

何嘉仁國際幼兒園 HESS INTERNATIONAL PRESCHOOL 112年11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	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	肉燥蔥麵 Ground Pork Noodles	26	23	110	715
2	四	糙米排骨粥 Brown Rice Pork Congee	胚芽米飯 茄汁鳳梨魚丁 嫩白菜 滷豆干 紫菜蛋花湯 Germinated rice, Steamed Fish with Soya Beans, Stewed Chinese Cabbage, Braised tofu, Seaweed, Seaweed Soup with and Eggs	時令水果 Fruit	蔥油餅、養生茶 Scallion, Health tea	23	20	95	690
3	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	吻仔魚瘦肉粥 Pork Congee with Silver Fish	29	18	112	730
6	一	黑糖饅頭牛奶 Bun, Milk	胚芽米飯 鮮蔬蘑菇雞丁 胡蘿蔔玉米炒蛋 應時青菜 番茄蛋花湯 Germinated rice, Diced Chicken with Mushroom, Scrambled Eggs with Carrot and Corn, Vegetables Egg Drops Soup with Tomatoes	時令水果 Fruit	芋頭米粉湯 Taro Rice Noodles Soup	26	18	106	690
7	二	番茄糙米粥 Brown Rice Tomato Congee	蘋果雞肉咖哩飯 應時青菜 香菇蓮子雞湯 Curry Rice with Chicken, Vegetables Mushroom and Lotus Seeds Soup with Chicken	時令水果 Fruit	紅豆湯 Sweet Red Bean Soup	27	20	100	670
8	三	玉米穀片牛奶 Cereal, Milk	胚芽米飯、洋芋燒肉、彩椒炒杏鮑菇 應時青菜 蛤蚧豆腐薑絲湯 Germinated Rice, Potato with Pork, Mushroom and Peppers, Vegetables, Clam and tofu Soup	時令水果 Fruit	關東煮 Assorted Tempura	21	20	103	680
9	四	瘦肉粥 Meat Congee	胚芽米飯 糖醋魚片 雞絲拌豆干 應時青菜 馬鈴薯紅蘿蔔湯 Germinated rice, Sugar and Vinegar Fish Fillet, Dried Tofu with Meat Shreds, Vegetables, Potato Soup with Carrot	時令水果 Fruit	奶黃包、牛奶 Bun, Milk	28	18	101	685
10	五	奶油捲、牛奶 Butter Roll, Mike	胚芽米飯 筍絲燉肉 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 Carrot	時令水果 Fruit	餛飩湯 Dumpling Soup	27	21	104	710
13	一	冬瓜糙米粥 Winter Squash Congee	胚芽米飯 彩椒雞柳 番茄炒蛋 應時青菜 鮮菇排骨湯 Germinated rice, Chicken with Pepper Fried Eggs with Tomatoes, Vegetables Pork Soup with Assorted Mushroom	時令水果 Fruit	高麗菜麵線 Cabbage Noodles	21	23	97	685
14	二	鮭魚米粉湯 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	113	690
15	三	高纖燕麥片牛奶 High-Fiber Oatmeal, Milk	胚芽米飯 洋蔥燉豬肉片 吻仔魚蒸蛋 應時青菜 蛤蚧薑絲湯 Germinated rice, Pork Slice with Onion, Steamed Eggs with Silver Fish, Vegetables Clam Soup with Mushroom	時令水果 Fruit	什錦蔬菜米粉 Assorted Vegetables Rice-flour Noodles	29	20	99	690
16	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	鮮奶吐司牛奶 Milk toast, Milk	25	26	105	695
17	五	紅豆吐司牛奶 Red bean toast Mike	胚芽米飯 鳳梨雞丁 紅蘿蔔炒蛋 應時青菜 香菇白菜豆腐湯 Germinated rice, Diced Chicken with Pineapple, 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	107	706
20	一	什錦湯餃 Dumpling Soup	胚芽米飯 豆腐蒸肉 蘑菇燉蝦蛋 應時青菜 香菇雞湯 Germinated rice, Steamed Tofu and Pork, Mushroom Omelet, Vegetables Mushroom and Chicken Soup	時令水果 Fruit	肉絲麵 Shredded pork noodles	30	20	97	670
21	二	鮭魚鮮蔬粥 Tuna and Vegetable Congee	番茄義大利肉醬麵、應時青菜 雞茸玉米濃湯 Chicken Pasta with Tomato Sauce, Vegetables Creamy Corn Soup	時令水果 Fruit	油豆腐細粉湯 Fried Bean Curd Noodles	26	18	106	700
22	三	什錦果麥牛奶 Cereal, Milk	胚芽米飯 香滷雞排 莧菜吻仔魚 應時青菜 番茄白菜豆腐湯 Germinated rice, Braised Chicken Steak, Silver Fish with Amaranth, Vegetables Tomato and Chinese Cabbage Soup with Tofu	時令水果 Fruit	銀耳桂圓紫米粥 Tremella Longan Purple Rice Porridge	26	20	94	690
23	四	絲瓜麵線 Thin Noodles with Loofah	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	波蘿麵包、養生茶 Bread, Health tea	27	22	90	707
24	五	奶黃包、牛奶 Bun, Milk	胚芽米飯 洋蔥豬柳 滷蛋海芽 應時青菜 山藥雞湯 Germinated rice, Pork with Onion, Eggs with Seaweed, Vegetables Chinese Yam Soup with Chicken	時令水果 Fruit	蘿蔔瘦肉粥 Shredded Pork Congee with Carrots	30	21	103	713
27	一	芋頭紫米粥 Taro and Purple Rice Porridge	胚芽米飯 糖醋蔬肉丸 滷蛋海芽 應時青菜 玉筍排骨湯 Germinated rice, Sugar and Vinegar Pork with Vegetables, Eggs with Seaweed, Vegetables Baby Corn Soup with Pork	時令水果 Fruit	日式鍋燒麵 Japanese Style Cook Noodles	24	20	106	700
28	二	鯛魚米粉湯 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 Corn Soup with Vegetables	時令水果 Fruit	高纖地瓜湯 Sweet Potatoes Soup	22	21	110	705
29	三	什錦果麥牛奶 Cereal, Milk	胚芽米飯 蒸瓜仔肉 薑絲炒絲瓜 應時青菜 香菇雞湯 Germinated rice, Steamed Pork with dried cucumbers, Loofah with Ginger, Vegetables Mushroom and Chicken Soup	時令水果 Fruit	雞茸玉米粥 Brown Rice Minced Chicken Congee	25	26	115	680
30	四	冬筍粥 Bamboo Shoot Congee	胚芽米飯 咖哩豬肉燻馬鈴薯 洋蔥玉米炒蛋 應時青菜 鮮菇雞湯 Germinated rice, Pork Curry with Potato, Scrambled Eggs with Onion and Corn, Vegetables Chicken Soup with Assorted Mushroom	時令水果 Fruit	葡萄吐司、牛奶 Grape toast, Mike	26	20	106	700