

新竹縣康乃爾美國學校113年7月份營養午餐菜單

Jul. 2024 H.C.A.S Lunch & Snack Menu

日	星期	Main Dish	Dish 1	Dish 2	Dish 3	Dish 4	Soup	Fruit	Annual leave	Remark	Allergen
1	一 Mo	白飯 Rice	豆乳雞丁 Fermented bean curd with chicken	★九層塔煎蛋 Basil omelette	紅燒竹筍 Braised bamboo hoots	時蔬 Vegetable	▲冬瓜蛤蜊湯 Winter squash clam soup	水果 Fruit		★雞蛋(egg) ▲蛤蜊(clams)	★egg ▲seafood
2	二 Tu	休假日 HOLIDAY									
3	三 We										
4	四 Th	白飯 Rice	紫蘇梅燒肉 Roasted pork with perilla and plum	脆皮豆腐 Deep-fried Tofu	白菜滷 Chinese cabbage	時蔬 Vegetable	★紫菜蛋花湯 Egg and seaweed soup	水果 Fruit		★雞蛋(egg)	★egg
5	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		★鳥蛋(bird eggs)	★egg
8	一 Mo	糙米飯 Brown Rice	蜂蜜雞翅 Honey Fried chicken	椒鹽甜不辣 Fried Tempuro	★●起司炒蛋 Scrambled egg with cheese	時蔬 Vegetable	蒜頭雞湯 Garlic chicken soup	水果 Fruit		●起司(cheese) ★雞蛋(egg)	●dairy products ★egg
9	二 Tu	地瓜飯 Sweet potato rice	▲九層塔燒魚 Nine-story pagoda grilled fish	瓜仔雞 Melon chicken	▼客家小炒 Hakka stir fry	時蔬 Vegetable	▼泰式酸辣湯 Thai hot and sour	水果 Fruit		▲魚(fish) ▼蝦米(shrimp)	▲seafood
10	三 We	義大利麵 Spaghetti	肉丸子義大利麵 Meatball pasta	●大蒜麵包 Garlic bread	蒜味四季豆 Garlic siji beans	卡布里沙拉 Caprese salad	○地瓜濃湯 Sweet potato Soup	水果 Fruit		●起司(cheese) ○牛奶(milk)	●dairy products
11	四 Th	白飯 Rice	番茄馬鈴薯燉牛肉 Tomato and potato stew beef	焗烤奶油地瓜 Creamy sweet potato gratin	●★起司蒸蛋 Steamed egg with cheese	時蔬 Vegetable	玉米蘿蔔湯 Corn and radish soup	水果 Fruit		●起司(cheese) ★雞蛋(egg)	●dairy products ★egg
12	五 Fr	白飯 Rice	日式炸豬排 Japanese fried pork cutlet	★蛤蜊蒸蛋 Stwamed egg eith clams	▼胡麻豆腐沙拉 Sesame tofu salad	柚子蘿蔔 Yuzu radish	▲鮭魚味噌湯 Salmon miso soup	水果 Fruit		★雞蛋(egg) ▼堅果(nut) ▲魚(fish)	★egg ▼nut ▲seafood
15	一 Mo	糙米飯 Brown Rice	三杯雞 Taiwanese three cup chicken	咖喱洋芋 Curry potatoes	蝦米上樹 Minced Winter Noodles	時蔬 Vegetable	酸菜肉片湯 Sliced Pork and Pickled Vegetable Soup	水果 Fruit			
16	二 Tu	油麵 Yellow noodle	沙茶肉絲炒麵 Fried noodles with shredded pork in Sha Cha	紅糟豬肉 Red pork chops	★中式滷味 Braised assorted foods	時蔬 Vegetable	蘿蔔排骨湯 Pork ribs soup with radish	水果 Fruit		★鳥蛋(bird eggs)	★egg
17	三 We	地瓜飯 Sweet potato rice	紹興醉雞 Shaoxingwine marinated chicken	★老燒蛋 Lao shaodan	☆鹹蛋絲瓜 Salted egg loofah	時蔬 Vegetable	竹筍排骨湯 Bamboo shoots and ribs soup	水果 Fruit		★雞蛋(egg) ☆鹹蛋(salted egg)	★egg
18	四 Th	意麵 Pasta	酸辣肉醬麵 Hot and sour meat sauce noodles	蒜泥白肉 Sliced Boiled pork with Garlic Sauce	韭黃炒豆干 Chives fried ried tofu	時蔬 Vegetable	剝皮辣椒雞湯 Peeled chili chicken soup	水果 Fruit			
19	五 Fr	白飯 Rice	檸檬烤雞腿 Lemon grilled cicken	南瓜可樂餅 Pumpkin croquette	★馬鈴薯烘蛋 Potato eggs	時蔬 Vegetable	香菇雞湯 Mushroom and Chicken Soup	水果 Fruit		★雞蛋(egg)	★egg
22	一 Mo	薑黃飯 Turmeric rice	番茄咖哩雞 Tomato curry cicken	鷹嘴豆沙拉 Cickpea salad	蒜味薄餅 Garlic pancakes	炸酥菜餅 Fried vegetable cake	蔬菜湯 Vegetables Soup	水果 Fruit			
23	二 Tu	白飯 Rice	▲鮭魚玉子丼 Salmon tamagodon	★茶碗蒸 Cawanmushi	涼拌海帶絲 Salad kelp	時蔬 Vegetable	味噌豆腐湯 Miso Tofu Soup	水果 Fruit		▲魚(fish) ★雞蛋(egg)	▲seafood ★egg
24	三 We	漢堡 Burger	●起司牛肉堡 Cheese beff	★荷包蛋/洋葱 Egg/Onion	薯條 Fries	時蔬 Vegetable	●★玉米濃湯 Corn Soup	水果 Fruit		●起司(cheese) ★雞蛋(egg)	●dairy products ★egg
25	四 Th	白飯 Rice	韓式烤五花 Korean roast pork	雜菜冬粉 Mixed vegetable vermicelli	韓式豆腐煲 Korean tofu pot	黃金泡菜 Golden kimchi	辣白菜湯 Spice cabbage soup	水果 Fruit			
26	五 Fr	糙米飯 Brown Rice	油雞 Fried chicken	★荷包蛋 Egg	炸豆腐 Fried tofu	時蔬 Vegetable	▲蛤蜊湯 Clam chowder	水果 Fruit		▲蛤蜊(clams) ★雞蛋(egg)	▲seafood ★egg
29	一 Mo	地瓜飯 Sweet potato rice	鹹酥雞 Crispy chicken	魚香茄子 Fish flavored eggplant	★番茄炒蛋 Scrambled Eggs with Tomatoes	時蔬 Vegetable	青木瓜排骨湯 Green papaya pork rib soup	水果 Fruit		★雞蛋(egg)	★egg
30	二 Tu	白飯 Rice	金沙排骨 Sands ribs	五更腸旺 Intestinal irritability at minight	地瓜球 Sweet potato balls	時蔬 Vegetable	鳳梨苦瓜雞湯 Bitter gourd chicken soup	水果 Fruit			
31	三 We	王子麵 Prince noodle	維力炸醬麵 Weili fried noodles	炸雞翅 Fried chicken	小瓜/紅蘿蔔/豆芽 Melon/carrot /bean sprouts	時蔬 Vegetable	貢丸湯 Gongwan soup	水果 Fruit			