

新竹縣康乃爾美國學校113 年11月份營養午餐菜單

Nov. 2024 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	五 Fri.	拉麵 Ramen	燒肉拉麵 Miso Yakimiku Ramen	▼花生銀絲卷 Peanut Silver Roll	筍乾 / ★白煮蛋 Dried Bamboo Shoots & Hard-Boiled Egg	時蔬 Vegetable	酸菜肉片湯 Sliced Pork & Pickled Mustard Soup	水果 Fruit	肉鬆麵包 Pork Floss Bread	▼花生粉 (peanut) ★雞蛋(egg)	▼nut ★egg
4	一 Mon.	白飯 Rice	泡菜雞肉 Kimchi Chicken	▲酥炸柳葉魚 Fried Fish	小瓜炒香腸 Stir-fried Zucchini & Sausages	時蔬 Vegetable	酸菜肉片湯 Sliced Pork & Pickled Mustard Soup	水果 Fruit	水果 Fruit	▲魚(fish)	▲seafood
5	二 Tue.	薑黃飯 Turmeric Rice	手撕豬肉 Pulled Pork	★○起司炒蛋 Scrambled Egg with Cheese	杏鮑菇炒毛豆 Fried edamame with king oyster mushrooms	時蔬 Vegetable	巧達濃湯 Chowder Soup	水果 Fruit	黑糖饅頭 Brown sugar bun	★雞蛋(egg) ○起司(cheese )	★egg ○dairy products
6	三 Wed.	紫米飯 Purple Rice	鹽酥雞 Salted Chicken	豆鼓鮮蚵豆腐 Black Bean cooked Oyster and Tofu	白菜滷 Slow-cooked Napa Cabbage	時蔬 Vegetable	大瓜貢丸湯 Winter Melon Meat Ball Soup	水果 Fruit	高麗菜包 Cabbage buns	▲鮮蚵(oyster )	▲seafood
7	四 Thu.	糙米飯 Brown Rice	咖喱豬 Curry Pork	豆芽炒豆包 Fried Tofu Skin with Bean Sprouts	★三色蛋 Tri-color Egg	時蔬 Vegetable	鳳梨苦瓜雞湯 Bitter Gourd chicken soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
8	五 Fri.	烏龍麵 Udon Noodles	稻禾烏龍麵 Daohe Udon Noodles	唐揚炸雞 Chicken Karaage	油豆腐 / ★水煮蛋 / 海苔絲 Tofu / hard-boiled- egg/Seaweed	時蔬 Vegetable	剝皮辣椒雞湯 Peeled chili chicken soup	水果 Fruit	菠蘿麵包 Pineapple bread	★雞蛋(egg)	★egg
11	一 Mon.	白飯 Rice	▲香酥魚排 Crispy Fish Steak	銀芽豬柳 Stir-fried Bean Sprouts w/ Pork Strips	★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	▲魚(fish) ★雞蛋(egg)	▲seafood ★egg
12	二 Tue.	白飯 Rice	香菇燒雞 Fried Chicken With Mushroom	★番茄炒蛋 Scrambled Eggs with Tomatoes	什錦大瓜 Assorted Melon	時蔬 Vegetable	青木瓜排骨湯 Green Papaya Pork Rib Soup	水果 Fruit	水煎包 Fried buns	★雞蛋(egg)	★egg
13	三 Wed.	地瓜飯 Sweet Potato Rice	水煮肉片 Sichuan Spicy Boiled Sliced Meat	▲西芹炒鮮魷 Fried Squid with Celery	士林香腸 Shilin Sausage	時蔬 Vegetable	★紫菜蛋花湯 Seaweed Egg-Drop Soup	水果 Fruit	紅豆紫米甜湯 Red Bean and Purple Rice Sweet Soup	▲魷魚(squid)	▲seafood
