

新竹縣康乃爾美國學校115 年 7 月份營養午餐菜單 Jul. 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	水餃(高麗菜) Dumplings	中式滷味 Braised assorted foods	★皮蛋豆腐 Century egg tofu	涼拌小瓜 Cold cucumber salad		☆酸辣湯 Hot and sour soup	水果 Fruit		★皮蛋(preserved egg) ☆雞蛋(egg)	☆★egg
2	四 Th	客家炒粿條 Hakka bok tiao	客家鹹豬肉 Hakka salted pork	福菜桂竹筍 Braised gui bamboo soots	▼客家小炒 Hakka stir fry	時蔬 Vegetable	長豆排骨湯Long g bean pork rib soup	水果 Fruit		▼蝦米(shrimp)	▼seafood
3	五 Fr	白飯 Rice	鹹酥雞 Crispy chicken	脆皮豆腐 Crispy Tofu	★菜脯煎蛋 Dried cabbage fried egg	時蔬 Vegetable	玉米蘿蔔湯 Corn and radish soup	水果 Fruit		★雞蛋(egg)	★egg
6	一 Mo	刈包 Gua bao	梅干扣肉 Dried prunus Braised pork	★荷包蛋 Egg	酸菜/▼花生粉/香菜 pickled vegetables/Peanut powder/coriander	時蔬 Vegetable	四神湯 Sishen soup	水果 Fruit		★雞蛋(egg) ▼花生(peanut)	★egg ▼nut
7	二 Tu	白飯 Rice	白斬雞 Braised chicken	紅燒竹筍 Braised bamboo hoots	▲小瓜炒花枝羹 Stir-fried cucumber with squid soup	時蔬 Vegetable	▼冬瓜蛤蠣湯 Winter squash clam soup	水果 Fruit		▲花枝(Squid) ▼蛤蠣(clams)	▲▼seafood
8	三 We	王子麵 Prince noodle	豬肉炒泡麵 Pork fried noodles	牛肉捲餅 Beef burrito	台式泡菜 Taiwanese Kimchi	時蔬 Vegetable	貢丸湯 Gongwan soup	水果 Fruit			
9	四 Th	白飯 Rice	▲糖醋魚 Fish With Sweet & Sour Sauce	三杯麵腸 Rolled flour gluten in three cups of sauce	▼開陽胡瓜 Courgette with Dried Shrimp	時蔬 Vegetable	★海芽蛋花湯 Egg&Seaweed soup	水果 Fruit		▲魚(fish) ▼蝦米(shrimp) ★雞蛋(egg)	▲▼seafood ★egg
10	五 Fr	白飯 Rice	紅燒獅子頭 Braised meat ball in brown sauce	絲瓜麵線 Towel gourd noodles	★番茄炒蛋 Scrambled Eggs with Tomatoes	時蔬 Vegetable	榨菜肉絲湯 pork with Sichuan cabbage soup	水果 Fruit		★雞蛋(egg)	★egg
13	一 Mo	白飯 Rice	咖哩雞 Chicken with curry	高麗菜炒培根 Stir-fried cabbage with bacon	西芹炒腐竹 Stir-fried Celery with Dried Tofu Sticks	時蔬 Vegetable	大瓜貢丸湯 Winter melon meat ball soup	水果 Fruit			
14	二 Tu	義大利麵 Spaghetti	茄汁肉醬義大利麵 Spaghetti Bolognese	椒鹽馬鈴薯 Salt and pepper potatoes	普羅旺斯烤菜 Provence roast	時蔬 Vegetable	羅宋湯 Borscht	水果 Fruit			
15	三 We	白飯 Rice	香酥鴨 Crispy Duck	瓜仔肉 Pork with melon	蒜味四季豆 Garlic siji beans	時蔬 Vegetable	香菇雞湯 Mushroom and Chicken Soup	水果 Fruit			
