



# 每日餐點計畫

## 四月

3/30 ~ 4/3	週一	週二	週三	週四	週五
早點	季節水果	季節水果	季節水果	季節水果	季節水果
午餐	紅燒雞腿 蒸蛋 時蔬 每日湯品 *香菇雞肉粥	醬炒素肉 紅蘿蔔豆腐 時蔬 每日湯品 *蔬食粥	肉燥乾麵 滷蛋 時蔬 每日湯品 *蔬菜瘦肉粥	滑蛋蝦仁 滷海帶 時蔬 每日湯品 *地瓜瘦肉粥	紅醬意大利麵 麵包 每日湯品 *玉米蝦仁粥
點心	土司麵包 牛奶	蔬菜麵	水煮蛋 牛奶	鮮肉包 牛奶	烹飪課點心 果汁
4/6 ~ 4/10	週一	週二	週三	週四	週五
早點	季節水果	季節水果	季節水果	季節水果	季節水果
午餐	洋蔥雞肉 紅蘿蔔炒蛋 時蔬 每日湯品 *蔬菜瘦肉粥	炒豆丁 煎豆腐 時蔬 每日湯品 *蔬食粥	家常炒飯 時蔬 每日湯品 *玉米蝦仁粥	鄉村魚片 洋蔥炒蛋 時蔬 每日湯品 *香菇雞肉粥	迷你塔可 沙拉 每日湯品 *地瓜瘦肉粥
點心	火腿起司 牛奶	蔬菜麵	土司麵包 牛奶	香蒸地瓜 牛奶	水果沙拉 果汁
4/13 ~ 4/17	週一	週二	週三	週四	週五
早點	季節水果	季節水果	季節水果	季節水果	季節水果
午餐	烤豬排 清涼豆腐 時蔬 每日湯品 *香菇雞肉粥	烤素雞 番茄炒蛋 時蔬 每日湯品 *蔬食粥	豬肉水餃 時蔬 每日湯品 *蔬菜瘦肉粥	毛豆蝦球 蒸蛋 時蔬 每日湯品 *地瓜瘦肉粥	白醬意大利麵 麵包 每日湯品 *玉米蝦仁粥
點心	土司麵包 牛奶	蔬菜麵	水煮蛋 牛奶	鮮肉包 牛奶	烹飪課點心 果汁
4/20 ~ 4/24	週一	週二	週三	週四	週五
早點	季節水果	季節水果	季節水果	季節水果	季節水果
午餐	蘑菇牛柳 炒豆干 時蔬 每日湯品 *蔬菜瘦肉粥	鄉村小炒 蒸蛋 時蔬 每日湯品 *蔬食粥	家常炒麵 時蔬 每日湯品 *玉米蝦仁粥	鮮蝦水餃 滷蛋 時蔬 每日湯品 *香菇雞肉粥	迷你漢堡 烤薯條 每日湯品 *地瓜瘦肉粥
點心	香蒸地瓜 牛奶	蔬菜麵	土司麵包 牛奶	火腿起司 牛奶	水果沙拉 果汁
4/27 ~ 5/1	週一	週二	週三	週四	週五
早點	季節水果	季節水果	季節水果	季節水果	季節水果
午餐	紅燒雞 洋蔥炒蛋 時蔬 每日湯品 *香菇雞肉粥	紅燒豆腐 滷蘿蔔 時蔬 每日湯品 *蔬食粥	鄉村蒸餃 時蔬 每日湯品 *蔬菜瘦肉粥	番茄魚柳 紅蘿蔔炒蛋 時蔬 每日湯品 *地瓜瘦肉粥	田園披薩 沙拉 每日湯品 *玉米蝦仁粥
點心	土司麵包 牛奶	蔬菜麵	水煮蛋 牛奶	鮮肉包 牛奶	烹飪課點心 果汁
註解	※ 每週二為素食日 * 為兩歲以下幼兒主食				



