

新竹縣康乃爾美國學校113 年12月份營養午餐菜單
Dec. 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
2	一 Mo	水餃(高麗菜) Dumplings	▲酥炸柳葉魚 Fried Fish	黃金泡菜 Golden kimchi		時蔬 Vegetable	★酸辣湯 Hot and sour soup	水果 Fruit	水果 Fruit	▲魚(fish) ★雞蛋(egg)	▲seafood ★egg
3	二 Tu	糙米飯 Brown Rice	泡菜雞肉 Kimchi chicken	●★起司蒸蛋 Steamed egg with cheese	小瓜炒香腸 Zucchini sausage	時蔬 Vegetable	酸菜肉片湯 Sliced Pork and Pickled Vegetable Soup	水果 Fruit	雞蛋小饅頭 Egg buns	★雞蛋(egg) ●起司(cheese)	★egg ●dairy products
4	三 We	義大利麵 Spaghetti	茄汁肉醬義大利麵 Spaghetti Bolognese	洋蔥圈 Onion rings	○●焗烤南瓜 Pumpkin Gratin	時蔬 Vegetable	巧達濃湯 Chodal Soup	水果 Fruit	馬拉糕 Malay cake	○起司(cheese) ●奶油(cream)	○●dairy products
5	四 Th	紫米飯 Purple rice	紅糯雞丁 Red Glutinous Chicken	塔香海茸 Durvillea Antarctic	毛豆素雞片 Edamame vegetarian chicken	時蔬 Vegetable	大瓜貢丸湯 Winter melon meat ball soup	水果 Fruit	水果 Fruit		
6	五 Fr	油麵 Yellow noodle	排骨酥麵 Pork ribs crispy noodles	★滷蛋/貢丸 Spiced corned egg /Gongmaru	中式滷味 Braised assorted foods	時蔬 Vegetable	/	水果 Fruit	肉鬆麵包 Pork Floss Bread	★雞蛋(egg)	★egg
9	一 Mo	五穀飯 Five grain rice	三杯雞 Three cup sauce cooked with chicken	▲西芹炒鮮菇 Fresh mushroom with celery	★番茄炒蛋 Scrambled Eggs with Tomatoes	時蔬 Vegetable	榨菜肉絲湯 pork with Sichuan cabbage soup	水果 Fruit	水果 Fruit	★雞蛋(egg) ▲魷魚(squid)	★egg ▲seafood
10	二 Tu	白飯 Rice	薑汁燒肉 Braised pork with ginger sauce	★玉米蒸蛋 Corn steamed egg	香菇豆腐煲 Mushroom tofu casserole	時蔬 Vegetable	玉米蘿蔔湯 Corn and radish soup	水果 Fruit	叉燒包 Barbecued pork buns	★雞蛋(egg)	★egg
11	三 We	糙米飯 Brown Rice	蔥爆牛柳 Beef fillet with spring onion	▲柴魚蘿蔔 Dashi braised radish	脆皮馬蹄條 Fried Water Chestnuts	時蔬 Vegetable	香菇雞湯 Mushroom and Chicken Soup	水果 Fruit	椰果奶茶 Cocoanut Jelly milk tea	▲柴魚片 (bonito flakes)	▲seafood
12	四 Th	白飯 Rice	糖醋排骨 Sweet and sour pork ribs	涼拌干絲 Cold dried tofu	★培根洋蔥炒蛋 Eggs with Bacon and Onions	時蔬 Vegetable	青木瓜排骨湯 Green papaya pork rib soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
13	五 Fr	油麵 Yellow noodle	哨子麵 Whistle noodles	紅糟豬肉 Red pork chops	蒜味豆干 Garlic dried Tofu	時蔬 Vegetable	▲味噌豆腐湯 Miso Tofu Soup	水果 Fruit	蜂蜜蛋糕 Honey cake	▲柴魚片(boni to flakes)	▲seafood
16	一 Mo	五穀飯 Five grain rice	蘑菇肉片 Mushroom pork	椒鹽甜不辣 Fried Tempuro	螞蟻上樹 Minced Winter Noodles	時蔬 Vegetable	★紫菜蛋花湯 Egg and seaweed soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
17	二 Tu	白飯 Rice	咖喱雞 Chicken with curry	胡瓜炒蛋 Scrambled eggs with cougette	五味豆腐 Five flavor tofu	時蔬 Vegetable	蘿蔔排骨湯 Pork ribs soup with radish	水果 Fruit	蔥肉餡餅 Pork pie		
18	三 We	糙米飯 Brown Rice	蘿蔔燒肉 Roast pork with radish	蔥爆豆干 Fried dried tofu with green onions	火腿玉米粒 Minced pork and corn kernels	時蔬 Vegetable	冬瓜貢丸湯 Winter Melon Meatballs Soup	水果 Fruit	奶酥麵包 Butter bread		
19	四 Th	義大利麵 Pasta	●奶油燻雞義大利 麵 Pasta with Smoked chicken and cream sauce	蒜味法國麵包 Garlice french bread	薯條 French Fries (Chips)	時蔬 Vegetable	●★玉米濃湯 Corn Soup	水果 Fruit	水果 Fruit	★雞蛋(egg) ●奶油(cream)	★egg ●dairy products
20	五 Fr	漢堡 Burger	手撕豬肉 Pulled Pork	麥克雞塊 Chicken nuggets	★馬鈴薯沙拉 Potato Salad	時蔬 Vegetable	果汁 Juice	水果 Fruit	銅鑼燒 Dorayaki	★雞蛋(egg)	★egg
23	一 Mo	糙米飯 Brown Rice	白斬雞 Braised Chicken	麻辣鴨血豆腐 Spicy duck blood tofu	★老燒蛋 Lao shaodan	時蔬 Vegetable	▲冬瓜蛤蜊湯 Winter squash clam soup	水果 Fruit	/	★雞蛋(egg) ▲蛤蜊(clams)	★egg ▲seafood
24	二 Tu	刈包 Gua bao	梅干扣肉 Dried prunus Braised pork	★荷包蛋 Egg	酸菜/▼花生粉/香菜 Pickled vegetables / Peanut powder/ coriander	時蔬 Vegetable	四神湯 Sishen soup	水果 Fruit	/	★雞蛋(egg) ▼花生粉(peanut)	★egg ▼nut
25	三 We	白飯 Rice	脆皮燒肉 Crispy roast pork belly	油雞 Chicken	老皮嫩肉 Braised Egg Tofu	時蔬 Vegetable	酸菜鴨肉湯 Sauerkraut and duck soup	水果 Fruit	/		
26	四 Th	白飯 Rice	椒麻雞 Pepper chicken	▲▼月亮蝦餅 Moon shrimp cake	★鹹蛋四季豆 Salted egg green beans	時蔬 Vegetable	泰式酸辣湯 Thai hot and sour soup	水果 Fruit	/	▲魚(fish) ▼蝦(shrimp) 鹹蛋(salted egg)	▼▲seafood ★egg
27	五 Fr	麵線 Noodles	薑母鴨 Ginger duck	鴨肉丸/米血/豆皮 Duck meatballs/ Pig blood cake/ bean curd	玉米筍/凍豆腐/金針 菇 Corn shoots/ Tofu/Flammulina enoki	時蔬 Vegetable	/	水果 Fruit	/		
30	一 Mo	寒假 WINTER BREAK									
31	二 Tu										