

新竹縣康乃爾美國學校115 年 9 月份營養午餐菜單 Sep. 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	二 Tu	義大利麵 Pasta	●○奶油燻雞義大利麵 Pasta with Smoked chicken and cream sauce	椒鹽馬鈴薯 Salt and pepper potato	烤菜 Roasted vegetables	時蔬 Vegetable	羅宋湯 Borscht	水果 Fruit	黑糖紅豆捲 Brown sugar red bean roll	●起司 (cheese) ○奶油 (cream)	○●dairy products
2	三 We	糙米飯 Brown Rice	味增炒肉片 Miso Stir-Fried Pork Slices	★菜脯炒蛋 Scrambled eggs with preserved radish	香菇豆腐煲 Mushroom tofu casserole	時蔬 Vegetable	竹筍排骨湯 Bamboo shoots and ribs soup	水果 Fruit	蔥肉餡餅 Pork pie	★雞蛋 (egg)	★egg
3	四 Th	白飯 Rice	三杯雞 Three cup sauce cooked with chicken	火腿玉米粒 Minced pork and corn	★培根洋蔥炒蛋 Eggs with Bacon and Onions	時蔬 Vegetable	蘿蔔排骨湯 Pork ribs soup with radish	水果 Fruit	水果 Fruit	★雞蛋 (egg)	★egg
4	五 Fr	漢堡 Burger	炸豬排 Fried pork chop	小熱狗 Small hot dog	★蘋果洋芋沙拉 Apple Potato Salad	時蔬 Vegetable	可樂/果汁 Coke/Juice	水果 Fruit	杯子蛋糕 Cup cake	★雞蛋 (egg)	★egg
7	一 Mo	白飯 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
8	二 Tu	白飯 Rice	薑汁燒肉 Braised pork with ginger sauce	▲塔香甜不辣 Basil Tempura	★蛋酥白菜 Crispy egg with cabbage	時蔬 Vegetable	香菇雞湯 Mushroom and Chicken Soup	水果 Fruit	黑糖饅頭 Brown sugar bun	▲魚漿 (fish paste) ★雞蛋 (egg)	▲seafood ★egg
9	三 We	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	咖哩鷹嘴豆 Curried chickpeas	時蔬 Vegetable	玉米蘿蔔湯 Corn and radish soup	水果 Fruit	芝麻包 Sesame bun	○奶油 (cream)	○dairy products
10	四 Th	白飯 Rice	★豬肉丼飯 Pork Rice	黑胡椒豆腐 Black pepper Tofu	★鮮菇蒸蛋Steamed Egg with Mushroom	時蔬 Vegetable	剝皮辣椒雞湯 Peeled chili chicken soup	水果 Fruit	水果 Fruit	★雞蛋 (egg) ▲柴魚片 (bonito flakes)	★egg ▲seafood
11	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	蔥花捲 Scallion roll	★鳥蛋 (bird eggs)	★egg
14	一 Mo	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	酸菜肉片湯 Sliced Pork and Pickled Vegetable Soup	水果 Fruit	水果 Fruit	★雞蛋 (egg) 鹹蛋 (salted egg) 皮蛋 (preserved egg)	★egg
15	二 Tu	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	洋蔥濃湯 Onion soup	水果 Fruit	水煎包 Fried buns	▼堅果 (nut) ●起司 (cheese)	▼nut ●dairy products
16	三 We	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	芋泥包 Taro Paste Bun		
17	四 Th	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	▲蘿蔔魚丸湯 White radish fish ball soup	水果 Fruit	水果 Fruit	●起司 (cheese) ○奶油 (cream) ★雞蛋 (egg) ▲魚 (fish)	○●dairy products ★egg ▲seafood
18	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	▲味增豆腐湯 Miso Tofu Soup	水果 Fruit	大理石蛋糕 Marble cake	★鳥蛋 (bird eggs) ▲柴魚片 (bonito flakes)	★egg ▲seafood
21	一 Mo	糙米飯 Brown Rice	蘑菇肉片 Mushroom pork	蒜味豆腐 Garlic tofu	西芹炒香腸 Sautéed sausages with celery	時蔬 Vegetable	★海芽蛋花湯 Egg&Seaweed soup	水果 Fruit	水果 Fruit	★雞蛋 (egg)	★egg
22	二 Tu	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	榨菜肉絲湯 pork with Sichuan cabbage soup	水果 Fruit	鮮肉包 Stamed Pork bun	★雞蛋 (egg)	★egg
23	三 We	義大利麵 Spaghetti	茄汁肉醬義大利麵 Spaghetti Bolognese	麥克雞塊 Chicken nuggets	烤菜 Roasted vegetables	時蔬 Vegetable	●巧達濃湯 Chodal Soup	水果 Fruit	奶油麵包 Butter bread	●奶油 (cream)	●dairy products
24	四 Th	薑黃飯 Turmeric rice	匈牙利燉牛肉 Hungarian Beef Stew	●★起司玉米炒蛋 Cheese and Corn Scrambled Eggs	辣味土豆 Patatas Bravas Baked Creamy Potatoes	時蔬 Vegetable	大瓜貢丸湯 Winter melon meat ball soup	水果 Fruit	水果 Fruit	★雞蛋 (egg) ●起司 (cheese)	★egg ●dairy products
25	五 Fr	中秋節 MOON FESTIVAL									
28	一 Mo	教師節 CONFUCIUS DAY HOLIDAY									
29	二 Tu	糙米飯 Brown Rice	馬鈴薯燉排骨 Potato stewed pork ribs	雜菜冬粉 Mixed vegetable vermicelli	●奶油白醬年糕 Creamy white sauce rice cake	時蔬 Vegetable	▲韓式魚板湯 Korean fish cake soup	水果 Fruit	豆沙包 Bean paste bun	●奶油 (cream)	●dairy products
30	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	蒜頭雞湯 Garlic chicken soup	水果 Fruit	銀絲捲 Steamed bread roll	★雞蛋 (egg) ●起司 (cheese) ▲魚 (fish)	★egg ●dairy products ▲seafood