14	四 Thu.	義大利麵 Spaghetti	南瓜雞肉義大利 麵 Pumpkin Chicken Pasta	薯條 French Fries (Chips)	●大蒜麵包 Garlic Bread	時蔬 Vegetable	洋蔥濃湯 Onion Soup	水果 Fruit	水果 Fruit	●起司(cheese )	●dairy products
15	五 Fri.	油麵 Yellow noodle	▲花枝羹麵 Noodle Soup with Squid Twigs	椒鹽雞捲 Pepper-Salt Chicken Rolls	★中式滷味 Braised Assorted Foods	時蔬 Vegetable	洋蔥濃湯 Onion Soup	水果 Fruit	乳酪麵包 Cheese bread	▲魷魚(squid) ★鳥蛋(bird eggs)	▲seafood ★egg
18	一 Mon.	糙米飯 Brown Rice	豆乳雞丁 Fermented Bean Curd Chicken	螞蟻上樹 Glass Noodles with Fried Minced Pork	芹菜豆包 Stir-fried Tofu Skin with Celery	時蔬 Vegetable	★玉米蛋花湯 Corn Kernel & Egg-Drop Soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
19	二 Tue.	白飯 Rice	鷹嘴豆燉豬肉 Spicy Pork Stew with Chickpeas	★馬鈴薯烘蛋 Potato eggs	●焗烤白菜 Cabbage Gratin	時蔬 Vegetable	羅宋湯 Borscht	水果 Fruit	鮮肉包 Stamed Pork bun	★雞蛋(egg) ●起司(cheese )	★egg ●dairy products
20	三 Wed.	油麵 Yellow noodle	沙茶海鮮炒麵 Sacha Seafood Fried Noodles	紅糟豬肉 Red Pork Chops	★中式滷味 Braised Assorted Foods	時蔬 Vegetable	▲味噌豆腐湯 Miso Tofu Soup	水果 Fruit	奶油麵包 Butter bread	★鳥蛋(bird eggs) ▲柴魚片(boni to flakes)	★egg ▲seafood
21	四 Thu.	紫米飯 Purple rice	迷迭香烤雞 Roast chicken with rosemary	★翡翠蒸蛋 Spinach Steamed Egg	▲小魚乾豆干 Dried Small Fish and Bean Curd	時蔬 Vegetable	冬瓜貢丸湯 Winter Melon Meatballs Soup	水果 Fruit	水果 Fruit	★雞蛋(egg) ▲魚(fish)	★egg ▲seafood
22	五 Fri.	白麵 Noodles	番茄牛肉麵 Beef Tomato Soup	★中式滷味 Braised Assorted Foods	酸菜 Pickled Chinese Mustard	時蔬 Vegetable	蘿蔔排骨湯 Pork Ribs Raddish Soup	水果 Fruit	香蕉蛋糕 Banana cake	★鳥蛋(bird eggs)	★egg
25	一 Mon.	香料飯 Spice rice	番茄馬鈴薯燉雞 Tomato & Potato Stewed Chicken	蛋黃芋圓 Egg Yolk Taro Balls	●★起司蒸蛋 Steamed Egg with Cheese	時蔬 Vegetable	蘿蔔排骨湯 Pork Ribs Raddish Soup	水果 Fruit	水果 Fruit	★雞蛋(egg) ●起司(cheese )	★egg ●dairy products
26	二 Tue.	大亨堡 Hot dog bun	德國香腸 German Sausages	洋蔥/酸黃瓜 Onion/Pickle	肉醬通心麵 Macaroni Bolognese	時蔬 Vegetable	●★玉米濃湯 Corn Soup	水果 Fruit	黑糖珍珠奶茶 Brown Sugar Pearl Milk Tea	●起司(cheese ) ★雞蛋(egg)	●dairy products ★egg
27	三 Wed.	法國麵包/義大利 麵 French Bread & Spaghetti	番茄肉醬 Tomato Meat Sauce	匈牙利烤雞 Hungarian Roast Chicken	牧羊人派 Shepherds Pie	時蔬 Vegetable	可樂/海尼根(無酒精) Cola/ 0.0 Heineken	水果 Fruit	PD DAY		
28	四 Thu.	感恩節									
29	五 Fri.	THANKSGIVING BREAK									