

何嘉仁國際幼兒園 HESS INTERNATIONAL PRESCHOOL 112年8月 幼兒營養餐點預定表

《本園一律使用「國產豬」食材》

日期	星期	早點	午餐	水果	午點	蛋白質	脂肪	醣類
						公克	公克	公克
1	二	奶皇包 養生茶 Bun, Health Tea	蔬菜肉絲燴飯、應時青菜 雞茸玉米濃湯 Oolong Noodles Risotto, Vegetables Creamy Corn Soup	時令水果 Fruit	薏仁麥片湯 Barley Oatmeal Soup	26	20	105
2	三	高纖燕麥片 牛奶 High-Fiber Oatmeal, Milk	胚芽米飯 洋蔥嫩雞柳 吻仔魚蒸蛋 應時青菜 冬瓜排骨湯 Germinated rice ,chicken tenders with Orion, Steamed Eggs with Silver Fish , Vegetables Winter Melon Soup with Pork Ribs	時令水果 Fruit	什錦蔬菜湯麵 Mixed Vegetable Noodle Soup	30	21	99
3	四	香菇玉米粥 Mushroom Congee with Corn	胚芽米飯 蔥燒鮪魚片 木須炒肉 應時青菜 五行鮮蔬湯 Germinated Rice, Steamed Tuna ,Tree Mushroom with Shredded Pork, Vegetables Assorted Vegetable Soup	時令水果 Fruit	蔥油餅、養生茶 Scallion,Health tea	24	20	101
4	五	慶生會 birthday party	胚芽米飯 洋蔥肉絲 紅蘿蔔炒蛋 應時青菜 香菇白菜豆腐湯 Germinated rice , Shredded pork with onion, Scrambled Eggs with carrot, Vegetables Chinese Cabbage Soup with Mushroom and Tofu	時令水果 Fruit	香菇玉筍粥 Bamboo Shoot Congee with Mushroom Milk	29	18	105
7	一	什錦湯餃 Dumpling Soup	胚芽米飯 粉蒸肉片 紅燒豆腐 應時青菜 蘿蔔排骨湯 Germinated rice , Breaded Pork, Braised Tofu , Vegetables Radish and Carrot Soup with Pork Ribs	時令水果 Fruit	絲瓜麵線 Thin Noodles with Loofah	27	17	103
8	二	鮭魚鮮蔬粥 Tuna and Vegetable Congee	蘋果雞肉咖哩飯 應時青菜 蔬菜濃湯 Curry Rice with Chicken, Vegetables Creamy Vegetable Soup	時令水果 Fruit	八寶粥 Eight treasures Congee	23	20	107
9	三	什錦果麥 牛奶 Cereal, Milk	胚芽米飯 鳳梨炒雞丁 黃瓜炒木耳 應時青菜 紫菜蛋花湯 Germinated rice , Pineapple Fried with Chicken, Fried Tree Mushroom and Cucumber, Vegetables Seaweed Soup with and Eggs	時令水果 Fruit	肉燥蔥麵 Ground Pork Noodles	26	19	105
10	四	芋香瘦肉粥 Taro Meat Congee	胚芽米飯 糖醋魚片 雞絲炒豆干 應時青菜 香菇雞湯 Germinated rice , Sugar and Vinegar Fish Fillet, Dried Tofu with Meat Shreds, Vegetables Mushroom Soup with Chicken	時令水果 Fruit	奶油捲、養生茶 Butter Roll,Health tea	24	20	90
11	五	奶皇包 牛奶 Bun, Milk	胚芽米飯 筍絲嫩肉 芙蓉豆腐 應時青菜 絲瓜排骨湯 Germinated rice , Braised Pork with Dried Bamboo Shoot, Cold Tofu, Vegetables Pork Soup with Loofah	時令水果 Fruit	黑糖豆花 Tofu Pudding with Brown Sugar	27	21	103
14	一	油豆腐細粉湯 Fried Bean Curd Noodles	胚芽米飯 蒸瓜仔肉 薑絲海苔 應時青菜 鳳梨苦瓜雞湯 Germinated rice , Steamed Pork Cake with Potato, Seaweed with Ginger, Vegetables Pineapple and Bitter Gourd Chicken Soup	時令水果 Fruit	小米燕麥粥 Millet and Oat Congee	30	24	125
15	二	番茄糙米粥 Brown Rice Tomato Congee	美濃鮮肉板條 應時青菜 海帶芽蛋花湯 Rice Noodles with Assorted Ingredients, Vegetables Seaweed and Scrambled Egg Soup	時令水果 Fruit	白菜冬粉 Chinese Cabbage with Bean Thread	27	20	99
