

新竹縣康乃爾美國學校115年6月份營養午餐菜單

Jun. 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	一 Mo	●○焗烤千層麵 Baked lasagna	匈牙利烤雞 Hungarian roast chicken	椒鹽馬鈴薯 Salt and pepper potato	烤菜 Roasted vegetables	▲燻鮭魚沙拉 Smoked salmon salad	可樂 Cola	水果 Fruit	PD DAY	●起司(cheese) ○奶油(cream) ▲魚(fish)	○●dairy products ▲seafood
2	二 Tu	白飯 Rice	蒜味雞翅 Garlic flavored chicken wings	老皮嫩肉 Old skin and tender meat	魚香茄子 Fish flavored eggplant	時蔬 Vegetable	長豆排骨湯 Long bean pork rib soup	水果 Fruit			
3	三 We	白飯 Rice	☆金沙排骨 Sands ribs	★番茄炒蛋 Scrambled Eggs with Tomatoes	絲瓜麵線 Towel gourd noodles	時蔬 Vegetable	香菇雞湯 Mushroom and Chicken Soup	水果 Fruit		☆鹹蛋(salted egg) ★雞蛋(egg)	☆★egg
4	四 Th	白飯 Rice	▲酸菜魚 Pickled fish	蒜泥白肉 Sliced Boiled pork with Garlic Sauce	▼開陽胡瓜 Courgette with Dried Shrimp	時蔬 Vegetable	玉米蘿蔔湯 Corn and radish soup	水果 Fruit		▲魚(fish) ▼蝦米(shrimp)	▼▲seafood
5	五 Fr	王子麵 Prince noodle	維力炸醬麵 Weili fried noodles	炸雞腿 Fried chicken	黃金泡菜 Golden kimchi	小瓜/紅蘿蔔/ 豆芽 Melon/carrot/bean sprouts	竹筍排骨湯 Bamboo shoots and ribs soup	水果 Fruit			
8	一 Mo	白飯 Rice	竹筍燒肉 Braised pork with bamboo shoots	★九層塔煎蛋 Basil omelette	蔥爆豆干 Scallion Stir-Fried Tofu	時蔬 Vegetable	▲冬瓜蛤蜊湯 Winter squash clam soup	水果 Fruit		★雞蛋(egg) ▲蛤蜊(clams)	★egg ▲seafood
9	二 Tu	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	鳳梨苦瓜雞湯 Bitter melon chicken soup	水果 Fruit		▲蝦(shrimp)	▲seafood
10	三 We	義大利麵 Spaghetti	肉丸子義大利麵 Meatball pasta	普羅旺斯烤菜 Provence roast	洋蔥圈 Onion rings	時蔬 Vegetable	地瓜濃湯 Sweet potato Soup	水果 Fruit			
11	四 Th	白飯 Rice	紅燒牛腩 Braised Beef Brisket	豇豆肉絲 Stir-fried Long Beans with Shredded Pork	甘梅地瓜 Sweet plum and sweet potato	時蔬 Vegetable	冬菜鴨肉湯 Winter Vegetable Duck Soup	水果 Fruit			
12	五 Fr	白飯 Rice	豆乳雞丁 Fermented bean curd with chicken	塔香甜不辣 Basil Tempura	★●起司炒蛋 Scrambled egg with cheese	時蔬 Vegetable	酸菜肉片湯 Sliced Pork and Pickled Vegetable Soup	水果 Fruit		●起司(cheese) ★雞蛋(egg)	●dairy products ★egg
15	一 Mo	白飯 Rice	日式炸豬排 Japanese fried pork cutlet	▲★蛤蜊蒸蛋 Stir-fried egg with clams	椒鹽杏鮑菇 Braised Pleurotus eryngii with pepper and salt	時蔬 Vegetable	▼味噌豆腐湯 Miso Tofu Soup	水果 Fruit		▲蛤蜊(clams) ▼柴魚片(bonito flakes) ★雞蛋(egg)	▲▼seafood ★egg
16	二 Tu	油麵 Yellow noodle	酸菜鴨 Sauerkraut duck	★中式滷味 Braised assorted foods	涼拌小黃瓜 Cold Tossed Cucumbers	時蔬 Vegetable		水果 Fruit		★鳥蛋(bird eggs)	★egg
17	三 We	白飯 Rice	蜂蜜雞翅 Honey Fried chicken	▲辣炒年糕 Spicy rice cake	雜菜冬粉 Mixed vegetable vermicelli	時蔬 Vegetable	韓式豆腐湯 Korean-style Tofu Soup	水果 Fruit		▲魚漿(fish paste)	★egg ▲seafood
18	四 Th	白飯 Rice	紅燒獅子頭 Braised meat ball in brown sauce	麻辣鴨血豆腐 Spicy duck blood tofu	金針菇煎蛋 Enoki Mushroom Omelette	時蔬 Vegetable	蒜頭雞湯 Garlic chicken soup	水果 Fruit		☆鹹蛋(salted egg) ★雞蛋(egg)	☆★egg
19	五 Fr	端午節 DRAGONBOAT FESTIVAL									
22	一 Mo	白飯 Rice	▼栗子燒肉 Chestnut roasted pork	咖哩洋芋 Curry potatoes	西芹炒豆包 Celery fried bean buns	時蔬 Vegetable	青木瓜排骨湯 Green papaya pork rib soup	水果 Fruit		▼栗子(chestnut)	▼nut
23	二 Tu	▲蛤蜊義大利麵 Clam Pasta	日式雞肉串 Japanese chicken skewers	★蛋塔 Egg tart	迷迭香炒洋菇 Fried mushroom with Rosemary	時蔬 Vegetable	●★玉米濃湯 Corn Soup	水果 Fruit		●奶油(cream) ▲魚(fish) ▲蛤蜊(clams) ★雞蛋(egg)	●dairy products ▲seafood ★egg
24	三 We	白飯 Rice	黑胡椒牛柳 Black pepper beef tenderloin	★洋蔥炒蛋 Scrambled eggs with onions	小瓜炒香腸 Zucchini sausage	時蔬 Vegetable	冬瓜貢丸湯 Winter Melon Meatballs Soup	水果 Fruit		★雞蛋(egg)	★egg
25	四 Th	漢堡 Burger	卡拉雞腿堡 Kake Chicken Leg Burger	▲鮭魚沙拉 Tuna Salad	薯條 Fries	時蔬 Vegetable	可樂 Coke	水果 Fruit		▲鮭魚(tuna)	▲seafood
26	五 Fr	白飯 Rice	糖醋排骨 Sweet and sour pork ribs	▲西芹炒鮮魷 Fried squid with celery	蘿蔔麵輪 Radish noodle wheels	時蔬 Vegetable	★紫菜蛋花湯 Egg and seaweed soup	水果 Fruit		▲魷魚(squid)	▲seafood
29	一 Mo	香料飯 Spice rice	○▲酸豆奶油鱈魚 Snapper with capers and cream	番茄燉雞肉 Tomato stewed chicken	●★起司蒸蛋 Steamed egg with cheese	時蔬 Vegetable	羅宋湯 Borscht	水果 Fruit		○鮮奶油(fresh cream) ▲魚(fish) ●起司(cheese) ★雞蛋(egg)	▲seafood ○●dairy products ★egg
30	二 Tu	白飯 Rice	泰式椰香雞肉 Thai coconut chicken	▲▼月亮蝦餅 Moon shrimp cake	培根高麗菜 Bacon cabbage	時蔬 Vegetable	▼泰式酸辣湯 Thai hot and sour soup	水果 Fruit		▲魚漿(fish paste) ▼蝦(shrimp)	▼▲seafood