113年12月份 高雄市光華國中午餐菜單 Lunch Menu

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| No | 日期 | 星期 | 主食 | 副食1 | 副食2 | 蔬菜 | 湯 | 水果 |
| 01 | 113.12.02 | 一 | 海苔香鬆飯☆ | ※酥炸杏鮑菇☆ | 蕃茄豆腐☆ | 蒜炒菠菜 | 當歸素羊肉湯 | 優酪乳☆ |
|  |  |  | Seaweed Rice | Fried King Oyster Mushrooms | Tomato Tofu | Stir-fried Spinach | Lamb Soup | Yogurt |
| 02 | 113.12.03 | 二 | 麥片飯☆ | 豆乾滷肉☆ | 雞絲銀芽 | 炒油菜 | 味噌湯☆ | 甜柿 |
|  |  |  | Oatmeal Rice | Braised Tofu and Pork | Chicken and Bean Sprouts | Stir-fried Canola | Miso Soup | Persimmon |
| 03 | 113.12.04 | 三 | 紫米飯 | 黑胡椒洋蔥魚丁☆ | 三蔬雞丁 | 炒空心菜 | 蘿蔔蛤蜊湯☆ | 香吉士 |
|  |  |  | Purple Rice | Black Pepper Fish | Three-Veggie Chicken Dice | Stir-fried Water Spinach | Radish Clam Soup | Pineapple |
| 04 | 113.12.05 | 四 | 糙米飯 | 荷香排骨☆ | 燴大黃瓜☆ | 有機蔬菜 | 青菜豆腐湯☆ | 橘子 |
|  |  |  | Brown Rice | Pork Ribs | Braised Cucumber | Organic Vegetables | Vegetable Tofu Soup | Orange |
| 05 | 113.12.06 | 五 | 珍珠薏仁飯 | 義式蕃茄燉肉☆ | 五彩蝦仁☆ | 炒青江菜 | 南瓜西米露☆ |  |
|  |  |  | Pearl Barley Rice | Italian Tomato Stewed Meat | Five-Colored Shrimp | Stir-fried Qingjiang vegetables | Pumpkin Sago Soup |  |
| 06 | 113.12.09 | 一 | 糙米飯 | 芋香飯湯配料 | 佛卡夏麵包(1)☆ | 燙青菜 | 水煮蛋(1)☆ | 燕麥飲☆ |
|  |  |  | Brown Rice | Taro Rice Soup | Focaccia Bread (1) | Blanched Vegetables | Boiled Egg (1 ) | Oat Drink |
| 07 | 113.12.10 | 二 | 五榖米飯☆ | 紅麴滷雞肉☆ | 蛋絲什錦☆ | 拌地瓜葉 | 米豆龍骨湯 | 葡萄 |
|  |  |  | Multi-Grain Rice | Red Yeast Braised Chicken | Scrambled Egg with Veggies | Sweet Potato Leaves Salad | Bean Bone Broth Soup | Grapes |
| 08 | 113.12.11 | 三 | 拉麵☆ | 炒海鮮拉麵配料☆ | 炒青菜 | 滷雞排(1) ☆ |  | 小蕃茄 |
|  |  |  | Ramen | Stir-fried Seafood | Stir-fried Vegetables | Braised Chicken Chop (1) |  | Cherry Tomatoes |
| 09 | 113.12.12 | 四 | 蕎麥飯 | 三杯雞☆ | 彩色蛋☆ | 炒高麗菜 | 蘿蔔龍骨湯 | 柳丁 |
|  |  |  | Buckwheat Rice | Three-Cup Chicken | Eggs | Stir-fried Cabbage | Radish Bone Broth Soup | Lime |
| 10 | 113.12.13 | 五 | 糙米飯 | 蒸肉☆ | 花生炒小魚干☆ | 有機蔬菜 | 紅棗香菇雞湯 |  |
|  |  |  | Brown Rice | Steamed Meat | Peanut Stir-fried Dried Fish | Organic Vegetables | Red Date Mushroom Chicken Soup |  |
| 11 | 113.12.16 | 一 | 甜甜圈(1)☆ | 什錦蔬菜粥☆ | 滷蛋(1)☆ | 炒青花菜 |  | 鮮奶☆ |
|  |  |  | Donut(1) | Mixed Vegetable Porridge | Braised Egg (1) | Stir-fried Broccoli |  | Fresh Milk |
