Scrambled eggs with preserved radish	芹菜炒豆干 Stir-fried Celery with Dried Tofu	時蔬 Vegetable	大瓜貢丸湯 Winter melon meat ball soup	水果 Fruit	蔥花捲 Scallion flower Bun	★雞蛋(egg)	★egg
29	四 Th	薑黃飯 Turmeric rice	雞肉烤蔬菜 Roasted chicken and vegetables	●★起司玉米炒蛋 Cheese and Corn Scrambled Eggs	野菇燉蔬菜 Mushroom vegetable Stew	時蔬 Vegetable	冬瓜排骨湯 Winter Melon and Pork Rib Soup	水果 Fruit	水果 Fruit	★雞蛋(egg) ●起司(cheese)	★egg ●dairy products
30	五 Fr	油麵 Yellow noodle	榨菜肉絲麵 Shredded Pork and Pickled Mustard Green Noodles	中式滷味 Braised assorted foods	貢丸/★滷蛋 Meatballs/Braised egg	時蔬 Vegetable		水果 Fruit	香蕉蛋糕 Banana cake	★雞蛋(egg)	★egg