

何嘉仁國際幼兒園 HESS INTERNATIONAL PRESCHOOL 113年2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	四	香菇玉米粥 Mushroom Congee with Corn	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 Topping, Vegetables Seaweed Soup with Tofu	時令水果 Fruit	蔥油餅、養生茶 Scallion, Health tea	26	20	100	710
2	五	慶生會 birthday party	胚芽米飯 照燒雞排 木須炒肉 應時青菜 五行鮮蔬湯 Germinated Rice, Teriyaki Chicken Steak, Tree Mushroom with Shredded Pork, Vegetables Assorted Vegetable Soup	時令水果 Fruit	日式鍋燒麵 Japanese Style Cook Noodles	25	26	105	700
5	一	南瓜肉末粥 Pumpkin Congee	胚芽米飯 咖哩雞肉馬鈴薯 洋蔥玉米炒蛋 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	高麗菜麵線 Cabbage Noodles	27	20	102	690
6	二	鯛魚米粉湯 Rice-flour Noodles with Fish	番茄義大利肉醬麵 應時青菜 蔬菜濃湯 Chicken Pasta with Tomato Sauce, Vegetables Creamy Vegetable Soup	時令水果 Fruit	養生甜粥 Sweet Soup	24	19	105	700
7	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 冬瓜排骨湯 Germinated rice, Pork Slice with Onion, 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	99	704
8	四	 <p style="text-align: center;">~農曆新年快樂~ Happy Chinese New Year</p> 							
9	五								
12	一								
13	二								
14	三								
15	四	蘿蔔瘦肉粥 Shredded Pork Congee with Carrots	胚芽米飯 薯蒸肉餅 蘑菇歐姆蛋 應時青菜 海芽味噌豆腐湯 Germinated rice, Steamed Pork with Potato, Mushroom Omelet, Vegetables Seaweed Soup with Tofu	時令水果 Fruit	奶黃包、牛奶 Bun, Milk	26	20	95	705
16	五	銀絲卷 牛奶 Silver wire roll, Milk	胚芽米飯、五彩肉片、三杯杏鮑菇、應時青菜、蘿蔔香菇湯 Germinated Rice, Pork Slice with Vegetables, Mushroom with Three Cups Sauce, Vegetables, Radish Soup with Mushroom	時令水果 Fruit	餛飩湯 Dumpling Soup	26	18	105	695
17	六	玉米穀片 牛奶 Cereal, Milk	胚芽米飯、糖醋里肌、燴炒三菇、應時青菜 蛤蚧豆腐薑絲湯 Germinated Rice, Sugar and Vinegar Pork, Stewed Mushrooms, Vegetables, Clam and Tofu Soup	時令水果 Fruit	什錦魚片粥 Assorted Fish Congee	21	18	105	670
19	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 苦瓜雞湯 Germinated rice, Steamed Pork Cake with Potato, Seaweed with Ginger, Vegetables, Bitter Gourd Chicken Soup	時令水果 Fruit	筍白筍鹹粥 Water Bamboo Shoot Congee	24	24	125	700
20	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	紅豆湯 Sweet Red Bean Soup	26	20	101	690
21	三	綜合燕麥片 牛奶 Cereal, Milk	胚芽米飯 芋香雞丁 紅蘿蔔炒干絲 應時青菜 馬鈴薯紅蘿蔔湯 Germinated rice, Diced Chicken with Taro, Carrot and Dried Bean Curd, Vegetables Potato Soup with Carrot	時令水果 Fruit	白菜冬粉 Chinese Cabbage with Bean Thread	24	20	105	710
22	四	五彩鹹粥 Assorted Congee	胚芽米飯 粉蒸肉片 吻仔魚炒蛋 應時青菜 蘿蔔排骨湯 Germinated rice, Breaded Pork, Fried Eggs with Silver Fish, Vegetables Radish and Carrot Soup with Pork Ribs	時令水果 Fruit	鮮奶吐司 牛奶 Milk toast, Milk	26	19	95	690
23	五	鮮奶饅頭 牛奶 Fresh milk steamed buns, Milk	胚芽米飯 滷雞腿 紅蘿蔔炒蛋 應時青菜 香菇白菜豆腐湯 Germinated rice, Stewed Chicken Drumstick, Scrambled Eggs with carrot, Vegetables Chinese Cabbage Soup with Mushroom and Tofu	時令水果 Fruit	冬筍粥 Bamboo Shoot Congee	27	20	100	700
26	一	小米燕麥粥 Millet and Oat Congee	胚芽米飯 糖醋雞肉丸 玉米筍炒木耳 應時青菜 海帶肉絲湯 Germinated rice, Sugar and Vinegar Pork with Vegetables, Fried Tree Mushroom and Baby Bamboo, Vegetables Seaweed Soup with Shredded Pork	時令水果 Fruit	雞糰饅頭 牛奶 Grain Buns, Milk	28	22	105	715
27	二	什錦饅頭條 Rice Noodles with Assorted Ingredients	彩椒海鮮義大利麵 應時青菜 蛤蚧濃湯 Seafood Pasta with Sweet Peppers, Vegetables, Creamy Clam Soup	時令水果 Fruit	黑糖豆花 Tofu Pudding with Brown Sugar	26	24	100	710
28	三	~228和平紀念日~							
29	四	奶黃包、牛奶 Bun, Milk	胚芽米飯 梅干肉餅 雞絲拌豆干 應時青菜 鮮菇蛤蚧湯 Germinated rice, Dried Cabbage with Pork Cake, Dried Tofu with Meat Shreds, Vegetables, Clam Soup with Mushroom	時令水果 Fruit	瘦肉粥 Meat Congee	27	21	100	695