

何嘉仁國際幼兒園 HESS INTERNATIONAL PRESCHOOL 112年9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	熱量
						公克	公克	公克	卡
1	五	慶生會 birthday party	胚芽米飯 橙汁里肌 韭菜花炒花枝 應時青菜 玉米排骨湯 Germinated rice , Orange Sauce Pork, Fried Squid and Leek Flower, Vegetables ,Corn Soup with Pork Ribs	時令水果 Fruit	白菜冬粉 Chinese Cabbage with Bean Thread	29	18	112	730
4	一	芋頭米粉湯 Taro Rice Noodles Soup	胚芽米飯 鮮蔬蘑菇雞丁 洋蔥玉米炒蛋 應時青菜 番茄蛋花湯 Germinated rice , Diced Chicken with Mushroom, Scrambled Eggs with Onion and Corn, Vegetables Egg Drops Soup with Tomatoes	時令水果 Fruit	糙米排骨粥 Brown Rice Pork Congee	26	18	105	695
5	二	番茄糙米粥 Brown Rice Tomato Congee	蘋果雞肉咖哩飯 應時青菜 海帶芽蛋花湯 Curry Rice with Chicken, Vegetables Seaweed and Scrambled Egg Soup	時令水果 Fruit	油豆腐細粉湯 Fried Bean Curd Noodles	27	20	101	680
6	三	玉米穀片 牛奶 Cereal, Milk	胚芽米飯、洋芋燒肉、燴炒三菇、應時青菜 蛤蜊豆腐薑絲湯 Germinated Rice, Potato with Pork, Stewed Mushrooms, Vegetables, Clam and tofu Soup	時令水果 Fruit	筍白筍鹹稀飯 Water Bamboo Shoot Congee	22	19	105	685
7	四	肉燥拌麵 Minced Meat Noodles	胚芽米飯 糖醋魚片 雞絲拌豆干 應時青菜 鮮菇蛤蜊湯 Germinated rice , Sugar and Vinegar Fish Fillet, Dried Tofu with Meat Shreds, Vegetables , Clam Soup with Mushroom	時令水果 Fruit	奶黃包、牛奶 Bun, Milk	26	20	100	700
8	五	葡萄吐司、牛奶 Grape toast,Milk	胚芽米飯 梅干肉餅 燻白菜 滷豆干 紫菜蛋花湯 Germinated rice , Steamed Fish with Soya Beans, Stewed Chinese Cabbage, Braised tofu ,Seaweed Soup with and Eggs	時令水果 Fruit	芋頭牛奶西米露 Taro Milk Sago	26	22	105	690
11	一	冬瓜糙米粥 Winter Squash Congee	胚芽米飯 味噌香雞 番茄炒蛋 應時青菜 鮮菇排骨湯 Germinated rice , Stewed Chicken with Miso Fried Eggs with Tomatoes ,Vegetables Pork Soup with Assorted Mushroom	時令水果 Fruit	檸檬愛玉 Lemon Vegetarian Gelatin	21	18	99	700
12	二	鮪魚米粉湯 Tuna flour Noodles with Fish	夏威夷炒飯 應時青菜 蔬菜濃湯 Fried Rice with Pineapples, Vegetables Creamy Vegetable Soup	時令水果 Fruit	八寶粥 Eight treasures Congee	24	19	130	680
13	三	高纖燕麥片 牛奶 High-Fiber Oatmeal, Milk	胚芽米飯 洋蔥嫩豬肉片 吻仔魚蒸蛋 應時青菜 冬瓜排骨湯 Germinated rice , Pork Slice with Orion, Steamed Eggs with Silver Fish , Vegetables Winter Melon Soup with Pork Ribs	時令水果 Fruit	什錦蔬菜米粉 Assorted Vegetables Rice-flour Noodles	30	21	100	704
14	四	香菇玉米粥 Mushroom Congee with Corn	胚芽米飯 薑汁燒肉 木須炒肉 應時青菜 五行鮮蔬湯 Germinated Rice,Braised Pork with Ginger,Tree Mushroom with Shredded Pork, Vegetables Assorted Vegetable Soup	時令水果 Fruit	蔥油餅、養生茶 Scallion,Health tea	25	26	90	690
