

新竹縣康乃爾美國學校115年3月份營養午餐菜單

Mar. 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
2	一 Mo	白飯 Rice	宮保雞丁 Spicy Stir Fried Chicken	★紅蘿蔔炒蛋 Carrot scrambled eggs	咖哩洋芋 Curry Potato	時蔬 Vegetable	榨菜肉絲湯 pork with Sichuan cabbage soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
3	二 Tu	大亨堡 Hot dog bun	德國香腸 German sausage	洋蔥/酸黃瓜 Onion/Pickle	薯條 Fries	時蔬 Vegetable	●★玉米濃湯 Corn Soup	水果 Fruit	豆沙包 Bean paste bun	★雞蛋(egg) ●起司(cheese)	★egg ●dairy products
4	三 We	糙米飯 Brown Rice	糖醋雞丁 Sweet and sour chicken	★三色蛋 Three color egg	蘿蔔麵輪 Radish noodle wheels	時蔬 Vegetable	香菇雞湯 Mushroom and Chicken Soup	水果 Fruit	奶油麵包 Butter bread	★雞蛋(egg) 鹹蛋(salted egg) 皮蛋(preserved egg)	★egg
5	四 Th	千層麵 Lasagna	●○焗烤千層麵 Baked lasagna	義式炸雞 Fried chicken	玉米餅(莎莎醬) Corn tortilla with Salsa	時蔬 Vegetable	可樂/果汁 Cola/Juice	水果 Fruit	水果 Fruit	●起司(cheese) ○奶油(cream)	○●dairy products
6	五 Fr	拉麵 Ramen	味噌燒肉拉麵 Miso Grilled Pork Ramen	筍乾/★水煮蛋 Dried bamboo shoots/egg	黃金泡菜 Golden kimchi	時蔬 Vegetable	/	水果 Fruit	奶酥麵包 Butter bread	★雞蛋(egg)	★egg
9	一 Mo	白飯 Rice	蔥爆牛柳 Beef fillet with spring onion	★玉米炒蛋 Corn with scrambled eggs	蒜味豆腐 Garlic tofu	時蔬 Vegetable	酸菜肉片湯 Sliced Pork and Pickled Vegetable Soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
10	二 Tu	義大利麵 Spaghetti	○鮮菇松露雞肉 Chicken with mushrooms truffles sauce	○●焗烤南瓜 Pumpkin Gratin	薯餅 Hash Brown	時蔬 Vegetable	洋蔥濃湯 Onion soup	水果 Fruit	奶黃包 Sweet cream Bun	●起司(cheese) ○奶油(cream)	○●dairy products
11	三 We	糙米飯 Brown Rice	BBQ炒肉片 BBQ Fried pork slices	香菇豆腐煲 Mushroom tofu casserole	春捲 Spring rolls	時蔬 Vegetable	冬瓜貢丸湯 Winter Melon Meatballs Soup	水果 Fruit	蔥肉餡餅 Pork pie		
12	四 Th	薑黃飯 Turmeric rice	義式獵人燉雞 Italian Hunter's Stew Chicken	★義式烘蛋 Italian-style omelette	●奶油玉米 Creamed corn	時蔬 Vegetable	羅宋湯 Borscht	水果 Fruit	水果 Fruit	●奶油(cream) ★雞蛋(egg)	●dairy products ★egg
13	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	大理石蛋糕 Marble cake	★鳥蛋(bird eggs)	★egg
16	一 Mo	白飯 Rice	椒麻雞 Spicy chicken with pepper	百香青木瓜 Passion green papaya	白花炒培根 Cauliflower fried bacon	時蔬 Vegetable	青木瓜排骨湯 Green papaya pork rib soup	水果 Fruit	水果 Fruit		
17	二 Tu	薑黃飯 Turmeric rice	手撕豬肉 Pulled Pork	★●起司炒蛋 Scrambled egg with cheese	○奶油鮮菇 Creamy with Mushroom	時蔬 Vegetable	大瓜貢丸湯 Winter melon meat ball soup	水果 Fruit	黑糖紅豆捲 Brown sugar red bean roll	●起司(cheese) ○奶油(cream) ★雞蛋(egg)	○●dairy products ★egg
18	三 We	糙米飯 Brown Rice	筍乾扣肉 Dried bamboo shoots and braised pork	螞蟻上樹 Minced Winter Noodles	蔥爆豆干 Scallion Stir-Fried Tofu	時蔬 Vegetable	玉米蘿蔔湯 Corn and radish soup	水果 Fruit	叉燒包 Barbecued pork buns		
19	四 Th	白飯 Rice	●酸奶奶油雞肉 Chicken with capers and cream	咖哩鷹嘴豆 Curried chickpeas	野菇燉蔬菜 Mushroom vegetable Stew	時蔬 Vegetable	蒜頭雞湯 Garlic chicken soup	水果 Fruit	水果 Fruit	●奶油(cream)	●dairy products
20	五 Fr	米粉 Rice noodles	排骨酥 Crispy Pork Ribs.	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
23	一 Mo	糙米飯 Brown Rice	安東燉雞 Andong chicken stew	●★起司蒸蛋 Steamed egg with cheese	辣炒年糕 Spicy rice cake	時蔬 Vegetable	★紫菜蛋花湯 Egg and seaweed soup	水果 Fruit	水果 Fruit	●奶油(cream) ★雞蛋(egg)	●dairy products ★egg
24	二 Tu	義大利麵 Spaghetti	茄汁肉醬義大利麵 Spaghetti Bolognese	洋蔥圈 Onion rings	焗烤蔬菜 Baked Vegetables	時蔬 Vegetable	●巧達濃湯 Chodal Soup	水果 Fruit	雞蛋小饅頭 Egg buns	●奶油(cream)	●dairy products
25	三 We	白飯 Rice	紅糟燒雞 Red Fermented Rice Chicken	★番茄炒蛋 Scrambled Eggs with Tomatoes	涼拌海帶絲 Cold Tossed Seaweed Strips	時蔬 Vegetable	冬瓜排骨湯 Winter Melon and Pork Rib Soup	水果 Fruit	肉鬆麵包 Pork Floss Bread	★雞蛋(egg)	★egg
26	四 Th	薑黃飯 Turmeric rice	鷹嘴豆燉辣豬肉 Spicy pork stew with chickpeas	●奶油白菜 Cream cabbage	▲★海鮮烘蛋 Seafood Omelette	時蔬 Vegetable	蘿蔔排骨湯 Pork ribs soup with radish	水果 Fruit	水果 Fruit	●奶油(cream) ★雞蛋(egg) ▲魷魚(squid)	●dairy products ★egg ▲seafood
27	五 Fr	油麵 Yellow noodle	☆海鮮炒麵 Seafood fried noodles	炸雞排 Fried chicken cutlet	★中式滷味 Braised assorted foods	時蔬 Vegetable	▲味噌豆腐湯 Miso Tofu Soup	水果 Fruit	蛋黃派 Custard Bun	☆魷魚(squid) ▲柴魚片(bonito flakes) ★鳥蛋(bird eggs)	☆▲seafood ★egg
30	一 Mo	春假 Spring Break									
31	二 Tu										