

新竹縣美國學校一〇七年十二月份營養午餐菜單

Dec. 2018 H.C.A.S. Lunch & Snack Menu

日	星期	Main Dish	Dish 1	Dish 2	Dish 3	Dish 4	Soup	Fruit	Snack
3	一 Mo	白飯 Rice	福菜燒肉 Braised pork spare ribs with preserved mustard greens	醬爆豆干 Fried dried bean curd	什錦燴 Stewed vegetables	時蔬 Vegetable	貢丸湯 Meat ball soup	水果 Fruit	皮蛋粥 Chinese congee with century egg
4	二 Tu	地瓜飯 Sweet potato with rice	三杯雞柳 Taiwanese three cup chicken	白菜滷 Stewed cabbage	麻婆豆腐 Mapo Tofu	時蔬 Vegetable	什錦湯 Garden vegetable soup	水果 Fruit	紅豆湯 Red bean soup
5	三 We	咖哩豬飯 Pork curry with rice	烤雞 Roasted Chicken			時蔬 Vegetable	羅宋湯 Borscht	水果 Fruit	竹筍湯麵 Bamboo shoot soup with noodles
6	四 Th	五穀飯 Grain Rice	瓜仔肉 Steamed minced pork with pickles	筑前煮 Chikuzenni	炒蛋 Scrambled eggs	時蔬 Vegetable	肉骨茶湯 Bak kut teh soup	水果 Fruit	冬瓜米苔目 Sweet soup with thick rice noodles
7	五 Fr	炸醬麵 Noodles with fried bean and meat sauce	香腸 Sausage	滷蛋 Stewed eggs		時蔬 Vegetable	虱目魚丸湯 Milkfish ball soup	水果 Fruit	肉絲麵 Shredded pork noodles
10	一 Mo	白飯 Rice	回鍋肉 Twice cooked pork	合菜抵擋 Stir-fried bean sprouts with eggs and goods	番茄炒蛋 Scrambled eggs with tomatoes	時蔬 Vegetable	玉米結排骨湯 Corn with spare rib soup	水果 Fruit	綠豆湯 Mung bean soup
11	二 Tu	地瓜飯 Sweet potato with rice	洋芋燉肉 Pork stew with potatoes	銀魚杏菜 Stir-fried apricot with whitebait	毛豆三寶 green soybeans with goods	時蔬 Vegetable	蓮藕排骨湯 Prok rib soup with lotus root	水果 Fruit	燒仙草 Sweet soup with grass jelly
12	三 We	中式炒麵 Stir-fried noodles	烤雞腿 Roasted chicken drumstick			時蔬 Vegetable	竹筍湯 Bamboo shoot soup	水果 Fruit	麵疙瘩 Gnocchi
13	四 Th	糙米飯 Brown Rice	紅燒肉 Braised pork in brown sauce	燻冬瓜 Braised melon	螞蟻上樹 Ants climbing a tree	時蔬 Vegetable	牛蒡肉絲湯 Burdock pork soup	水果 Fruit	玉米粥 Chinese congee with corn
14	五 Fr	大亨堡 Hot dog bun	生菜沙拉 Green salad	薯條 French fries		時蔬 Vegetable	南瓜湯 Pumpkin soup	水果 Fruit	紅豆湯 Red bean soup
17	一 Mo	白飯 Rice	三杯雞 Taiwanese three cup chicken	燴三鮮 Seafood stew	黃金肉末 Stir-fry ground pork with corn	時蔬 Vegetable	竹筍湯 Bamboo shoot soup	水果 Fruit	肉羹湯麵 Noodles in pork thick soup
18	二 Tu	五穀飯 Grain Rice	芋頭燒鴨 Grilled duck with taro stew	炒蛋 Scrambled eggs	瓠瓜炒蝦米 Stir Fry Gourd with Shrimp	時蔬 Vegetable	玉米結排骨湯 Corn with spare rib soup	水果 Fruit	西谷米 Sweet soup with sago
19	三 We	中式牛肉炒飯 Beef Fried Rice	鳳梨咕咾肉 Sweet and sour pork with pineapple	魚香茄子 Braised eggplant with shredded pork	白菜扁魚 braised dry fish with cabbage	時蔬 Vegetable	魚羹湯 Fish thick soup	水果 Fruit	紅豆燕麥 Red bean soup with oats
20	四 Th	咖哩雞飯 Chicken curry with rice	豬排 Roasted Pork Chop			時蔬 Vegetable	味噌湯 Miso soup	水果 Fruit	米粉湯 Rice Noodles Soup
21	五 Fr	Christmas Special 聖誕特餐							
24	一 Mo	<h1>Christmas Break 聖誕假期</h1>							
25	二 Tu								
26	三 We								
27	四 Th								
28	五 Fr								