

新竹縣康乃爾美國學校114年2月份營養午餐菜單

Feb. 2025 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 |
|----|---------|-------------------------------------|---|--|--|-----------------|---|-------------|--|---|--------------------------------------|
| 3 | 一 Mo | 白飯 Rice | 肉燥飯 Minced meat rice | 炸豬排 Fried pork cutlet | ★玉米蒸蛋 Corn steamed egg | 時蔬 Vegetable | ▲蘿蔔魚丸湯 White radish fish ball soup | 水果 Fruit | 水果 Fruit | ▲魚(fish) ★雞蛋(egg) | ▲seafood ★egg |
| 4 | 二 Tu | 糙米飯 Brown Rice | 蔥爆牛柳 Beef fillet with spring onion | 塔香甜不辣 Basil Tempura | 白花炒香腸 Cauliflower with Sausage | 時蔬 Vegetable | 榨菜肉絲湯 pork with Sichuan cabbage soup | 水果 Fruit | 叉燒包 Barbecued pork buns | | |
| 5 | 三 We | 大亨堡 Hot dog bun | 德國香腸 German sausage | 洋蔥/酸黃瓜 Onion/Pickle | 薯條 French Fries (Chips) | 時蔬 Vegetable | ●★玉米濃湯 Corn Soup | 水果 Fruit | 黑糖珍珠奶茶 Brown sugar pearl milk tea | ●奶油(cream) ★雞蛋(egg) | ●dairy products ★egg |
| 6 | 四 Th | 白飯 Rice | 蜂蜜雞翅 Honey Fried chicken | ●★起司蒸蛋 Steamed egg with cheese | 韓式醃蘿蔔 Pickled radish | 時蔬 Vegetable | 蒜頭雞湯 Garlic chicken soup | 水果 Fruit | 水果 Fruit | ★雞蛋(egg) ●起司(cheese) | ★egg ●dairy products |
| 7 | 五 Fr | 拉麵 Ramen | 燒肉拉麵 Miso yakiniku ramen | ▼花生銀絲卷 Peanut silver roll | 玉米粒/★水煮蛋/魚板 Corn kernels /boiled egg/Fish cakes | 時蔬 Vegetable | / | 水果 Fruit | 雞蛋小饅頭 Egg buns | ▼花生粉(peanut) ★雞蛋(egg) | ▼nut ★egg |
| 10 | 一 Mo | 白飯 Rice | 葡萄酒燉雞 Wine braised chicken | 地瓜球 Sweet potato balls | ●○焗烤白菜 Cabbage Gratin | 時蔬 Vegetable | 蘿蔔排骨湯 Pork ribs soup with radish | 水果 Fruit | 水果 Fruit | ●起司(cheese) ○奶油(cream) | ○●dairy products |
| 11 | 二 Tu | 地瓜飯 Sweet potato rice | 泡菜豬肉 Pork with Kimchi | 沙茶寬粉 Sacha Thick Glass Noodle | 鮮菇雙花 Fresh Mushroom Broccoli | 時蔬 Vegetable | ★紫菜蛋花湯 Egg and seaweed soup | 水果 Fruit | 馬拉糕 Malay cake | ★雞蛋(egg) | ★egg |
| 12 | 三 We | 糙米飯 Brown Rice | 咖哩雞 Chicken with curry | ▲酥炸柳葉魚 Fried Fish | 蘿蔔滷雙結 Radish marinated double knot | 時蔬 Vegetable | 冬瓜貢丸湯 Winter Melon Meatballs Soup | 水果 Fruit | 百香雙響炮 Passion fruit tea with bubble and coconut jelly | ▲魚(fish) | ▲seafood |
| 13 | 四 Th | 義大利麵 Spaghetti | ▼青醬豬肉義大利麵 Pesto pork pasta | 薯餅 Hash Brown | ●焗烤南瓜 Pumpkin Gratin | 時蔬 Vegetable | 巧達濃湯 Chodal Soup | 水果 Fruit | 水果 Fruit | ▼堅果(nut) ●起司(cheese) | ▼nut ●dairy products |
