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| 臺南市私立魔荳幼兒園  112學年度第一學期12月份餐點表   | 日期 | 星期 | 上午  點心  9:00 | 午 餐  11:30 | 水果 | 下午  點心15:00 | 餐點類別檢核 | | | | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | 全榖根莖類 | 豆魚肉蛋類 | 蔬菜類 | 水果類 | | 12/1 | 五 | 絲瓜麵線  絲瓜.麵線.豬肉.薑絲 | 肉燥+香腸+香菇蒸蛋+炒時蔬+餛飩湯  絞肉、香菇、蛋、蔬菜、餛飩 | 西瓜 | 芋頭西米露  芋頭.牛奶.西米露.二砂糖 | ˇ | ˇ | ˇ | ˇ | | 12/4 | 一 | 雞蓉翡翠濃湯  菠菜、芹菜、雞肉、豌豆仁、雞蛋 | 咖哩雞肉飯  高麗菜、雞蛋、紅蘿蔔、國產豬肉、雞肉、白米 | 西瓜 | 果醬吐司＋麥茶  吐司、奶油、麥茶包 | ˇ | ˇ | ˇ | ˇ | | 12/5 | 二 | 吻仔魚菠菜羹  菠菜.吻仔魚、太白粉 | 柴魚風味關東煮烏龍麵  烏龍麵.柴魚.黑輪.花枝羹.醬油 | 西瓜 | 綠豆湯  綠豆.二砂糖 | ˇ | ˇ | ˇ | ˇ | | 12/6 | 三 | 鍋燒冬粉  冬粉.蘿蔔絲.高麗菜.洋蔥.蔥 | 海鮮滑蛋粥  蝦.花枝.雞蛋.玉米.洋蔥.香菇.青江菜.姜絲 | 西瓜 | 當歸米血黑輪  當歸、薑、米血、黑輪 | ˇ | ˇ | ˇ | ˇ | | 12/7 | 四 | 火腿歐姆蛋  火腿.玉米.雞蛋.蔥 | 醬燒肉絲燴麵  麵.香菇.豬肉.洋蔥.高麗菜.木耳.小白菜.紅蘿蔔絲 | 西瓜 | 銀芽豆腐羹  豆腐.豆芽菜.豬肉 | ˇ | ˇ | ˇ | ˇ | | 12/8 | 五 | 韮香蘿蔔糕湯  韭菜.蘿蔔糕.豆芽菜. | 肉燥+小雞腿+玉米蛋+炒時蔬+綜合菇菇湯  白米.香菇.豬肉.薑絲.綜合菇、玉米、蛋、小雞腿 | 西瓜 | 小饅頭+決明子  小饅頭、決明子 | ˇ | ˇ | ˇ | ˇ | | 12/11 | 一 | 木耳鮮菇湯  黑木耳.香菇.秀珍菇. | 豬肉水餃+玉米濃湯  豬肉、水餃皮、玉米、牛奶、蛋、洋蔥、火腿 | 西瓜 | 草莓吐司+冬瓜鮮奶  吐司.草莓果醬.冬瓜塊.牛奶 | ˇ | ˇ | ˇ | ˇ | | 12/12 | 二 | 紅蘿蔔烘蛋  火腿.玉米.雞蛋.蔥.紅蘿蔔 | 蔥爆三鮮燴麵  蝦.花枝.魚.木耳.洋蔥.紅蘿蔔.鐵板麵.紫菜.雞蛋 | 西瓜 | 紅豆粥  紅豆.二砂糖 | ˇ | ˇ | ˇ | ˇ | | 12/13 | 三 | 鍋燒雞絲麵  雞絲麵.小白菜.豬肉 | 芹香魚片海鮮粥  白米.虱目魚肉.豬肉.花枝.芹菜.高麗菜.洋蔥 | 西瓜 | 翡翠蟹絲羹  菠菜.蟹絲.魚板 | ˇ | ˇ | ˇ | ˇ | | 12/14 | 四 | 芙蓉雞汁粥  白米.玉米.翡翠.雞肉.蔥 | 什錦炒麵  豬肉、蔬菜、紅蘿蔔、木耳、紅面 | 西瓜 | 酥炸甜不辣  甜不辣.