

何嘉仁國際幼兒園 HESS INTERNATIONAL PRESCHOOL 112年10月 幼兒營養餐點表

《本園一律使用「國產豬肉」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
2	一	海鮮粥 Seafood Congee	胚芽米飯 鮮蔬菌菇雞丁 薑絲炒絲瓜 三色炒蛋 番茄蛋花湯 Germinated rice, Diced Chicken with Mushroom, Three color scrambled eggs, Vegetables Egg Drops Soup with Tomatoes	時令水果 Fruit	肉絲麵 Shredded pork noodles	28	20	100	700
3	二	黑糖饅頭 牛奶 Brown Sugar Bun, Milk	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	高纖地瓜湯 Sweet Potato Soup	26	22	90	670
4	三	綜合嘉瑞爾 牛奶 Cereal, Milk	胚芽米飯 糖醋雞柳 雞絲拌豆干 應時青菜 牛蒡排骨湯 Germinated rice, Sweet and Sour Chicken Fillett, Dried Tofu with Meat Shreds, Vegetables, Burdock Root Soup with Pork Ribs	時令水果 Fruit	芋香瘦肉粥 Taro Meat Congee	26	23	98	690
5	四	油豆腐細粉湯 Fried Bean Curd Noodles	肉絲燴飯 應時青菜 金針排骨湯 Shredded pork risotto, Cold Tofu, Vegetables Pork Soup with Day Lily	時令水果 Fruit	鮮奶吐司 養生茶 Milk toast, Health tea	27	21	103	710
6	五	慶生會 birthday party	胚芽米飯 咖哩豬肉燉馬鈴薯 應時青菜 鮮菇雞湯 Germinated rice, Pork Curry with Potato, Vegetables Chicken Soup with Assorted Mushroom	時令水果 Fruit	高麗菜麵線 Cabbage Noodles	28	18	106	692
9	一	~ 雙十節快樂 ~							
10	二	~ 雙十節快樂 ~							
11	三	高纖燕麥片 牛奶 High-Fiber Oatmeal, Milk	胚芽米飯 洋蔥嫩豬肉片 胡蘿蔔蒸蛋 應時青菜 冬瓜排骨湯 Germinated rice, Pork Slice with Onion, Steamed Eggs with carrot, 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	99	704
12	四	香菇玉米粥 Mushroom Congee with Corn	木須鮮肉燴飯 應時青菜 五行鮮蔬湯 Mushu shredded pork risotto, Vegetables Assorted Vegetable Soup	時令水果 Fruit	葡萄吐司、牛奶 Grape toast, Mike	27	23	98	700
13	五	什錦米苔目 Assorted Rice-flour Noodles	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 Onion, Scrambled Eggs with carrot, Vegetables Chinese Cabbage Soup with Mushroom and Tofu	時令水果 Fruit	香菇竹筍粥 Bamboo Shoot Congee with Mushroom Milk	29	18	105	693
16	一	什錦湯餃 Dumpling Soup	胚芽米飯 粉蒸肉片 番茄炒蛋 應時青菜 蘿蔔排骨湯 Germinated rice, Breaded Pork, Fried Eggs with Tomato, Vegetables Radish and Carrot Soup with Pork Ribs	時令水果 Fruit	絲瓜麵線 Thin Noodles with Loofah	25	17	97	680
17	二	鮭魚鮮蔬粥 Tuna and Vegetable Congee	蔬菜肉絲烏龍炒麵、應時青菜 雞茸玉米濃湯 Oolong Noodles with Vegetables, Vegetables Creamy Corn Soup	時令水果 Fruit	銀耳蓮子湯 Edible Fungus and Lotus Seeds Soup	26	20	113	702
18	三	三色小饅頭 牛奶 Bun, Milk	胚芽米飯 什錦雞肉 肉仔魚蒸蛋 應時青菜 番茄白菜豆腐湯 Germinated rice, Assorted Chicken, Steamed Eggs with Silver Fish, Vegetables Tomato and Chinese Cabbage Soup with Tofu	時令水果 Fruit	什錦粿仔條 Rice Noodles with Assorted Ingredients	27	22	105	720
19	四	玉米瘦肉粥 Corn Pork Congee	胚芽米飯 茄汁魚片 什錦芋芋 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	鮮奶吐司 牛奶 Milk toast, Milk	25	22	91	675
20	五	玉米穀片 牛奶 Cereal, Milk	胚芽米飯、親子丼、三杯杏鮑菇、應時青菜 鮮菇排骨湯 Germinated rice, Chicken with Eggs, Mushroom with Three Cups Sauce, Vegetables, Pork Soup with Mushroom	時令水果 Fruit	蘿蔔瘦肉粥 Shredded Pork Congee with Carrots	26	19	101	680
23	一	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 香菇雞湯 Germinated rice, Steamed Pork Cake with Potato, Seaweed with Ginger, Vegetables, Mushroom Chicken Soup	時令水果 Fruit	紅豆湯 Red Bean Soup	28	24	109	690
24	二	雞絲蛋湯麵 Chicken Noodles with Egg	什錦肉絲炒飯 應時青菜 蔬菜味噌豆腐濃湯 Fried Pork Rice, Vegetables, Creamy Vegetable Soup	時令水果 Fruit	茭白筍鹹粥 Water Bamboo Shoot Congee	27	20	101	691
25	三	綜合嘉瑞爾 牛奶 Cereal, Milk	胚芽米飯 洋蔥燒雞 芹香干絲 應時青菜 馬鈴薯紅蘿蔔湯 Germinated rice, Braised Chicken with Onion, Celery and Dried Bean Curd, Vegetables Potato Soup with Carrot	時令水果 Fruit	白菜冬粉 Chinese Cabbage with Bean Thread	23	19	102	709
26	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	奶黃包、牛奶 Bun, Milk	26	20	105	700
27	五	奶油捲、養生茶 Butter Roll, Health tea	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	番茄糙米粥 Brown Rice Tomato Congee	25	21	105	690
30	一	五彩鹹粥 Assorted Congee	胚芽米飯 五味雞丁 滷蛋 應時青菜 味噌豆腐濃湯 Germinated rice, Diced Chicken with Vegetables, Braised egg, Vegetables, Creamy Soup with Tofu	時令水果 Fruit	雞絲麵線 Thin Noodles with Shredded Chicken	29	18	105	693
31	二	鮭魚米粉湯 Rice-flour Noodles with Fish	番茄雞肉燴飯、應時青菜 蔬菜濃湯 Chicken Risotto with Tomato, Vegetables Creamy Vegetable Soup	時令水果 Fruit	八寶粥 Eight treasures Congee	25	20	114	700