



每日餐點計畫 七月

6/29 ~ 7/3	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	N/A 假日
午餐	紅燒雞 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	家常炒麵 時蔬 每日湯品 *蔬菜瘦肉粥	鮮蝦水餃 蘿蔔乾炒蛋 時蔬 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	
7/6 ~ 7/10	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	洋蔥豬肉 紅蘿蔔炒蛋 時蔬 每日湯品 *蔬菜瘦肉粥	凉拌素雞 煎豆腐 時蔬 每日湯品 *蔬食粥	豬肉水餃 時蔬 每日湯品 *玉米蝦仁粥	番茄魚柳 洋蔥炒蛋 時蔬 每日湯品 *香菇雞肉粥	白醬意大利麵 麵包 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
7/13 ~ 7/17	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	烤牛排 清涼豆腐 時蔬 每日湯品 *香菇雞肉粥	炒豆丁 番茄炒蛋 時蔬 每日湯品 *蔬食粥	家常炒飯 時蔬 每日湯品 *蔬菜瘦肉粥	甜椒蝦仁 蒸蛋 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
7/20 ~ 7/24	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	炸雞排 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	家常蒸餃 時蔬 每日湯品 *玉米蝦仁粥	鄉村魚片 清涼豆腐 時蔬 每日湯品 *香菇雞肉粥	紅醬意大利麵 麵包 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
7/27 ~ 7/31	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	蘿蔔豬肉 洋蔥炒蛋 時蔬 每日湯品 *香菇雞肉粥	紅燒豆腐 油蘿蔔 時蔬 每日湯品 *蔬食粥	炒米粉 時蔬 每日湯品 *蔬菜瘦肉粥	蝦仁炒蛋 家常豆腐 時蔬 每日湯品 *地瓜瘦肉粥	迷你漢堡 烤薯條 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 July

6/29 ~ 7/3	Mon	Tue	Wed	Thr	Fri
Snack 1	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	N/A Holiday
Lunch	Marinated Chick Steamed Egg Vegetable Daily Soup *Chicken Mushroom Porridge	Stir Fry Vege-Meat Carrot Tofu Vegetable Daily Soup *Vege Porridge	House Fried Noodle Vegetable Daily Soup *Pork Vege Porridge	Shrimp Dumpling Vegetable Daily Soup *Pork Yam Porridge	
Snack 2	Bread/Toast Milk	Vege Noodle Soup	Boiled Egg Milk	Meat Bun Milk	
7/6 ~ 7/10	Mon	Tue	Wed	Thr	Fri
Snack 1	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits
Lunch	Pork with Onion Stir-Fry Carrot & Egg Vegetable Daily Soup *Pork Vege Porridge	Cold Vege-Chicken Pan-Seared Tofu Vegetable Daily Soup *Vege Porridge	Pork Dumplings Vegetable Daily Soup *Corn Shrimp Porridge	Tomato Fish Fillet Stir-Fry Onion with Egg Vegetable Daily Soup *Chicken Mushroom Porridge	Alfredo Pasta Bread Daily Soup *Pork Yam Porridge
Snack 2	Ham & Cheese Milk	Vege Noodle Soup	Bread/Toast Milk	Steamed Yam Milk	Fruit Salad Juice
7/13 ~ 7/17	Mon	Tue	Wed	Thr	Fri
Snack 1	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits
Lunch	Baked Steak Refreshing Tofu Vegetable Daily Soup *Chicken Mushroom Porridge	Beancurd Stir Fry Tomato Stir-Fry Egg Vegetable Daily Soup *Vege Porridge	House Fried Rice Vegetable Daily Soup *Pork Vege Porridge	Bell Pepper Shrimp Steamed Egg Vegetable Daily Soup *Pork Yam Porridge	Garden Pizza Salad Daily Soup *Corn Shrimp Porridge
Snack 2	Bread/Toast Milk	Vege Noodle Soup	Boiled Egg Milk	Meat Bun Milk	Cooking Class Snack Juice
7/20 ~ 7/24	Mon	Tue	Wed	Thr	Fri
Snack 1	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits
Lunch	Fried Chicken Culet Bean Curd Vegetable Daily Soup *Pork Vege Porridge	Country Stir-Fry Steamed Egg Vegetable Daily Soup *Vege Porridge	Steamed Dumpling Vegetable Daily Soup *Corn Shrimp Porridge	Country Fish Fillet Refreshing Egg Vegetable Daily Soup *Chicken Mushroom Porridge	Spaghetti with Mariana Bread Daily Soup *Pork Yam Porridge
Snack 2	Steamed Yam Milk	Vege Noodle Soup	Bread/Toast Milk	Ham & Cheese Milk	Fruit Salad Juice
7/27 ~ 7/31	Mon	Tue	Wed	Thr	Fri
Snack 1	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits
Lunch	Carrot Pork Stir-Fry Onion with Egg Vegetable Daily Soup *Chicken Mushroom Porridge	Marinated Tofu Marinated Daikon Vegetable Daily Soup *Vege Porridge	Fried Vermicelli Vegetable Daily Soup *Pork Vege Porridge	Shrimp Stir Fry Egg Household Tofu Vegetable Daily Soup *Pork Yam Porridge	Mini Burger Baked Fries Daily Soup *Corn Shrimp Porridge
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				