16	四 Th	白飯 Rice	竹筍燒肉 Braised pork with bamboo shoots	▲★蝦仁煎蛋 Shrimp Fried Egg	蔥爆豆干 Scallion Stir-Fried Tofu	時蔬 Vegetable	蘿蔔排骨湯 Pork ribs soup with radish	水果 Fruit		▲蝦(shrimp) ★雞蛋(egg)	▲seafood ★egg
17	五 Fr	油麵 Yellow noodle	▲沙茶海鮮炒麵 Shacha seafood fried noodles	紅糟豬肉 Red pork chops	★中式滷味 Braised assorted foods	時蔬 Vegetable	▼味增豆腐湯 Miso Tofu Soup	水果 Fruit		▲魷魚(squid) ▼柴魚片(bonito flakes) ★鳥蛋(bird eggs)	▲▼seafood ★egg
20	一 Mo	白飯 Rice	玫瑰油雞 Rose oil chicken	香腸 Sausage	★洋蔥炒蛋 Scrambled eggs with onions	時蔬 Vegetable	蒜頭雞湯 Garlic chicken soup	水果 Fruit		★雞蛋(egg)	★egg
21	二 Tu	漢堡 Burger	照燒肉片 Teriyaki Pork	薯條/雞米花 Fries/Popcorn Chicken	★蛋塔 Egg tart	時蔬 Vegetable	可樂/果汁 Cola/Juice	水果 Fruit		★雞蛋(egg)	★egg
22	三 We	白飯 Rice	迷迭香烤雞 Roast chicken with rosemary	★●起司炒蛋 Scrambled egg with cheese	野菇燉蔬菜 Mushroom vegetable Stew	時蔬 Vegetable	★紫菜蛋花湯 Egg and seaweed soup	水果 Fruit		★雞蛋(egg) ●起司(cheese)	★egg ●dairy products
23	四 Th	白飯 Rice	筍乾扣肉 Dried bamboo shoots and braised pork	▲酥炸柳葉魚 Fried Fish	塔香茄子 Tarxiang eggplant	時蔬 Vegetable	青木瓜排骨湯 Green papaya pork rib soup	水果 Fruit		▲魚(fish)	▲seafood
24	五 Fr	義大利麵 Spaghetti	番茄蘿勒雞肉 Basil chicken Tomato Sauce	薯餅 Hash Brown	玉米餅(莎莎醬) Corn tortilla with Salsa	時蔬 Vegetable	洋蔥濃湯 Onion soup	水果 Fruit			
27	一 Mo	白飯 Rice	紅酒燉牛肉 Daube de boeuf	普羅旺斯燉蔬菜 Vegetable stew from provence	★瑪格莉特烘蛋 Margaret Omelette	時蔬 Vegetable	剝皮辣椒雞湯 Peeled chili chicken soup	水果 Fruit		★雞蛋(egg)	★egg
28	二 Tu	軟法麵包 Soft bread	●○焗烤千層麵 Baked lasagna	番茄肉丸子 Tomato Meatballs	烤菜 Roasted vegetables	時蔬 Vegetable	可樂 Cola	水果 Fruit		●起司(cheese) ○奶油(cream)	○●dairy products
29	三 We	白飯 Rice	▲酸菜魚 Pickled fish	宮保雞丁 Spicy Stir Fried Chicken	老皮嫩肉 Old skin and tender meat	時蔬 Vegetable	竹筍排骨湯 Bamboo shoots and ribs soup	水果 Fruit		▲魚(fish)	▲seafood
30	四 Th	白飯 Rice	椒麻雞 Spicy chicken with pepper	打拋豬 Pad Kra Pao Pork	泰式涼拌海鮮 Thai-style Spicy Seafood Salad	時蔬 Vegetable	▼泰式酸辣湯 Thai hot and sour soup	水果 Fruit		▼蝦(shrimp)	▼seafood
31	五 Fr	白飯 Rice	糖醋排骨 Sweet and sour pork ribs	★高麗菜炒蛋 Stir-fried cabbage with eggs	▲西芹炒花枝羹 Stir-fried Celery with	時蔬 Vegetable	酸菜肉片湯 Sliced Pork and Pickled Vegetable Soup	水果 Fruit		▲花枝(Squid) ★雞蛋(egg)	▲seafood ★egg