洋蔥. | ˇ | ˇ | ˇ | ˇ | | 12/15 | 五 | 銀芽米苔目  豆芽菜、國產豬肉、米苔目、洋蔥 | 肉燥+炒時蔬+小鳥蛋+洋蔥豬肉+味噌湯  洋蔥、小鳥蛋、國產豬肉.小魚乾.豆腐.味噌.柴魚片 | 西瓜 | 絲瓜麵線  絲瓜.薑絲.麵線 | ˇ | ˇ | ˇ | ˇ | | 12/18 | 一 | 香菇大黃瓜湯  香菇、大黃瓜 | 高麗菜肉末滑蛋粥  白米、高麗菜、豬肉、雞蛋、洋蔥、紅蘿蔔、玉米、豌豆、當季水果、西瓜 | 香蕉 | 法國吐司＋麥茶  雞蛋、吐司、麥茶包 | ˇ | ˇ | ˇ | ˇ | | 12/19 | 二 | 玉米滑蛋  玉米、雞蛋 | 古早味魯麵羹  油麵.魚羹.筍絲.大白菜.時令蔬菜 | 香蕉 | 地瓜粉角甜湯  地瓜、粉角、芋頭、二級砂糖 | ˇ | ˇ | ˇ | ˇ | | 12/20 | 三 | 鮪魚蔬菜餅  麵粉、水煮鮪魚、蔬菜 | 什錦海鮮粥  蝦.花枝.雞蛋.玉米.洋蔥.香菇.青江菜.姜絲 | 香蕉 | 甜湯圓  小湯圓、紅糖水 | ˇ | ˇ | ˇ | ˇ | | 12/21 | 四 | 香菇蔬菜粥  香菇、白飯、蔬菜 | 豚香筍絲大滷麵  麵.雞蛋.肉羹.豆芽菜.高麗菜.筍絲.豬肉.木耳.紅蘿蔔 | 香蕉 | 海苔飯糰  白米、海苔、水煮蛋、玉米 | ˇ | ˇ | ˇ | ˇ | | 12/22 | 五 | 香煎蘿蔔糕  醬油.蘿蔔糕.蔥 | 肉燥+三杯雞肉+炒時蔬+紅蘿蔔炒蛋+什錦菇菇湯  白米、香菇、蝦米、豬肉、紅蘿蔔、醬瓜、小鳥蛋、洋蔥 | 香蕉 | 小饅頭+冬瓜茶  小饅頭、冬瓜茶 | ˇ | ˇ | ˇ | ˇ | | 12/25 | 一 | 火腿玉米蛋  火腿丁.雞蛋.玉米 | 玉米蔬菜雞肉粥  玉米、雞肉、白米、高麗菜、香菇 | 香蕉 | 三明治+鮮奶茶  吐司.草莓果醬.牛奶 | ˇ | ˇ | ˇ | ˇ | | 12/26 | 二 | 白菜蛋花肉絲麵  大白菜、雞蛋、豬肉絲、麵條 | 砂鍋什錦燴麵  香菇、蝦米、豬肉、紅蘿蔔、洋蔥、木耳、雞蛋 | 香蕉 | 豆腐蔬菜羹  豆腐.高麗菜.豬肉.黑木耳 | ˇ | ˇ | ˇ | ˇ | | 12/27 | 三 | 芹香魚丸羹  魚丸.芹菜.白菜 | 精燉魚骨海鮮時蔬粥  白米.虱目魚肉.虱目魚骨.花枝漿.芹菜.高麗菜. | 香蕉 | 綜合天婦羅  甜不辣.米血.白蘿蔔. | ˇ | ˇ | ˇ | ˇ | | 12/28 | 四 | 馬鈴薯濃湯  馬鈴薯.豬肉.紅蘿蔔.洋蔥. | 榨菜肉絲湯麵  麵條.榨菜絲.小白菜.芹菜.油蔥酥.豬肉 | 香蕉 | 翡翠蟹絲羹  菠菜.蟹絲.魚板 | ˇ | ˇ | ˇ | ˇ | | 12/29 | 五 | 洋芋濃湯  馬鈴薯.玉米.紅蘿蔔.雞蛋.豬肉 | 肉燥+蘑菇鐵板肉絲+蔥蛋+炒時蔬+綜合菇菇湯  蛋.時令蔬菜.香菇.豬肉.紅蘿蔔.蔥.麵.洋蔥.綜合菇 | 香蕉 | 旗魚黑輪湯  旗魚漿、黑輪、芹菜、豆腐 | ˇ | ˇ | ˇ | ˇ |   \*本園肉品皆使用國產肉品,敬請家長安心! 2023/11/30製表 |