# Daily Meal Plan

## April

3/30 ~ 4/3	Mon	Tue	Wed	Thr	Fri
Snack 1	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits
Lunch	Marinated Chick Leg Steamed Egg Vegetable Daily Soup <small>*Chicken Mushroom Porridge</small>	Stir Fry Vege-Meat Carrot Tofu Vegetable Daily Soup <small>*Vege Porridge</small>	Braised Meat Noodle Marinated Eggs Vegetable Daily Soup <small>*Pork Vege Porridge</small>	Egg Drop Shrimp Marinated Seaweed Vegetable Daily Soup <small>*Pork Yam Porridge</small>	Spaghetti w/ Marinara Bread  Daily Soup <small>*Corn Shrimp Porridge</small>
Snack 2	Bread/Toast Milk	Vege Noodle Soup	Boiled Egg Milk	Meat Bun Milk	Cooking Class Snack Juice
4/6 ~ 4/10	Mon	Tue	Wed	Thr	Fri
Snack 1	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits
Lunch	Chicken with Onion Stir-Fry Carrot & Egg Vegetable Daily Soup <small>*Pork Vege Porridge</small>	Stir-Fry Beancurd Pan-Seared Tofu Vegetable Daily Soup <small>*Vege Porridge</small>	House Fried Rice  Vegetable Daily Soup <small>*Corn Shrimp Porridge</small>	Country Fish Fillet Stir-Fry Onion with Egg Vegetable Daily Soup <small>*Chicken Mushroom Porridge</small>	Mini-Tacos Salad  Daily Soup <small>*Pork Yam Porridge</small>
Snack 2	Ham & Cheese Milk	Vege Noodle Soup	Bread/Toast Milk	Steamed Yam Milk	Fruit Salad Juice
4/13 ~ 4/17	Mon	Tue	Wed	Thr	Fri
Snack 1	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits
Lunch	Baked Pork Chop Refreshing Tofu Vegetable Daily Soup <small>*Chicken Mushroom Porridge</small>	Baked Vege-Chicken Tomato Stir-Fry Egg Vegetable Daily Soup <small>*Vege Porridge</small>	Pork Dumplings  Vegetable Daily Soup <small>*Pork Vege Porridge</small>	Edamame Shrimp Steamed Egg Vegetable Daily Soup <small>*Pork Yam Porridge</small>	Alfredo Pasta Bread  Daily Soup <small>*Corn Shrimp Porridge</small>
Snack 2	Bread/Toast Milk	Vege Noodle Soup	Boiled Egg Milk	Meat Bun Milk	Cooking Class Snack Juice
4/20 ~ 4/24	Mon	Tue	Wed	Thr	Fri
Snack 1	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits
Lunch	Mushroom Steak Stir-Fry Bean Curd Vegetable Daily Soup <small>*Pork Vege Porridge</small>	Country Stir-Fry Steamed Egg Vegetable Daily Soup <small>*Vege Porridge</small>	House Fried Noodle  Vegetable Daily Soup <small>*Corn Shrimp Porridge</small>	Shrimp Dumplings Marinated Egg Vegetable Daily Soup <small>*Chicken Mushroom Porridge</small>	Mini Burger Baked Fries  Daily Soup <small>*Pork Yam Porridge</small>
Snack 2	Steamed Yam Milk	Vege Noodle Soup	Bread/Toast Milk	Ham & Cheese Milk	Fruit Salad Juice
4/27 ~ 5/1	Mon	Tue	Wed	Thr	Fri
Snack 1	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits
Lunch	Marinated Chicken Stir-Fry Onion with Egg Vegetable Daily Soup <small>*Chicken Mushroom Porridge</small>	Marinated Tofu Marinated Daikon Vegetable Daily Soup <small>*Vege Porridge</small>	Steamed Dumplings  Vegetable Daily Soup <small>*Pork Vege Porridge</small>	Tomato Fish Fillet Stir-Fry Carrot & Egg Vegetable Daily Soup <small>*Pork Yam Porridge</small>	Garden Pizza Salad  Daily Soup <small>*Corn Shrimp Porridge</small>
Snack 2	Bread/Toast Milk	Vege Noodle Soup	Boiled Egg Milk	Meat Bun Milk	Cooking Class Snack Juice
Remarks	※ Every Tuesday is “Vege Day” ~ Vegetarian Meals * Main Food for Children Under Two Years Old				