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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **新北市私立及人小學附設新北市私立幼兒園 113年10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** |
| **1** | **二** | **蔥花麵包、牛奶** | **糙米飯** | | **紅燒黑珍珠菇雞絲** | | **燴料羅漢** | | **時令蔬菜** | **大骨蔬菜湯** | | **時令水果** | **綠豆米苔目** | | **v** | | **v** | **v** | **v** |
| **2** | **三** | **蔥油餅** | **糙米飯** | **白醬南瓜肉片** | | **醬汁豆腸** | | | **時令蔬菜** | **大骨玉米湯** | | **時令水果** | **綜合滷味** | | **v** | | **v** | **v** | **v** |
| **3** | **四** | **燒餅夾蛋** | **糙米飯** | **紅麴醬雞絲** | | **九香甜條** | | | **時令蔬菜** | **大骨味噌湯** | | **時令水果** | **紅豆桂圓紫米粥** | | **v** | | **v** | **v** | **v** |
| **4** | **五** | **海苔壽司** | **糙米飯** | **梅干細肉** | | **沙茶干片** | | | **時令蔬菜** | **大骨黃豆芽湯** | | **時令水果** | **鮮肉包** | | **v** | | **v** | **v** | **v** |
| **7** | **一** | **奶酥麵包** | **糙米飯** | **細肉蝦仁蒸蛋** | | **油香鳳尾筍** | | | **時令蔬菜** | **五味紫菜湯** | | **時令水果** | **漢堡** | | **v** | | **v** | **v** | **v** |
| **8** | **二** | **奶油餐包、優酪乳** | **義大利肉醬麵、麥克雞塊** | | | | | | **時令蔬菜** | **冬瓜魚板湯** | | **時令水果** | **鮮菇白玉甜條湯** | | **v** | | **v** | **v** | **v** |
| **9** | **三** | **饅頭夾蛋** | **糙米飯** | **香酥翅中** | | **白玉魚酥羹** | | | **時令蔬菜** | **帶絲金菇湯** | | **時令水果** | **小米枸杞桂圓甜粥** | | **v** | | **v** | **v** | **v** |
| **10** | **四** | **國慶日放假一天** | | | | | | | | | | | | | | | | | |
| **11** | **五** | **海苔壽司** | **糙米飯** | **蓮藕肉片** | | **好吃雞卷** | | | **時令蔬菜** | **地瓜甜湯** | | **時令水果** | **黑糖饅頭** | | **v** | | **v** | **v** | **v** |
| **14** | **一** | **紅豆麵包** | **糙米飯** | **金黃雞球** | | **彩燴晶鑽** | | | **時令蔬菜** | **大骨金針湯** | | **時令水果** | **漢堡** | | **v** | | **v** | **v** | **v** |
| **15** | **二** | **芋頭麵包、牛奶** | **銀魚肉鬆蛋炒飯、地瓜薯條** | | | | | | **時令蔬菜** | **大骨洋芋湯** | | **時令水果** | **香菇肉絲米粉湯** | | **v** | | **v** | **v** | **v** |
| **16** | **三** | **蘿蔔糕** | **糙米飯** | **回鍋肉片** | | **彩燴海根** | | **時令蔬菜** | | **虱目魚丸湯** | **時令水果** | | **綠豆地瓜甜湯** | | **v** | **v** | | **v** | **v** |
| **17** | **四** | **蔥油餅** | **糙米飯** | **白醬洋芋雞絲** | | **彩燴木須** | | | **時令蔬菜** | **榨菜肉絲湯** | | **時令水果** | **紅豆麥片甜湯** | | **v** | | **v** | **v** | **v** |
| **18** | **五** | **海苔壽司** | **糙米飯** | | **黑胡椒肉絲** | | **花生麵筋** | | **時令蔬菜** | **蕃茄豆腐湯** | | **時令水果** | **蔬菜包** | | **v** | | **v** | **v** | **v** |
| **21** | **一** | **克林姆麵包** | **糙米飯** | **豆豉肉片** | | **紅絲炒蛋** | | | **時令蔬菜** | **薑汁南瓜湯** | | **時令水果** | **漢堡** | | **v** | | **v** | **v** | **v** |
| **22** | **二** | **奶油餐包、優酪乳** | **糙米飯** | | **香酥雞丁** | | **彩燴劍絲** | | **時令蔬菜** | **大骨丸片湯** | | **時令蔬菜** | **銀魚細肉糙米粥** | | **v** | | **v** | **v** | **v** |
| **23** | **三** | **燒餅夾蛋** | **糙米飯** | | **海味肉片** | | **香滷四方干** | | **時令蔬菜** | **大骨白玉湯** | | **時令水果** | **紅豆豆花** | | **v** | | **v** | **v** | **v** |
| **24** | **四** | **飯糰** | **糙米飯** | **蕃茄雞絲** | | **蠔油五香干** | | | **時令蔬菜** | **莧菜銀魚湯** | | **時令水果** | **枸杞桂圓綠豆仁甜湯** | | **v** | | **v** | **v** | **v** |
| **25** | **五** | **海苔壽司** | **水餃** | | | | | | | **酸辣湯** | | **時令水果** | **鮮肉包** | | **v** | | **v** | **v** | **v** |
| **28** | **一** | **蔥花麵包** | **糙米飯** | | **脆瓜細肉** | | **醬料豆包** | | **時令蔬菜** | **銀魚丸湯** | | **時令水果** | **漢堡** | | **v** | | **v** | **v** | **v** |
| **29** | **二** | **奶酥麵包、牛奶** | **糙米飯** | **紅燒洋芋雞絲** | | **豆瓣豆腐** | | | **時令蔬菜** | **大骨黃豆芽湯** | | **時令水果** | | **鮮菇白玉肉羹** | **v** | | **v** | **v** | **v** |
| **30** | **三** | **饅頭夾蛋** | **糙米飯** | **鮮菇玉米筍燴肉片** | | **海苔薯條** | | | **時令蔬菜** | **苦瓜梅菜湯** | | **時令水果** | | **鮮菇肉絲雞絲粥** | **v** | | **v** | **v** | **v** |
| **31** | **四** | **鍋貼** | **糙米飯** | **白醬南瓜鮮菇雞絲** | | **客家小炒** | | | **時令蔬菜** | **大骨海根湯** | | **時令水果** | | **紫米麥片甜湯** | **v** | | **v** | **v** | **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**