

新竹縣康乃爾美國學校115年4月份營養午餐菜單

Apr. 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	三 We	<div style="color: red; font-size: 2em; font-weight: bold;">春假</div> <div style="color: red; font-size: 3em; font-weight: bold;">Spring Break</div>									
2	四 Th										
3	五 Fr										
6	一 Mo										
7	二 Tu	白飯 Rice	炸豬排 Fried pork cutlet	小瓜炒香腸 Zucchini sausage	▲柴魚蘿蔔 Dashi braised radish	時蔬 Vegetable	★海芽蛋花湯 Egg&Seaweed soup	水果 Fruit	沖繩黑糖捲 Okinawa Brown Sugar Roll	▲柴魚片(bonito flakes) ★雞蛋(egg)	▲seafood ★egg
8	三 We	義大利麵 Pasta	●○奶油燻雞義大利麵 Pasta with Smoked chicken and cream sauce	○●焗烤南瓜 Pumpkin Gratin	麥克雞塊 Chicken nuggets	時蔬 Vegetable	洋蔥濃湯 Onion soup	水果 Fruit	鮮肉包 Stamed Pork bun	●○起司(cheese)	●○dairy products
9	四 Th	白飯 Rice	糖醋排骨 Sweet and sour pork ribs	★海芽滑蛋 Sea bud smoot egg	玉米雞丁 Diced corn chicken	時蔬 Vegetable	香菇雞湯 Mushroom and Chicken Soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
10	五 Fr	油麵 Yellow noodle	▲土魷魚羹麵 Mackerel Soup Noodles	肉鬆涼拌豆腐 Tofu Salad with Shredded Pork	★中式滷味 Braised assorted foods	時蔬 Vegetable	/	水果 Fruit	杯子蛋糕 Cup cake	▲魚(Fish) ★鳥蛋(bird eggs)	▲seafood ★egg
13	一 Mo	薑黃飯 Turmeric rice	番茄肉丸子 Tomato Meatballs	★馬鈴薯烘蛋 Potato eggs	西芹炒鮮菇 Stir-Fried Celery with Fresh Mushrooms	時蔬 Vegetable	玉米蘿蔔湯 Corn and radish soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
14	二 Tu	白飯 Rice	泰式椰香雞肉 Thai coconut chicken	泰式打拋茄子 Thai Style Basil Eggplant	臘肉炒高麗菜 Stir-fried Cabbage with Bacon	時蔬 Vegetable	青木瓜排骨湯 Green papaya pork rib soup	水果 Fruit	馬拉糕 Malay cake		
15	三 We	漢堡 Burger	手撕豬肉 Pulled Pork	薯條 Fries	▲鮪魚沙拉 Tuna Salad	時蔬 Vegetable	●★玉米濃湯 Corn Soup	水果 Fruit	草莓鬆餅 Strawberry Pancakes	▲魚(fish) ★雞蛋(egg) ●起司(cheese)	▲seafood ★egg ●dairy products
16	四 Th	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	▲味噌豆腐湯 Miso Tofu Soup	水果 Fruit	水果 Fruit	▲柴魚片(bonito flakes) ★雞蛋(egg)	▲seafood ★egg
17	五 Fr	水餃(高麗菜) Dumplings	▲炸花枝排 Fried Squid Rings	黃金泡菜 Golden kimchi		時蔬 Vegetable	★酸辣湯 Hot and sour soup	水果 Fruit	克林姆麵包 Krimberread	▲花枝(squid) ★雞蛋(egg)	▲seafood ★egg
20	一 Mo	通心麵 Macaroni	焗烤肉醬通心麵 Baked Macaroni with Meat Sauce	水牛城辣雞翅 Buffalo Chicken Wings	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	▲魚(fish)	▲seafood
21	二 Tu	白飯 Rice	馬鈴薯燉排骨 Potato stewed pork ribs	★辣炒年糕 Spicy rice cake	雜菜冬粉 Mixed vegetable vermicelli	時蔬 Vegetable	★紫菜蛋花湯 Egg and seaweed soup	水果 Fruit	水煎包 Fried buns	★雞蛋(egg)	★egg
22	三 We	義大利麵 Spaghetti	番茄羅勒雞肉 Basil chicken Tomato Sauce	烤菜 Roasted vegetables	薯餅 Hash Brown	時蔬 Vegetable	番茄蔬菜湯 Tomato Vegetable Soup	水果 Fruit	芋泥包 Taro Paste Bun		
23	四 Th	白飯 Rice	泡菜豬肉 Pork with Kimchi	▲小魚乾豆干 Dried small fis and dried tofu	★紅蘿蔔炒蛋 Carrot scrambled eggs	時蔬 Vegetable	冬瓜貢丸湯 Winter Melon Meatballs Soup	水果 Fruit	水果 Fruit	★雞蛋(egg) ▲魚(fish)	★egg ▲seafood
24	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
27	一 Mo	地瓜飯 Sweet potato rice	黃燻雞 Braised Chicken in Brown Sauce	螞蟻上樹 Minced Winter Noodles	★玉米蒸蛋 Corn steamed egg	時蔬 Vegetable	酸菜肉片湯 Sliced Pork and Pickled Vegetable Soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
28	二 Tu	白飯 Rice	紫蘇梅燒肉 Roasted pork with perilla and plum	五味豆腐 Five flavor tofu	豆芽炒豆包 Fried bean bun with bean sprouts	時蔬 Vegetable	蒜頭雞湯 Garlic chicken soup	水果 Fruit	黑糖饅頭 Brown sugar bun		
29	三 We	白飯 Rice	日式咖哩雞肉 Japanese Curry Chicken	▲★蟹肉蒸蛋 Steamed egg with crab meat	脆皮馬蹄條 Fried Water Chestnuts	時蔬 Vegetable	蘿蔔排骨湯 Pork ribs soup with radish	水果 Fruit	芝麻包 Sesame bun	▲蟹肉棒(Crab meat) ★雞蛋(egg)	▲seafood ★egg
30	四 Th	義大利麵 Pasta	▼青醬豬肉義大利麵 Pesto pork pasta	洋蔥圈 Onion rings	●焗烤葡萄乾地瓜 Baked Sweet Potatoes with Raisins	時蔬 Vegetable	羅宋湯 Borscht	水果 Fruit	水果 Fruit	▼堅果(nut) ●起司(cheese)	▼nut ●dairy products