



每日餐點計畫

八月

8/3 ~8/7	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	炸排骨 清涼豆腐 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 *香菇雞肉粥	鮮蝦水餃 滷蛋 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	水果沙拉 果汁
8/10 ~8/14	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	紅燒牛肉 蒸蛋 時蔬 每日湯品 *蔬菜瘦肉粥	醬炒素肉 蘿蔔豆腐 時蔬 每日湯品 *蔬食粥	豬肉水餃 時蔬 每日湯品 *香菇雞肉粥	番茄魚柳 紅蘿蔔炒蛋 時蔬 每日湯品 *地瓜瘦肉粥	雞肉塔可 沙拉 每日湯品 *玉米蝦仁粥
點心	火腿起司 牛奶	蔬菜麵	土司麵包 牛奶	香蒸地瓜 牛奶	烹飪課點心 果汁
8/17 ~8/21	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 *香菇雞肉粥	甜椒蝦仁 蒸蛋 時蔬 每日湯品 *地瓜瘦肉粥	迷你皮薩 沙拉 每日湯品 *地瓜瘦肉粥
點心	土司麵包 牛奶	蔬菜麵	水煮蛋 牛奶	鮮肉包 牛奶	水果沙拉 果汁
8/24 ~8/28	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	洋菇豬肉 蒸蛋 時蔬 每日湯品 *蔬菜瘦肉粥	涼拌素雞 番茄炒蛋 時蔬 每日湯品 *蔬食粥	田園蒸餃 時蔬 每日湯品 *香菇雞肉粥	海鮮米粉 清涼豆腐 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	火腿起司 牛奶	蔬菜麵	土司麵包 牛奶	火腿起司 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 August

8/3 ~8/7	Mon	Tue	Wed	Thr	Fri
Snack 1	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits
Lunch	Fried Pork Chop Refreshing Tofu Vegetable Daily Soup *Pork Vege Porridge	Country Stir-Fry Steamed Egg Vegetable Daily Soup *Vege Porridge	House Fried Noodle Vegetable Daily Soup *Chicken Mushroom Porridge	Shrimp Dumplings Marinated Egg Vegetable Daily Soup *Pork Yam Porridge	Alfredo Pasta Bread Daily Soup *Corn Shrimp Porridge
Snack 2	Bread Milk	Vege Noodle	Boiled Egg Milk	Meat Bun Milk	Fruit Salad Juice
8/10 ~8/14	Mon	Tue	Wed	Thr	Fri
Snack 1	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits
Lunch	Marinated Beef Steamed Egg Vegetable Daily Soup *Pork Vege Porridge	Stir Fry Vege-Meat Daikon Tofu Vegetable Daily Soup *Vege Porridge	Pork Dumplings Vegetable Daily Soup *Chicken Mushroom Porridge	Tomato Fish Fillet Stir-Fry Carrot & Egg Vegetable Daily Soup *Pork Yam Porridge	Chicken Taco Salad Daily Soup *Corn Shrimp Porridge
Snack 2	Ham & Cheese Milk	Vege Noodle	Bread Milk	Sweet Potato Milk	Cooking Class Snack Juice
8/17 ~8/21	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 *Pork Vege Porridge	Stir-Fry Beancurd Pan-Seared Tofu Vegetable Daily Soup *Vege Porridge	House Fried Rice Vegetable Daily Soup *Chicken Mushroom Porridge	Bell Pepper Shrimp Steamed Egg Vegetable Daily Soup *Pork Yam Porridge	Mini Pizza Salad Daily Soup *Corn Shrimp Porridge
Snack 2	Bread Milk	Vege Noodle	Boiled Egg Milk	Meat Bun Milk	Fruit Salad Juice
8/24 ~8/28	Mon	Tue	Wed	Thr	Fri
Snack 1	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits
Lunch	Mushroom Pork Steamed Egg Vegetable Daily Soup *Pork Vege Porridge	Cold Vege-Chicken Tomato Stir-Fry Egg Vegetable Daily Soup *Vege Porridge	Steamed Dumplings Vegetable Daily Soup *Chicken Mushroom Porridge	Seafood Vermicelli Refreshing Tofu Vegetable Daily Soup *Egg & Corn Porridge	Spaghetti w/ Marinara Bread Daily Soup *Sweet Potato Porridge
Snack 2	Ham & Cheese Milk	Vege Noodle	Bread Milk	Ham & Cheese Milk	Cooking Class Snack Juice
Remarks	※ Every Tuesday is “Vege Day” ~ Vegetarian Meals * Main Food for Children Under Two Years Old				