|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **新北市私立及人小學附設新北市私立幼兒園餐點表 114年3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** | |
| **3** | **一** | **奶油餐包** | **白米飯** | **蓮藕肉片** | **大溪黑豆干** | **時令蔬菜** | **大骨黃豆芽湯** | **時令水果** | **綠豆米苔目甜湯** | **v** | **v** | **v** | **v** | | |
| **4** | **二** | **奶酥麵包、牛奶** | **糙米飯** | **白醬鮮菇雞絲** | **三角薯餅** | **時令蔬菜** | **薑汁南瓜湯** | **時令水果** | **鍋燒意麵** | **v** | **v** | **v** | | **v** | |
| **5** | **三** | **燒餅夾蛋** | **紫米飯** | **味醂肉片** | **酸菜麵腸** | **時令蔬菜** | **蕃茄豆腐湯** | **時令水果** | **白玉鮮菇綜合湯** | **v** | **v** | **v** | | **v** | |
| **6** | **四** | **鍋貼** | **五穀飯** | **冬瓜醬鳳梨雞絲** | **豆皮燒白菜** | **時令蔬菜** | **大骨蔬菜湯** | **時令水果** | **紫米麥片甜湯** | **v** | **v** | **v** | | **v** | |
| **7** | **五** | **海苔壽司** | **地瓜飯** | **京醬肉絲** | **香滷油豆腐** | **時令蔬菜** | **大骨玉米湯** | **時令水果** | **蔬菜包** | **v** | **v** | **v** | | **v** | |
| **10** | **一** | **紅豆麵包** | **白米飯** | **圓脆瓜鮮菇雞絲** | **榨菜干片** | **時令蔬菜** | **五彩紫菜湯** | **時令水果** | **肉絲蔬菜米粉湯** | **v** | **v** | **v** | | **v** | |
| **11** | **二** | **蔥花麵包、牛奶** | **糙米飯** | **黑胡椒肉絲** | **塔香甜不辣** | **時令蔬菜** | **大骨洋芋湯** | **時令水果** | **白玉鮮菇丸片湯** | **v** | **v** | **v** | | **v** | |
| **12** | **三** | **蔥油餅** | **紫米飯** | **香酥雞絲** | **彩燴豆皮絲** | **時令蔬菜** | **大骨白玉湯** | **時令水果** | **紅豆豆花** | **v** | **v** | **v** | | **v** | |
| **13** | **四** | **飯糰** | **五穀飯** | **醬爆肉片** | **好吃雞捲** | **時令蔬菜** | **榨菜肉絲湯** | **時令水果** | **綠豆珍珠** | **v** | **v** | **v** | | **v** | |
| **14** | **五** | **海苔壽司** | **地瓜飯** | **白醬南瓜雞絲** | **五彩海劍絲** | **時令蔬菜** | **大骨銀魚丸湯** | **時令水果** | **鮮肉包** | **v** | **v** | **v** | | **v** | |
| **17** | **一** | **克林姆麵包** | **白米飯** | **細肉蝦仁蒸蛋** | **米醬桂竹筍** | **時令蔬菜** | **大骨黃瓜湯** | **時令水果** | **枸杞蓮子銀耳湯** | **v** | **v** | **v** | | **v** | |
| **18** | **二** | **芋頭麵包、牛奶** | **糙米飯** | **白玉鮮菇雞絲** | **客家小炒** | **時令蔬菜** | **大骨味噌湯** | **時令水果** | **香菇肉絲米粉湯** | **v** | **v** | **v** | | **v** | |
| **19** | **三** | **蘿蔔糕** | **紫米飯** | **五香炸肉片** | **豆瓣豆腐** | **時令蔬菜** | **帶絲金菇湯** | **時令水果** | **香菇白玉肉羹** | **v** | **v** | **v** | | **v** | |
| **20** | **四** | **饅頭夾蛋** | **五穀飯** | **紅燒洋芋雞絲** | **香滷豆腸** | **時令蔬菜** | **大骨蓮藕湯** | **時令水果** | **綠豆麥片甜湯** | **v** | **v** | **v** | | **v** | |
| **21** | **五** | **海苔壽司** | **地瓜飯** | **豆豉肉片** | **花生麵筋** | **時令蔬菜** | **大骨金針湯** | **時令水果** | **黑糖饅頭** | **v** | **v** | **v** | | **v** | |
| **24** | **一** | **奶油餐包** | **白米飯** | **金黃雞球** | **五彩白玉小丁** | **時令蔬菜** | **鳳梨甜湯** | **時令水果** | **綠豆薏仁甜湯** | **v** | **v** | **v** | | **v** | |
| **25** | **二** | **奶酥麵包、牛奶** | **糙米飯** | **油蔥肉絲** | **燴料羅漢** | **時令蔬菜** | **大骨虱目魚丸湯** | **時令水果** | **銀魚細肉糙米粥** | **v** | **v** | **v** | | **v** | |
| **26** | **三** | **蔥油餅** | **滷味雞絲蛋炒飯、地瓜薯條** | | | **時令蔬菜** | **大骨黃豆芽湯** | **時令水果** | **小米枸杞桂圓甜粥** | **v** | **v** | **v** | | **v** | |
| **27** | **四** | **燒餅夾蛋** | **五穀飯** | **玉米筍鮮菇肉片** | **五彩木須** | **時令蔬菜** | **莧菜銀魚湯** | **時令水果** | **紅豆紫米桂圓粥** | **v** | **v** | **v** | | **v** | |
| **28** | **五** | **海苔壽司** | **水餃** | | | | **酸辣湯** | **時令水果** | **蔬菜包** | **v** | **v** | **v** | | **v** | |
| **31** | **一** | **蔥花麵包** | **香腸義大利麵、海苔薯條** | | | **時令蔬菜** | **冬瓜魚板湯** | **時令水果** | **柴魚白玉甜條湯** | **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**