



每日  
滿意度調查  
歡迎回饋  
持續提升

# 食家安 114年01+02月菜單 成功國中



營養師: 葉心儀 (營養師證字第005415號)

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日期	星期	主食	主菜	副菜一	副菜二	蔬菜	湯品	附品	全脂保久乳 (g)	雞蛋 (個)	牛奶 (cc)	油類 (cc)	水果 (g)	肉類 (g)	其他 (g)
02	四	<b>紅藜飯</b> Red Quinoa Rice 白米+紅藜米-蒸	<b>日式洋芋豬</b> Japanese-style Pork with Potatoes 豬圓豬肉+馬鈴薯+時蔬-煮	<b>★鹹酥雞X3</b> Salt and Crispy Chicken 雞肉-炸	<b>鮮炒花椰</b> Stir-fried Fresh Cauliflower 花椰菜+時蔬-炒	青菜 vegetables	<b>洋蔥雞湯</b> Onion Chicken Soup 雞肉+洋蔥+時蔬-煮		6.5	2.8	2.0	3.0	0.0	0.0	883
03	五	<b>白飯</b> Rice 白米-蒸	<b>蔥油雞</b> Scallion Oil Chicken 雞肉+時蔬+蔥-炒	<b>燒肉油腐</b> Grilled Pork with Tofu 油豆腐+豬圓豬肉+時蔬-燒	<b>炒高麗菜</b> Stir-fried Cabbage 高麗菜+時蔬-炒	青菜 vegetables	<b>玉米湯</b> Corn Soup 玉米+時蔬-煮	水果 fruit	6.5	2.8	1.9	2.7	1.0	0.0	927
06	一	<b>胚芽飯</b> Germ Rice 白米+胚芽米-蒸	<b>番茄鮮蔬豆腐</b> Tomato and Fresh Vegetable Tofu 豬圓豬肉+番茄+豆腐+時蔬-煮	<b>滑嫩蒸蛋</b> Smooth Steamed Egg 蛋+時蔬-蒸	<b>時令鮮瓜</b> Seasonal Fresh Melon 瓜+時蔬-煮	青菜 vegetables	<b>四神湯</b> Four Herbs Soup 豬圓豬肉+薏仁+時蔬-煮		6.5	2.8	1.9	2.7	0.0	0.0	867
07	二	<b>五穀飯</b> Five Grain Rice 白米+五穀米-蒸	<b>白醬燉雞</b> White Sauce Stewed Chicken 雞肉+時蔬-煮	<b>薯球X4</b> Potato Balls 薯球-炸	<b>蒜香炒菇</b> Garlic Stir-fried Mushrooms 菇+時蔬-炒	青菜 vegetables	<b>肉骨茶湯</b> Bak Kut Teh Soup 排骨+時蔬-煮	果汁 juice	6.5	2.8	2.0	2.7	0.0	0.0	869
08	三	<b>蔥香雞汁拌麵</b> Scallion Chicken Sauce Noodles 麵+雞肉+時蔬-煮	<b>叉燒豬排x1</b> Char Siu Pork Chop 豬排-燒	<b>茄汁豆皮</b> Tomato Sauce Tofu Skin 豆皮+時蔬-燒	<b>柴魚蘿蔔</b> Bonito Flakes and Radish 蘿蔔+時蔬+柴魚-燒	青菜 vegetables	<b>什錦蔬菜湯</b> Mixed Vegetable Soup 時蔬-煮	水果 fruit	6.5	2.8	1.9	2.7	1.0	0.0	927
09	四	<b>薏仁飯</b> Job's Tears Rice 白米+洋薏仁-蒸	<b>筍焗豬肉</b> Braised Pork with Bamboo Shoots 豬圓豬肉+豬圓豬蹄+筍-燒	<b>◎義式肉丸子X1</b> Italian Meatballs 獅子頭+時蔬-燒	<b>清炒四季</b> Stir-fried Seasonal Vegetables 四季豆+時蔬-炒	青菜 vegetables	<b>冬瓜西米露</b> Winter Melon and Sago Soup 西谷米+冬瓜塊-煮		6.5	2.8	2.0	2.7	0.0	0.0	869
