

## 桃園市 廣興國民小學營養午餐菜單(第九週)

| 日期   | 4/10 W1 |        |          |         | 4/11 W2 |        |      |        | 4/12 W3 |     |     |         | 4/13 W4 |      |        |        | 4/14 W5        |      |    |         |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|------|---------|--------|----------|---------|---------|--------|------|--------|---------|-----|-----|---------|---------|------|--------|--------|----------------|------|----|---------|------|--|--|----|--------|--|--|---------|------|--|--|----|--------|--|--|---------|------|--|--|--|
| 人數   | 223人    |        |          |         | 225人    |        |      |        | 223人    |     |     |         | 225人    |      |        |        | 225人           |      |    |         |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
| 菜名   | 菜名      | 配料     | 規格       | 重量(kg)  | 菜名      | 配料     | 規格   | 重量(kg) | 菜名      | 配料  | 規格  | 重量(kg)  | 菜名      | 配料   | 規格     | 重量(kg) | 菜名             | 配料   | 規格 | 重量(kg)  |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
| 主食   | 白米飯     | 白米     |          |         | 糙米飯     | 白米     |      |        | 特餐      |     |     |         | 地瓜飯     | 白米   |        |        | 白米飯            | 白米   |    |         |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         |        |          |         |         |        |      |        |         |     |     |         |         |      |        |        |                |      |    |         |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         |        |          |         |         |        |      |        |         |     |     |         |         |      |        |        |                |      |    |         |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
| 主菜   | 沙茶肉片    | 小肉片    |          | 10.0    | 鹽酥魚丁    | 水鯊魚丁   |      | 20.0   | 香菇米粉    | 濕米粉 |     | 20.0    | 豚味咖哩    | 小肉丁  |        | 9.0    | 香滷雞腿<br>(主菜升級) | 棒棒腿  |    | 235.0   |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         | 洋蔥去皮   |          | 6.0     |         | 非基因百頁丁 |      | 6.0    |         | 豆芽菜 |     | 5.0     |         | 洋芋   | 去皮     | 7.0    |                | 薑末   |    | 0.2     |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         | 紅蘿蔔    |          | 2.0     |         | 蒜末     |      | 0.6    |         | 肉絲  |     | 4.0     |         | 洋蔥去皮 |        | 3.0    |                | 滷包   |    | 1.0     |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         | 青蔥     |          | 0.3     |         | 九層塔    |      | 0.6    |         | 紅蘿蔔 |     | 1.0     |         | 紅蘿蔔  |        | 3.0    |                |      |    |         |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         | 蒜片     |          | 0.2     |         | 胡椒鹽    | 600g | 1.0    |         | 絞紅蔥 |     | 0.3     |         | 咖哩粉  | 600g   | 1.0    |                |      |    |         |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         | 沙茶醬    | 3K       | 1.0     |         |        |      |        |         | 青蔥  |     | 0.6     |         |      |        |        |                |      |    |         |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         |        |          |         |         |        |      |        |         |     | 芹菜  |         |         | 0.6  |        |        |                |      |    |         |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         |        |          |         |         |        |      |        |         |     | 香菇絲 |         |         | 0.3  |        |        |                |      |    |         |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
| 副菜   | 關東煮     | 白蘿蔔    | 去皮       | 8.0     | 木須扁蒲    | 扁蒲     | 去皮   | 17.0   | 沙茶玉米雞丁  | 雞胸丁 | 切小塊 | 9.0     | 金華百花蛋   | 洗選蛋  |        | 10.0   | 海茸肉絲           | 海茸切  |    | 13.0    |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         | 玉米條    | 去皮       | 4.0     |         | 木耳絲    |      | 2.0    |         | 玉米粒 |     | 8.0     |         | 洋蔥去皮 |        | 2.0    |                | 肉絲   |    | 1.0     |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         | 小魚丸    |          | 3.0     |         | 紅蘿蔔    |      | 1.0    |         | 紅甜椒 |     | 2.0     |         | 青豆仁  |        | 2.0    |                | 芹菜   |    | 0.6     |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         | 米血丁    |          | 3.0     |         | 蒜末     |      | 0.2    |         | 青蔥  |     | 0.6     |         | 火腿丁  |        | 1.0    |                | 薑絲   |    | 0.2     |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         | 鵝蛋     |          | 2.0     |         |        |      |        |         | 蒜末  |     | 0.3     |         |      |        |        |                | 紅辣椒片 |    | 0.1     |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         |        |          |         |         |        |      |        |         |     | 沙茶醬 | 3k      |         | 1.0  |        |        |                |      |    |         |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         |        |          |         |         |        |      |        |         |     |     |         |         |      |        |        |                |      |    |         |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