15	五	全麥吐司、牛奶 Wheat toast ,Milk	胚芽米飯 洋蔥雞柳 紅蘿蔔炒蛋 應時青菜 香菇白菜豆腐湯 Germinated rice , chicken tenders with Orion, Scrambled Eggs with carrot, Vegetables Chinese Cabbage Soup with Mushroom and Tofu	時令水果 Fruit	香菇肉末粥 Pork Congee with Mushroom Milk	28	20	106	705
18	一	雞茸玉米粥 Brown Rice Minced Chicken Congee	胚芽米飯 豉汁蒸魚 蘑菇歐姆蛋 應時青菜 海帶肉絲湯 Germinated rice , Steamed Fish with Soya Beans, Mushroom Omelet, Vegetables Seaweed Soup with Shredded Pork	時令水果 Fruit	什錦肉絲麵 Assorted Pork Noodles	25	22	105	700
19	二	日式鍋燒麵 Japanese Style Cook Noodles	和風雞肉炒麵 應時青菜 雞茸玉米濃湯 Japanese-style Chicken Noodles Vegetables Creamy Corn Soup with Chicken	時令水果 Fruit	紫米排骨粥 Pruper Rice Pork Congee	26	24	105	710
20	三	水果優格穀片,牛奶 Fruit yoghurt cereal, Milk	胚芽米飯 五味雞丁 吻仔魚蒸蛋 應時青菜 番茄白菜豆腐湯 Germinated rice ,Diced Chicken with Vegetables , Steamed Eggs with Silver Fish , Vegetables Tomato and Chinese Cabbage Soup with Tofu	時令水果 Fruit	高纖地瓜湯 Sweet Potatoes Soup	24	20	95	680
21	四	五彩鹹粥 Assorted Congee	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	波羅麵包、牛奶 Bread, Milk	27	22	90	707
22	五	奶油捲、養生茶 Butter Roll,Health tea	胚芽米飯 洋蔥雞柳 滑蛋海芽 應時青菜 大黃瓜魚片湯 Germinated rice ,Chicken with Orion , Eggs with Seaweed,Vegetables Cucumber Soup and Fish	時令水果 Fruit	蘿蔔瘦肉粥 Shredded Pork Congee with Carrots	28	20	103	703
23	六	什錦湯餃 Dumpling Soup	胚芽米飯 什錦雞肉 竹筍炒木耳 應時青菜 海帶肉絲湯 Germinated rice , Assorted Chicken, Fried Tree Mushroom and Bamboo, Vegetables Seaweed Soup with Shredded Pork	時令水果 Fruit	肉燥意麵 Ground Pork Noodles	26	22	100	705
25	一	廣東粥 Cantonese Congee	胚芽米飯 筍絲燻肉 芙蓉豆腐 應時青菜 蘿蔔排骨湯 Germinated rice , Braised Pork with Dried Bamboo Shoot, Cold Tofu, Vegetables Pork Soup with radish	時令水果 Fruit	綠豆薏仁湯 Green Beans and Barley Soup	25	21	100	698
26	二	餛飩湯 Dumpling Soup	椰菜丸子燴飯 應時青菜 冬瓜蛤蜊薑絲湯 Meat Ball Risotto with Cauliflower, Vegetables Seaweed and Scrambled Egg Soup	時令水果 Fruit	玉米吻仔魚粥 Sweet Corn and Silver Fish Congee	28	19	108	680
27	三	玉米穀片 牛奶 Cereal, Milk	胚芽米飯、蜜汁雞柳、三杯杏鮑菇、應時青菜、蘿蔔香菇湯 Germinated Rice, Chicken Tenders with Honey Sauce, Mushroom with Three Cups Sauce, Vegetables, Radish Soup with Mushrooml	時令水果 Fruit	銀耳桂圓紫米粥 Tremella Longan Purple Rice Porridge	26	22	110	720
28	四	小米燕麥粥 Millet and Oat Congee	胚芽米飯 蒸瓜仔肉 薑絲海茸 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	奶皇包 養生茶 Bun, Health tea	28	24	125	704
29	五	~中秋節快樂~							