|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **新北市私立及人小學附設新北市私立幼兒園 113年9月** | | | | | | | | | | | | | | | | | | | |
| **日期** | **星期** | **早 點** | **午 餐** | | | | | | | | | **午 點** | | **餐 點 類 別 檢 核** | | | | | |
| **主食** | **主菜** | | **副菜一** | | **副菜二** | | **湯** | **水果** | **全穀雜糧類** | | **豆魚蛋肉類** | **蔬菜類** | **水果類** | |
| **2** | **一** | **紅豆麵包** | **白醬肉絲海味義大利麵、洋芋沙拉** | | | | | **時令蔬菜** | | **大骨鮮蔬湯** | **時令水果** | **茶葉蛋** | | **v** | | **v** | **v** | **v** | |
| **3** | **二** | **蔥花麵包、牛奶** | **糙米飯** | **黑胡椒雞絲** | | **五味海根** | | **時令蔬菜** | | **虱目魚丸湯** | **時令水果** | **綠豆珍珠甜湯** | | **v** | | **v** | **v** | **v** | |
| **4** | **三** | **鍋貼** | **糙米飯** | **雙菇肉片** | | **雞汁鳳尾筍** | | **時令蔬菜** | | **大骨玉米湯** | **時令水果** | **綜合滷味** | | **v** | | **v** | **v** | **v** | |
| **5** | **四** | **燒餅夾蛋** | **糙米飯** | **冬瓜鳳梨醬雞絲** | | **蠔油干片** | | **時令蔬菜** | | **大骨鮮筍湯** | **時令水果** | **香菇白玉肉羹** | | **v** | | **v** | **v** | **v** | |
| **6** | **五** | **海苔壽司** | **糙米飯** | **炸醬肉燥** | | **好吃雞卷** | | **時令蔬菜** | | **南瓜甜湯** | **時令水果** | **蔬菜包** | | **v** | | **v** | **v** | **v** | |
| **9** | **一** | **奶酥麵包** | **糙米飯** | **細肉蝦仁鮮菇蒸蛋** | | **海苔薯條** | | **時令蔬菜** | | **大骨黃豆芽湯** | **時令水果** | **漢堡** | | **v** | | **v** | **v** | **v** | |
| **10** | **二** | **奶油餐包、優酪乳** | **糙米飯** | **白醬南瓜鮮菇雞絲** | | **彩燴海絲** | | **時令蔬菜** | | **大骨洋芋湯** | **時令水果** | **紅豆豆花** | | **v** | | **v** | **v** | **v** | |
| **11** | **三** | **蔥油餅** | **糙米飯** | **五香炸肉片** | | **豆瓣豆腐** | | **時令蔬菜** | | **大骨丸片湯** | **時令水果** | **銀耳枸杞蓮子湯** | | **v** | | **v** | **v** | **v** | |
| **12** | **四** | **飯糰** | **糙米飯** | **紅燒洋芋雞絲** | | **蠔油大黑干** | | **時令蔬菜** | | **大骨帶絲金菇湯** | **時令水果** | **鍋燒意麵** | | **v** | | **v** | **v** | **v** | |
| **13** | **五** | **海苔壽司** | **糙米飯** | **京醬肉絲** | | **香滷小四角** | | **時令蔬菜** | | **大骨白玉湯** | **時令水果** | **鮮肉包** | | **v** | | **v** | **v** | **v** | |
| **16** | **一** | **芋頭麵包** | **糙米飯** | | **蕃茄雙菇雞絲** | | **塔香甜條** | **時令蔬菜** | | **大鼓味噌湯** | **時令水果** | **茶葉蛋** | | **v** | | **v** | **v** | **v** | |
| **17** | **二** | **中秋節放假一天** | | | | | | | | | | | | | | | | | |
| **18** | **三** | **鍋貼** | **糙米飯** | **香酥雞球** | | **燴料大黃瓜** | | **時令蔬菜** | | **五彩紫菜湯** | **時令水果** | **紅豆麥片甜湯** | | **v** | | **v** | **v** | **v** | |
| **19** | **四** | **蘿蔔糕** | **鳳梨雞絲蛋炒飯、麥克雞塊** | | | | | **時令蔬菜** | | **榨菜肉絲湯** | **時令水果** | **綠豆枸杞桂圓甜粥** | | **v** | | **v** | **v** | **v** | |
| **20** | **五** | **海苔壽司** | **糙米飯** | **沙茶肉片** | | **紅絲炒蛋** | | **時令蔬菜** | | **大骨銀魚丸湯** | **時令水果** | **黑糖饅頭** | | **v** | | **v** | **v** | **v** | |
| **23** | **一** | **克林姆麵包** | **糙米飯** | | **香菇竹筍炒肉絲** | | **燴料羅漢** | **時令蔬菜** | | **大骨洋芋湯** | **時令蔬菜** | **漢堡** | | **v** | | **v** | **v** | **v** | |
| **24** | **二** | **奶油餐包、牛奶** | **糙米飯** | | **紅蔥雞絲** | | **白玉魚酥羹** | **時令蔬菜** | | **地瓜甜湯** | **時令水果** | **小米枸杞桂圓粥** | | **v** | | **v** | **v** | **v** | |
| **25** | **三** | **蔥油餅** | **糙米飯** | **白醬南瓜肉片** | | **地瓜薯條** | | **時令蔬菜** | | **大骨黃豆芽湯** | **時令水果** | **銀魚細肉糙米粥** | | **v** | | **v** | **v** | **v** | |
| **26** | **四** | **饅頭夾蛋** | **糙米飯** | **玉米筍鮮菇雞絲** | | **五味海劍絲** | | **時令蔬菜** | | **大骨金針湯** | **時令水果** | **鮮菇肉絲米粉湯** | | **v** | | **v** | **v** | **v** | |
| **27** | **五** | **海苔壽司** | **水餃** | | | | | | | **酸辣湯** | **時令水果** | **蔬菜包** | | **v** | | **v** | **v** | **v** | |
| **30** | **一** | **蔥花麵包** | **糙米飯** | **海味肉片** | | **五彩豆皮絲** | | **時令蔬菜** | **薑汁南瓜湯** | | **時令水果** | | **茶葉蛋** | **v** |  | |  | |  |

**※本園豬肉食材採用國內在地豬肉**

**※本園未使用輻射污染食品**