| 12 | 113.12.17 | 二 | 雜糧飯☆ | 梅香滷肉☆ | 豆薯炒蛋☆ | 炒青江菜 | 冬瓜雞湯 | 橘子 |
|  |  |  | Mixed Grain Rice | Plum Braised Pork | Stir-fried Jicama and Eggs | Stir-fried Qingjiang vegetables | Winter Melon Chicken Soup | Orange |
| 13 | 113.12.18 | 三 | 拉麵☆ | 蔥燒排骨麵配料☆ | 燙青菜 | 滷翅小腿(2) |  | 蘋果 |
|  |  |  | Ramen | Scallion Braised Pork Noodles | Blanched Vegetables | Braised Wings & Drumsticks (2) |  | Apple |
| 14 | 113.12.19 | 四 | 糙米飯 | ※香酥雞翅(1) | 榨菜肉絲☆ | 炒A菜 | 海帶龍骨湯 | 原味優酪羊乳☆ |
|  |  |  | Brown Rice | Crispy Chicken Wings (1) | Stir-fried Pork with Pickled Mustard | Stir-fried A-Cai | Kelp Bone Broth Soup | Plain Yogurt |
| 15 | 113.12.20 | 五 | 五榖米飯☆ | 藥膳雞 | 蒸蛋☆ | 有機蔬菜 | 紅豆芝麻湯圓☆ |  |
|  |  |  | Multi-Grain Rice | Chicken | Steamed Egg | Organic Vegetables | Red Bean Sesame Dumplings |  |
| 16 | 113.12.23 | 一 | 白米飯 | 玉米炒飯配料☆ | 燙青菜 | 煙霧蛋☆ | 蔬菜湯☆ | 豆漿☆ |
|  |  |  | White Rice | Fried Rice with Corn | Blanched Vegetables | Smoked Egg (1) | Vegetable Soup | Soy Milk |
| 17 | 113.12.24 | 二 | 五榖米飯☆ | 蒜泥白肉☆ | 蠔油五彩豆干☆ | 有機蔬菜 | 黃瓜魚丸湯☆ | 橘子 |
|  |  |  | Multi-Grain Rice | Garlic Pork | Oyster Sauce Stir-fried Tofu | Organic Vegetables | Cucumber Fish Ball Soup | Orange |
| 18 | 113.12.25 | 三 | 糙米飯 | 可樂燒肉☆ | 胡蘿蔔炒蛋☆ | 炒油菜 | 蘿蔔雞湯 | 香蕉 |
|  |  |  | Brown Rice | Braised Pork | Carrot and Eggs | Stir-fried Canola | Radish Chicken Soup | Banana |
| 19 | 113.12.26 | 四 | 紅藜飯 | 山藥薏仁雞 | 三色豆薯 | 炒空心菜 | 米豆龍骨湯 | 柳丁 |
|  |  |  | Red Quinoa Rice | Chicken with yam and barley | Jicama | Stir-fried Water Spinach | Bean Bone Broth Soup | Lime |
| 20 | 113.12.27 | 五 | 燕麥飯☆ | ※檸檬魚☆ | 玉米雞丁 | 蝦香高麗菜☆ | 關東煮☆ |  |
|  |  |  | Oatmeal Rice | Lemon Fish | Diced Chicken ＆Corn | Shrimp Stir-fried Cabbage | Oden (Japanese Hot Pot) |  |
| 21 | 113.12.30 | 一 | 糙米飯 | 五行燴飯配料 | 泰式炸蛋☆ | 薑絲尼龍菜 | 蔬菜玉米濃湯☆ | 優酪乳☆ |
|  |  |  | Brown Rice | Five-Grain Stew | Thai Fried Eggs | Ginger Vegetables | Vegetable Corn Cream Soup | Yogurt |
| 22 | 113.12.31 | 二 | 雜糧飯☆ | 麻油米血雞☆ | 炒五丁☆ | 蒜炒菠菜 | 南瓜龍骨湯 | 小蕃茄 |
|  |  |  | Mixed Grain Rice | Sesame Oil Braised Rice Cake Chicken | Stir-fried Five Ingredients | Stir-fried Spinach | Pumpkin Bone Broth Soup | Cherry Tomatoes |

有☆符號:含有衛福部公告11種過敏原，倘有體質過敏者，請至「校園食材登錄平台」https://fatraceschool.k12ea.gov.tw/frontend/ (可掃描下方二維條碼進入網站) 查詢相關食材資訊，並避免食用。