10	五	<b>白飯</b> Rice 白米-蒸	<b>泡菜炒雞</b> Kimchi Stir-fried Chicken 雞肉+泡菜+時蔬-炒	<b>★酥炸魚條X2</b> Crispy Fried Fish Sticks 魚-炸	<b>芝香芽菜</b> Fragrant Sprouts with Sesame 豆芽+油片絲+時蔬-煮	青菜 vegetables	<b>海芽湯</b> Seaweed Soup 海芽+薑-煮	水果 fruit	6.5	2.8	1.9	3.0	1.0	0.0	940
13	一	<b>糙米飯</b> Brown Rice 白米+糙米-蒸	<b>麻油雞</b> Sesame Oil Chicken 雞肉+時蔬-煮	<b>古早味滷蛋</b> Traditional Braised Eggs 酸漿+黑豆干+蛋x1-滷	<b>奶香玉米</b> Creamy Corn 玉米+時蔬-煮	青菜 vegetables	<b>榨菜排骨湯</b> Pickled Mustard Greens and Pork Ribs Soup 排骨+榨菜+時蔬-煮		6.5	2.8	2.0	2.7	0.0	0.0	869
14	二	<b>燕麥飯</b> Oatmeal Rice 白米+燕麥-蒸	<b>壽喜燒豬</b> Sukiyaki Pork 豬圓豬肉+時蔬-燒	<b>洋蔥炒蛋</b> Onion Scrambled Eggs 蛋+洋蔥+毛豆-炒	<b>鮮蔬炒筍</b> Stir-fried Bamboo Shoots 筍+時蔬-炒	青菜 vegetables	<b>味噌湯</b> Miso Soup 味噌+海芽-煮	全脂保久乳 milk	6.5	2.8	1.9	2.5	0.0	1.0	958
15	三	<b>DIY滷肉飯</b> DIY Braised Pork Rice 白米-蒸	<b>蜜汁翅小腿X2</b> Honey Glazed Wings and Drumsticks 翅小腿-滷	<b>香菇肉燥</b> Shiitake Mushroom Meat Sauce 豬圓豬肉+香菇+時蔬-滷	<b>爆炒高麗</b> Stir-fried Cabbage 高麗菜+時蔬-炒	青菜 vegetables	<b>紫米薏仁湯</b> Purple Rice and Job's Tears Soup 黑糯米+洋薏仁+椰奶-煮	水果 fruit	6.5	2.8	2.0	2.7	1.0	0.0	929
16	四	<b>小米飯</b> Millet Rice 白米+小米-蒸	<b>家鄉大排X1</b> Homestyle Pork Chop 豬排-滷	<b>豆干炒魷魚</b> Stir-fried Tofu and Squid 豆干+豬圓豬肉+魷魚圈+時蔬-炒	<b>香燻海結</b> Fragrant Braised Sea Cucumber 海結+時蔬-煮	青菜 vegetables	<b>招牌麵線羹</b> Signature Noodle Soup 麵線+時蔬+柴魚片-煮	履歷豆漿 soy milk	6.5	3.0	1.9	2.6	0.0	0.0	877
17	五	<b>白飯</b> Rice 白米-蒸	<b>◆蒜蓉鮮魚</b> Garlic Fresh Fish 魚+時蔬-煮	<b>無錫排骨</b> Wuxi Pork Ribs 豬圓豬肉+年糕+芝麻-煮	<b>菇炒白菜</b> Stir-fried Mushrooms with Cabbage 白菜+時蔬-炒	青菜 vegetables	<b>鮮瓜湯</b> Fresh Melon Soup 瓜+薑-煮	水果 fruit	6.5	2.8	1.9	2.7	1.0	0.0	927
20	一	<b>白飯</b> Rice 白米-蒸	<b>野菜燒肉</b> Grilled Meat with Wild Vegetables 豬圓豬肉+時蔬-燒	<b>洋芋火腿蛋</b> Potato, Ham, and Egg 蛋+馬鈴薯+火腿-炒	<b>鮮蔬高麗</b> Fresh Vegetables with Cabbage 高麗菜+時蔬-炒	青菜 vegetables	<b>◎冬瓜珍珠</b> Winter Melon with Pearls 粉圓+冬瓜糖-煮		6.6	2.8	2.1	2.5	0.0	0.0	870