| 14 | 五 Fr | 油麵 Yellow noodle | 蒜酥乾拌麵 Garlic crisp and dry noodles | 炸雞腿 Deep fried chicken thighs | 黃金泡菜 Golden kimchi | 時蔬 Vegetable | ▲味噌豆腐湯 Miso Tofu Soup | 水果 Fruit | 蜂蜜蛋糕 Honey cake | ▲柴魚片(bonito flakes) | ▲seafood |
| 17 | 一 Mo | 五穀飯 Five grain rice | 黑胡椒豬柳 Black pepper pork tenderloin | ★番茄炒蛋 Scrambled Eggs with Tomatoes | 芹菜豆包 Celery bean bag | 時蔬 Vegetable | 香菇雞湯 Mushroom and Chicken Soup | 水果 Fruit | 水果 Fruit | ★雞蛋(egg) | ★egg |
| 18 | 二 Tu | 白飯 Rice | 瓜仔雞 Melon chicken | 螞蟻上樹 Minced Pork with Glass Noodles | 黑胡椒豆腐 Black pepper tofu | 時蔬 Vegetable | 青木瓜排骨湯 Green papaya pork rib soup | 水果 Fruit | 肉鬆麵包 Pork Floss Bread | | |
| 19 | 三 We | 香料飯 Spice rice | ○▲酸豆奶油鯛魚 Snapper with capers and cream | 番茄燉雞肉 Tomato stewed chicken | ★鮮菇蒸蛋 Steamed Egg with Mushroom | 時蔬 Vegetable | 羅宋湯 Borscht | 水果 Fruit | 黑糖紅豆捲 Brown sugar red bean roll | ○鮮奶油(fresh cream) ▲魚(fish) ●奶油(cream) ★雞蛋(egg) | ▲seafood ○●dairy products ★egg |
| 20 | 四 Th | 白飯 Rice | 薑汁燒肉 Braised pork with ginger sauce | 蒜味豆腐 Garlic tofu | 什錦大瓜 Assorted Gourd | 時蔬 Vegetable | 玉米蘿蔔湯 Corn and radish soup | 水果 Fruit | 水果 Fruit | | |
| 21 | 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 | 波羅麵包 Pineapple bread | ★鳥蛋(bird eggs) | ★egg |
| 24 | 一 Mo | 糙米飯 Brown Rice | 豆乳雞丁 fermented bean curd with | ▲開陽白菜 Kaiyang cabbage | ★培根洋蔥炒蛋 Eggs with Bacon and Onions | 時蔬 Vegetable | 大瓜貢丸湯 Winter melon meat ball soup | 水果 Fruit | 水果 Fruit | ▲蝦米(shrimp) ★雞蛋(egg) | ▲seafood ★egg |
| 25 | 二 Tu | 義大利麵 Spaghetti | 茄汁肉醬義大利麵 Spaghetti Bolognese | 洋蔥圈 Onion rings | 蒜味法國麵包 Garlice french bread | 時蔬 Vegetable | 洋蔥濃湯 Onion soup | 水果 Fruit | 蔥肉餡餅 Pork pie | | |
| 26 | 三 We | 白飯 Rice | 玫瑰油雞 Rose oil chicken | 士林香腸 Shilin sausage | ▲客家小炒 Hakka stir fry | 時蔬 Vegetable | 剝皮辣椒雞湯 Peeled chili chicken soup | 水果 Fruit | 奶酥麵包 Butter bread | ▲蝦米(shrimp) | ▲seafood |
| 27 | 四 Th | 油麵 Yellow noodle | 沙茶肉絲炒麵 Shacha pork fried noodles | 春捲 Spring rolls | 涼拌小黃瓜 Cucumber salad | 時蔬 Vegetable | 貢丸湯 Gongwan soup | 水果 Fruit | 水果 Fruit | | |
| 28 | 五 Fr | <p>和平紀念日 PEACE MEMORIAL DAY</p> | | | | | | | | | |