

何嘉仁國際幼兒園 HESS INTERNATIONAL PRESCHOOL 113年1月 幼兒營養餐點預定表

《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
1	-	~新年快樂 Happy new year~							
2	二	蕃茄糙米粥 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	紅豆湯 Red Beans Soup	28	19	105	670
3	三	玉米穀片 牛奶 Cereal, Milk	胚芽米飯 洋芋燻肉、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	雞絲蛋湯麵 Chicken Noodles with Egg	25	20	105	690
4	四	瘦肉粥 Meat Congee	胚芽米飯 椒鹽魚丁 雞絲炒豆干 應時青菜 鮮菇蛤蜊湯 Germinated rice , Salted Fish Fillet, Dried Tofu Fried with Meat Shreds, Vegetables , Clam Soup with Mushroom	時令水果 Fruit	奶黃包、牛奶 Bun, Milk	27	20	95	685
5	五	慶生會 birthday party	胚芽米飯 馬鈴薯燻肉 芙蓉豆腐 應時青菜 蘿蔔排骨湯 Germinated rice , Braised Pork with Patato, Cold Tofu, Vegetables Radish and Carrot Soup with Pork Ribs	時令水果 Fruit	小米燕麥粥 Millet and Oat Congee	25	22	101	705
8	-	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	高麗菜麵線 Cabbage Noddles	22	18	100	692
9	二	鮭魚米粉湯 Tuna Noodles with Fish	雞柳炒飯 應時青菜 蔬菜濃湯 Fried Rice with chicken, Vegetables Creamy Vegetable Soup	時令水果 Fruit	紅豆麥片湯 Red bean oatmeal soup	22	20	110	690
10	三	高纖燕麥片 牛奶 High-Fiber Oatmeal, Milk	胚芽米飯 洋蔥燻豬肉片 彩椒蒸蛋 應時青菜 冬瓜排骨湯 Germinated rice , Pork Slice with Orion, Steamed Eggs with sweet petters , Vegetables Winter Melon Soup with Pork Ribs	時令水果 Fruit	什錦蔬菜湯餃 Assorted Vegetables Rice-flour dumpling	26	18	99	680
11	四	香菇玉米粥 Mushroom Congee with Corn	胚芽米飯 薑汁燻肉 三色玉米 應時青菜 五行鮮蔬湯 Germinated Rice,Braised Pork with Ginger ,Beans with Vegetables, Vegetables Assorted Vegetable Soup	時令水果 Fruit	蔥油餅、養生茶 Scallion,Health tea	25	26	90	690
12	五	銀絲卷 牛奶 Silver wire roll,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	香菇瘦肉粥 Congee with Mushroom and Meat	28	19	106	700
15	-	日式鍋燒麵 Japanese Style Cook Noodles	胚芽米飯 親子豬肉丼 三杯杏鮑菇 應時青菜 味噌豆腐湯 Germinated rice ,Pork with Eggs ,Mushroom with Three Cups Sauce, Vegetables MisoTofu Soup	時令水果 Fruit	廣東粥 Cantonese Congee	26	22	100	700
16	二	銀魚莧菜粥 Silver Fish Congee	蔬菜肉絲炒麵、應時青菜 雞茸玉米濃湯 Fried Oolong Noodles with Vegetables, Vegetables, Creamy Corn Soup	時令水果 Fruit	紅豆紫米粥 Red Beans and Purple Rice Porridge	24	24	102	710
17	三	玉米穀片 牛奶 Cereal, Milk	胚芽米飯 五味雞丁 木須炒肉絲 應時青菜 番茄白菜豆腐湯 Germinated rice ,Diced Chicken with Vegetables ,Tree Mushroom with Shredded Pork, Vegetables Tomato and Chinese Cabbage Soup with Tofu	時令水果 Fruit	肉燥意麵 Ground Pork Noodles	25	26	100	695
18	四	田園蔬菜粥 Assorted Vegetables Congee	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	青蔥麵包、豆漿 Bread, Soya Milk	26	22	104	715
19	五	黑糖饅頭 牛奶 Brown Sugar Bun, Milk	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	白菜冬粉 Chinese Cabbage with Bean Thread	24	21	103	678
22	-	雞茸玉米粥 Brown Rice Minced Chicken Congee	胚芽米飯 蒸瓜仔肉 薑絲炒絲瓜 滷豆干 香菇雞湯 Germinated rice , Steamed Pork with dried cucumbers , Braised dried beans, Vegetables Mushroom and Chicken Soup	時令水果 Fruit	香菇竹筍粥 Bamboo Shoot Congee with Mushroom Milk	29	24	105	700
23	二	雞絲蛋湯麵 Chicken Noodles with Egg	椰菜肉丸燴飯、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	薑汁地瓜湯 Chinese Sweet Potato and Ginger Soup	25	18	120	705
24	三	什錦果麥 牛奶 Cereal, Milk	胚芽米飯 玉米炒雞丁 玉米筍炒木耳 應時青菜 海帶肉絲湯 Germinated rice , , Braised Chicken with Corn, Fried Tree Mushroom and Bamboo, Vegetables Seaweed Soup with Shredded Pork	時令水果 Fruit	肉燥意麵 Ground Pork Noodles	26	20	105	698
25	四	糙米排骨粥 Brown Rice Pork Congee	胚芽米飯 紅燒魚片 燻白菜 應時青菜 素菜蛋花湯 Germinated rice , Stewed Fish Fillet, Stewed Chinese Cabbage, Vegetables Seaweed Soup with and Eggs	時令水果 Fruit	鮮奶吐司 牛奶 Milk toast,Milk	25	23	105	700
26	五	三色小饅頭 牛奶 Bun, Milk	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	叻仔魚瘦肉粥 Pork Congee with Silver Fish	26	24	100	680
29	-	什錦湯餃 Dumpling Soup	胚芽米飯 粉蒸肉片 海芽滑蛋 應時青菜 蘿蔔排骨湯 Germinated rice , Breaded Pork,Eggs with Seaweed , Vegetables Radish and Carrot Soup with Pork Ribs	時令水果 Fruit	八寶粥 Eight treasures Congee	24	22	100	690
30	二	鮭魚鮮蔬粥 Tuna and Vegetable Congee	肉絲蔬菜麵 應時青菜 雞茸玉米濃湯 Shredded Pork and Vegetable Noodles, Vegetables Creamy Corn Soup	時令水果 Fruit	芋頭牛奶西米露 Taro Milk Sago	26	22	105	710
31	三	玉米穀片 牛奶 Cereal, Milk	胚芽米飯 什錦雞肉 炒雙鮮 應時青菜 番茄白菜豆腐湯 Germinated rice , Assorted Chicken, Fried Squid and Shrimp , Vegetables Tomato and Chinese Cabbage Soup with Tofu	時令水果 Fruit	什錦麵線 Assorted Noodles	26	21	105	700