| 青菜   | 吉園圃蔬菜   | 青江菜    |          | 17.0    | 有機蔬菜    | 蘿蔓菜    |      | 18.0   | 炒時蔬     | 菠菜  |     | 17.0    | 有機蔬菜    | 小松菜  |        | 18.0   | 有機蔬菜           | A菜   |    | 18.0    |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         | 蒜末     |          | 0.2     |         | 蒜末     |      | 0.2    |         | 蒜末  |     | 0.2     |         | 蒜末   |        | 0.2    |                | 蒜末   |    | 0.2     |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         |        |          |         |         |        |      |        |         |     |     |         |         |      |        |        |                |      |    |         |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
| 湯品   | 味噌湯     | 非基因白干盤 | 切小丁 4.5K | 2.0     | 金針粉絲湯   | 金針菇    |      | 1.5    | 黃瓜大骨湯   | 大黃瓜 | 去皮  | 8.0     | 冬瓜薏仁湯   | 冬瓜   | 去皮     | 6      | 養生蔬菜湯          | 高麗菜  | 去葉 | 5.0     |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         | 細味噌    | 3K       | 1.0     |         | 粉絲     |      | 2.0    |         | 芹菜  |     | 0.2     |         | 小薏仁  | (前一天送) | 1      |                | 金針菇  |    | 1.0     |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         | 柴魚片    |          | 0.3     |         | 青蔥     |      | 0.3    |         | 大骨  | 溫體  | 2.0     |         | 薑片   |        | 0.2    |                | 紅蘿蔔  |    | 0.6     |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         | 青蔥     |          | 0.3     |         | 薑絲     |      | 0.2    |         |     |     |         |         |      |        |        |                | 香菜   |    | 0.2     |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         |        |          |         |         |        |      |        |         |     |     |         |         |      |        |        |                |      | 大骨 | 溫體      | 2.0  |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
|      |         |        |          |         |         |        |      |        |         |     |     |         |         |      |        |        |                |      |    |         |      |  |  |    |        |  |  |         |      |  |  |    |        |  |  |         |      |  |  |  |
| 熱量分析 | 全穀根莖類   |        |          |         | 5.4份    |        |      |        | 全穀根莖類   |     |     |         | 5.0份    |      |        |        | 全穀根莖類          |      |    |         | 5.2份 |  |  |    | 全穀根莖類  |  |  |         | 5.4份 |  |  |    | 全穀根莖類  |  |  |         | 5.9份 |  |  |  |
|      | 豆魚肉蛋類   |        |          |         | 2.6份    |        |      |        | 豆魚肉蛋類   |     |     |         | 2.7份    |      |        |        | 豆魚肉蛋類          |      |    |         | 2.9份 |  |  |    | 豆魚肉蛋類  |  |  |         | 2.1份 |  |  |    | 豆魚肉蛋類  |  |  |         | 1.9份 |  |  |  |
|      | 蔬菜類     |        |          |         | 1.6份    |        |      |        | 蔬菜類     |     |     |         | 1.8份    |      |        |        | 蔬菜類            |      |    |         | 1.7份 |  |  |    | 蔬菜類    |  |  |         | 1.5份 |  |  |    | 蔬菜類    |  |  |         | 1.8份 |  |  |  |
|      | 種子與油脂類  |        |          |         | 2.3份    |        |      |        | 種子與油脂類  |     |     |         | 2.4份    |      |        |        | 種子與油脂類         |      |    |         | 2.3份 |  |  |    | 種子與油脂類 |  |  |         | 2.2份 |  |  |    | 種子與油脂類 |  |  |         | 2.3份 |  |  |  |
|      | 水果類     |        |          |         | 1.0份    |        |      |        | 水果類     |     |     |         | 1.0份    |      |        |        | 水果類            |      |    |         | 1.0份 |  |  |    | 水果類    |  |  |         | 1.0份 |  |  |    | 水果類    |  |  |         | 1.0份 |  |  |  |
|      | 低脂乳品類   |        |          |         | 1.0份    |        |      |        | 低脂乳品類   |     |     |         | 1.0份    |      |        |        | 低脂乳品類          |      |    |         | 1.0份 |  |  |    | 低脂乳品類  |  |  |         | 1.0份 |  |  |    | 低脂乳品類  |  |  |         | 1.0份 |  |  |  |
| 熱量   |         |        |          | 717Kcal |         |        |      | 熱量     |         |     |     | 766Kcal |         |      |        | 熱量     |                |      |    | 878Kcal |      |  |  | 熱量 |        |  |  | 732Kcal |      |  |  | 熱量 |        |  |  | 704Kcal |      |  |  |  |

監廚老師：

執行秘書：

主任：

校長：