

新竹縣康乃爾美國學校114年4月份營養午餐菜單

Apr. 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
1	二 Tu	<div style="color: red; font-size: 2em; font-weight: bold;">春假</div> <div style="color: red; font-size: 3em; font-weight: bold;">Spring Break</div>									
2	三 We										
3	四 Th										
4	五 Fr										
7	一 Mo	白飯 Rice	筍乾扣肉 Dried bamboo shoots and braised pork	▲酥炸柳葉魚 Fried Fish	★鮮菇蒸蛋 Steamed Egg with Mushroom	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
8	二 Tu	香料飯 Spiced rice	番茄馬鈴薯燉雞 Tomato and potato stewed chicken	普羅旺斯烤菜 Provence roast	●○焗烤白菜 Cabbage Gratin	時蔬 Vegetable	蒜頭雞湯 Garlic chicken soup	水果 Fruit	雞蛋小饅頭 Egg buns	●○起司(cheese)	●○dairy products
9	三 We	地瓜飯 Sweet potato rice	BBQ炒肉片 BBQ Fried pork slices	★番茄炒蛋 Scrambled Eggs with Tomatoes	香菇豆腐煲 Mushroom tofu casserole	時蔬 Vegetable	榨菜肉絲湯 Sichuan cabbage soup	水果 Fruit	叉燒包 Barbecued pork buns	★雞蛋(egg)	★egg
10	四 Th	白飯 Rice	鹽酥雞 Salted chicken	小瓜雞捲 Cucumber Chicken Roll	三杯杏鮑菇 Mushroom	時蔬 Vegetable	酸菜肉片湯 Sliced Pork & Pickled Vegetable Soup	水果 Fruit	水果 Fruit		
11	五 Fr	米粉 Rice noodles	紅糟豬肉米粉 Red pork rice noodles	中式滷味 Braised assorted foods	貢丸/★滷蛋 Meatballs/Braised egg	時蔬 Vegetable	/	水果 Fruit	奶酥麵包 Butter bread	★雞蛋(egg)	★egg
14	一 Mo	糙米飯 Brown Rice	泡菜雞肉 Kimchi chicken	蛋黃芋圓 Egg yolk taro balls	清炒胡瓜 Stir-fried courgette	時蔬 Vegetable	★紫菜蛋花湯 Egg and seaweed soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
15	二 Tu	香料飯 Spiced rice	鷹嘴豆燉辣豬肉 Spicy pork stew with chickpeas	●★起司蒸蛋 Steamed egg with cheese	西芹炒鮮菇 Fresh mushroom with celery	時蔬 Vegetable	蘿蔔排骨湯 Pork ribs soup with radish	水果 Fruit	馬拉糕 Malay cake	★雞蛋(egg) ●起司(cheese)	★egg ●dairy products
16	三 We	義大利麵 Spaghetti	番茄蘿勒雞肉 Basil chicken Tomato Sauce	薯餅 Hash Brown	玉米餅(莎莎醬) Corn tortilla with Salsa	時蔬 Vegetable	洋蔥濃湯 Onion soup	水果 Fruit	蔥肉餡餅 Pork pie		
17	四 Th	白飯 Rice	水煮肉片 Sichuan Spicy Boiled meat	什錦大瓜 Assorted gourd	五味豆腐 Five flavor tofu	時蔬 Vegetable	香菇雞湯 Mushroom and Chicken Soup	水果 Fruit	水果 Fruit		
18	五 Fr	拉麵 Ramen	照燒雞腿拉麵 Teriyaki chicken thigh ramen	蘋果甘煮地瓜 Sweet boiled sweet potatoes with apples	★水煮蛋/玉米粒 Hard Boiled egg/Corn grain	時蔬 Vegetable	/	水果 Fruit	大理石蛋糕 Marble cake	★雞蛋(egg)	★egg
21	一 Mo	白飯 Rice	鼓汁豬排 Black Beanbraised pork chops	培根雙花 Pan-fry broccoli with bacon	★玉米蒸蛋 Corn steamed egg	時蔬 Vegetable	冬瓜貢丸湯 Winter Melon Meatballs Soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
22	二 Tu	五穀飯 Five grain rice	咖哩雞 Chicken Curry	★菜脯炒蛋 Scrambled eggs with preserved radish	芹菜豆包 Celery bean bag	時蔬 Vegetable	青木瓜排骨湯 Green papaya pork rib soup	水果 Fruit	波羅麵包 Pineapple bread	★雞蛋(egg)	★egg
23	三 We	糙米飯 Brown Rice	橙汁排骨 Orange Short Ribs	蘿蔔麵輪 Radish noodle wheels	★蛋酥白菜 Crispy egg with cabbage	時蔬 Vegetable	▲味噌豆腐湯 Miso Tofu Soup	水果 Fruit	黑糖珍珠奶茶 Brown sugar pearl milk tea	★雞蛋(egg) ▲柴魚片(bonito flakes)	★egg ▲seafood
24	四 Th	白飯 Rice	沙茶炒雞柳 Fried chicken with shacha sauce	螞蟻上樹 Minced Winter Noodles	脆皮馬蹄條 Fried Water Chestnuts	時蔬 Vegetable	玉米蘿蔔湯 Corn and radish soup	水果 Fruit	水果 Fruit		
25	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	肉鬆麵包 Pork Floss Bread	★鳥蛋(bird eggs)	★egg
28	一 Mo	紫米飯 Purple rice	薑汁燒肉 Braised pork with ginger sauce	塔香甜不辣 Basil Tempura (Fish sticks)	鮮菇花椰菜 Fresh mushroom cauliflower	時蔬 Vegetable	剝皮辣椒雞湯 Peeled chili chicken soup	水果 Fruit	水果 Fruit		
29	二 Tu	白飯 Rice	三杯雞 Three cup sauce cooked with chicken	火腿玉米粒 Minced pork and corn kernels	★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	黑糖紅豆捲 Brown sugar red bean roll	★雞蛋(egg)	★egg
30	三 We	義大利麵 Spaghetti	波隆那肉醬 義大利麵(牛) Bologna spaghetti	○焗烤南瓜 Pumpkin Gratin	蒜味法國麵包 Garlic flavored french bread	時蔬 Vegetable	●★玉米濃湯 Corn Soup	水果 Fruit	蜂蜜蛋糕 Honey cake	○起司(cheese) ●奶油(cream) ★雞蛋(egg)	○●dairy products ★egg