

新竹縣康乃爾美國學校115 年 10 月份營養午餐菜單											
Oct. 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	四 Th	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	香菇雞湯 Mushroom and Chicken Soup	水果 Fruit	水果 Fruit		
2	五 Fr	酸辣湯麵 Hot and sour noodle soup	香酥雞排 Crispy Fried Chicken Fillet	★中式滷味 Braised assorted foods		時蔬 Vegetable		水果 Fruit	銅鑼燒 Dorayaki	★鳥蛋(bird eggs)	★egg
5	一 Mo	糙米飯 Brown Rice	BBQ炒肉片 BBQ Fried pork slices	▲西芹炒鮮魷 Fried squid with celery	三杯油豆腐 Three Cups of Fried Tofu	時蔬 Vegetable		冬瓜貢丸湯 Winter Melon Meatballs Soup	水果 Fruit	水果 Fruit	▲魷魚(squid)
6	二 Tu	義大利麵 Spaghetti	番茄蘿勒雞肉 Basil chicken Tomato Sauce	薯餅 Hash Brown	烤菜 Roasted vegetables	時蔬 Vegetable	洋蔥濃湯 Onion soup	水果 Fruit	雞蛋小饅頭 Egg buns		
7	三 We	地瓜飯 Sweet potato rice	泡菜豬肉 Pork with Kimchi	蔥爆豆干 Scallion Stir-Fried Tofu	蟬蟻上樹 Minced Winter Noodles	時蔬 Vegetable	蘿蔔排骨湯 Pork ribs soup with radish	水果 Fruit	馬拉糕 Malay cake		
8	四 Th	軟法麵包 Soft bread	雞肉烤蔬菜 Chicken with roasted vegetables	義大利番茄肉醬 Italian tomato meat sauce	玉米餅(莎莎醬) Corn tortilla with Salsa	時蔬 Vegetable	可樂/果汁 Coke/Juice	水果 Fruit	水果 Fruit		
9	五 Fr	國慶日 NATIONAL DAY									
12	一 Mo	薑黃飯 Turmeric rice	鷹嘴豆燉辣豬肉 Spicy pork stew with chickpeas	杏鮑菇炒毛豆 Fried edamame with king oyster mushrooms	★●起司炒蛋 Scrambled egg with cheese	時蔬 Vegetable	玉米蘿蔔湯 Corn and radish soup	水果 Fruit	水果 Fruit	★雞蛋(egg) ●起司(cheese)	★egg ●dairy products
13	二 Tu	白飯 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	奶黃包 Sweet cream Bun	▲柴魚片(bonito flakes) ★雞蛋(egg)	▲seafood ★egg
14	三 We	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	叉燒包 Barbecued pork buns	★雞蛋(egg) ●奶油(cream)	★egg ●dairy products
15	四 Th	糙米飯 Brown Rice	韓式辣炒春雞 Korean Spicy Stir-Fried Spring Chicken	●★起司蒸蛋 Steamed egg with cheese	雜菜冬粉 Mixed vegetable vermicelli	時蔬 Vegetable	▲韓式魚板湯 Korean fish cake soup	水果 Fruit	水果 Fruit	★雞蛋(egg) ●起司(cheese) ▲魚(fish)	★egg ●dairy products ▲seafood
16	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	蜂蜜蛋糕 Honey cake	★鳥蛋(bird eggs)	★egg
19	一 Mo	地瓜飯 Sweet potato rice	水煮肉片 Sichuan Spicy Boiled meat	蒜味豆腐 Garlic tofu	三杯杏鮑菇 Three Cup Mushroom	時蔬 Vegetable		▲蘿蔔魚丸湯 White radish fish ball soup	水果 Fruit	水果 Fruit	▲魚(fish)
20	二 Tu	義大利麵 Spaghetti	○鮮菇松露雞肉 Chicken with mushrooms truffles sauce	○●焗烤南瓜 Pumpkin Gratin	洋蔥圈 Onion rings	時蔬 Vegetable	羅宋湯 Borscht	水果 Fruit	肉鬆麵包 Pork Floss Bread	●起司(cheese) ○奶油(cream)	○●dairy products
21	三 We	白飯 Rice	咖哩豬 Curry Pork	★蛋黃芋圓 Egg yolk taro balls	清炒胡瓜 Stir-fried courgette	時蔬 Vegetable	酸菜肉片湯 Sliced Pork and Pickled Vegetable Soup	水果 Fruit	沖繩黑糖捲 Okinawa Brown Sugar Roll	★雞蛋(egg)	★egg
22	四 Th	白飯 Rice	鐵板牛柳 Sizzling Beef Strips	白菜滷 Chinese cabbage	★番茄炒蛋 Scrambled Eggs with Tomatoes	時蔬 Vegetable	大瓜貢丸湯 Winter melon meat ball soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
23	五 Fr	水餃(高麗菜) Dumplings	▲酥炸柳葉魚 Fried Fish	涼拌小黃瓜 Cucumber salad		時蔬 Vegetable	★酸辣湯 Hot and sour soup	水果 Fruit	香蕉蛋糕 Banana cake	▲魚(fish) ★雞蛋(egg)	▲seafood ★egg
26	一 Mo	臺灣光復節 TAIWAN RETROCESSION HOLIDAY									
27	二 Tu	白飯 Rice	▲浦燒鯛魚 Teriyaki Tilapia	瓜仔肉 Braised Pork with Melon	★玉米炒蛋 Corn with scrambled eggs	時蔬 Vegetable	蒜頭雞湯 Garlic chicken soup	水果 Fruit	南瓜雜糧饅頭 Pumpkin Mixed Grain Steamed Bun	▲魚(fish) ★雞蛋(egg)	▲seafood ★egg
28	三 We	白飯 Rice	宮保雞丁 Spicy Stir Fried Chicken	芹菜豆包 Celery bean bag	咖哩洋芋 Curry Potato	時蔬 Vegetable	★紫菜蛋花湯 Egg and seaweed soup	水果 Fruit	草莓鬆餅 Strawberry Pancakes	★雞蛋(egg)	★egg
29	四 Th	糙米飯 Brown Rice	打拋豬 Pad Kra Pao Pork	▼●泰式涼拌海鮮 Thai-style Spicy Seafood Salad	培根高麗菜 Bacon cabbage	時蔬 Vegetable	青木瓜排骨湯 Green papaya pork rib soup	水果 Fruit	水果 Fruit	▼蝦(shrimp) ●魷魚(squid)	▼●seafood
30	五 Fr	漢堡 Burger	卡拉雞腿堡 Kake Chicken Leg Burger	▲鮪魚沙拉 Tuna Salad	薯條 Fries	時蔬 Vegetable	可樂/果汁 Coke/Juice	水果 Fruit	奶油麵包 Cream bread	▲魚(fish)	▲seafood