16	三	綜合喜瑞爾 牛奶 Cereal, Milk	胚芽米飯 玉米雞丁 芹香干絲 應時青菜 馬鈴薯紅蘿蔔湯 Germinated rice , Braised Chicken with Corn, Celery and Dried Bean Curd, Vegetables Potato Soup with Carrot	時令水果 Fruit	紅豆紫米粥 Red Beans and Purple rice Congee	29	19	102
17	四	日式鍋燒麵 Japanese Style Cook Noodles	胚芽米飯 京醬肉絲 鮮菇四季豆 應時青菜 黃瓜肉片湯 Germinated rice ,Shredded Pork with Sauce, Mushroom and Green Beans, Vegetables Pork Soup with Day Lily	時令水果 Fruit	全麥吐司、牛奶 Wheat toast ,Milk	24	22	104
18	五	三色小饅頭 牛奶 Bun, Milk	胚芽米飯 茄汁魚片 什錦洋芋 應時青菜 海芽味噌豆腐湯 Germinated rice , Diced fish with Tomato, Potato with Assorted Tapping, Vegetables Seaweed Soup with Tofu	時令水果 Fruit	檸檬愛玉 Lemon Vegetarian Gelatin	23	18	90
21	一	廣東粥 Cantonese Congee	胚芽米飯 鮮蔬蘑菇雞丁 薑絲炒絲瓜 應時青菜 番茄蛋花湯 Germinated rice , Diced Chicken with Mushroom, Fried Loofah , Vegetables Egg Drops Soup with Tomatoes	時令水果 Fruit	什錦河粉 Rice Noodles with Assorted Toppings	24	20	100
22	二	雞絲蛋湯麵 Chicken Noodles with Egg	椰菜丸子燴飯 應時青菜 蔬菜味噌豆腐濃湯 Meat Ball Risotto with Cauliflower, Vegetables Creamy Vegetable Soup	時令水果 Fruit	綠豆薏仁湯 Green Beans and Barley Soup	28	20	99
23	三	綜合喜瑞爾 牛奶 Cereal, Milk	胚芽米飯 什錦雞肉 莧菜吻仔魚 應時青菜 番茄白菜豆腐湯 Germinated rice , Assorted Chicken, Silver Fish with Amaranth, Vegetables Tomato and Chinese Cabbage Soup with Tofu	時令水果 Fruit	五彩鹹粥 Assorted Congee	26	19	115
24	四	玉米吻仔魚粥 Sweet Corn and Silver Fish Congee	胚芽米飯 香芹炒魚丁 壽喜燒豆腐 應時青菜 冬瓜蛤蜊薑絲湯 Germinated rice , Fried Diced Fish with Celery, Sukiyaki Tofu, Vegetables Winter Squash Soup with Clams	時令水果 Fruit	奶皇包 養生茶 Bun, Health Tea	24	20	110
25	五	鄉村野菇細麵 Noodles with Mushroom	胚芽米飯、照燒雞排、蘑菇歐姆蛋、應時青菜、蘿蔔香菇湯 Germinated Rice, Teriyaki Chicken Steak, Mushroom Omelet, Vegetables, Radish Soup with Mushrooml	時令水果 Fruit	餛飩湯 Dumpling Soup	28	19	105
28	一	吻仔魚瘦肉粥 Pork Congee with Silver Fish	胚芽米飯 橙汁里肌 螞蟻上樹 應時青菜 玉米排骨湯 Germinated rice , Orange Sauce Pork, Bean Threads with Minced Pork, Vegetables Corn Soup with Pork Ribs	時令水果 Fruit	高麗菜麵線 Cabbage Noddles	26	20	100
29	二	什錦湯餃 Dumpling Soup	番茄義大利肉醬麵、應時青菜、蛤蜊濃湯 Chicken Pasta with Tomato Sauce Vegetables, Creamy Clam Soup	時令水果 Fruit	什錦魚片粥 Assorted Fish Congee	26	23	105
30	三	什錦果麥 牛奶 Cereal, Milk	胚芽米飯 腰果蘋果雞丁 竹筍炒木耳 應時青菜 海帶肉絲湯 Germinated rice , Diced Chicken with Apple and Cashew, Fried Tree Mushroom and Bamboo, Vegetables Seaweed Soup with Shredded Pork	時令水果 Fruit	高纖地瓜湯 Sweet Potatoes Soup	26	22	96

31	四	瘦肉糙米粥 Pork and Barley Congee	胚芽米飯 咖哩雞肉馬鈴薯 洋葱玉米炒蛋 應時青菜 鮮菇雞湯 Germinated rice , Chicken Curry with Potato, Scrambled Eggs with Onion and Corn, Vegetables Chicken Soup with Assorted Mushroom	時令水果 Fruit	蔥油餅、養生茶 Scallion, Health tea	27	18	106
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