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11	二	<b>薏仁飯</b> Job's Tears Rice 白米+洋薏仁-蒸	<b>招牌咖哩豬</b> Signature Curry Pork 豬圓豬肉+馬鈴薯+時蔬-煮	<b>★鹹酥雞X3</b> Salt and Crispy Chicken 雞肉-炸	<b>香炒海絲</b> Fragrant Stir-fried Seaweed 海絲+時蔬-煮	青菜 vegetables	<b>日式蔬菜湯</b> Japanese-Style Vegetable Soup 味噌+時蔬+南瓜-煮	果汁 juice	6.4	2.8	2.1	3.0	0.0	0.0	878
12	三	<b>DIY韓國海苔紫米飯</b> DIY Korean Seaweed Purple Rice 海苔+芝麻+白米+紫米-蒸	<b>醬燒豬排x1</b> Braised Pork Chop 豬排-燒	<b>豆干小炒</b> Stir-fried Tofu 豆干+時蔬-炒	<b>葷菇花椰</b> Mushrooms and Cauliflower 花椰菜+菇+時蔬-炒	青菜 vegetables	<b>元宵甜湯圓</b> Sweet Tang Yuan with Sesame Filling 紅豆+湯圓-煮	水果 fruit	6.5	2.8	1.9	2.7	1.0	0.0	927
13	四	<b>五穀飯</b> Five Grain Rice 白米+五穀米-蒸	<b>梅干燒雞</b> Plum Braised Chicken 雞肉+梅干菜+筍干-燒	<b>★◎金黃小魚X2</b> Golden Fried Fish 魚-炸	<b>韓式拌雜菜</b> Korean-Style Mixed Vegetables 芽菜+時蔬-煮	青菜 vegetables	<b>海芽豆腐湯</b> Seaweed and Tofu Soup 海芽+豆腐+薑-煮		6.4	2.8	2.0	3.0	0.0	0.0	875
14	五	<b>白飯</b> Rice 白米-蒸	<b>地瓜燒雞</b> Sweet Potato Braised Chicken 雞肉+地瓜+時蔬-煮	<b>番茄炒蛋</b> Tomato Scrambled Eggs 番茄+蛋+時蔬-煮	<b>日式蘿蔔</b> Japanese-Style Daikon Radish 白蘿蔔+時蔬+柴魚-煮	青菜 vegetables	<b>酸菜肉絲湯</b> Sour Cabbage and Shredded Pork Soup 豬圓豬肉+酸菜+時蔬-煮	水果 fruit	6.5	2.8	1.9	2.7	1.0	0.0	927
17	一	<b>小米飯</b> Millet Rice 白米+小米-蒸	<b>★黃金蝦排X1</b> Golden Shrimp Cutlet 蝦排-炸	<b>麻婆絞肉豆腐</b> Mapo Tofu with Ground Pork 豆腐+豬圓豬肉+時蔬-煮	<b>田園時蔬</b> Seasonal Garden Vegetables 南瓜+時蔬-煮	青菜 vegetables	<b>鮮蔬雞湯</b> Fresh Vegetable Chicken Soup 雞肉+時蔬-煮		6.5	2.6	1.9	3.0	0.0	0.0	865
18	二	<b>胚芽飯</b> Germ Rice 白米+胚芽米-蒸	<b>◆奶油鮮魚</b> Creamy Fresh Fish 水燻+時蔬-煮	<b>蒜香燉雞</b> Garlic Braised Chicken 雞肉+時蔬-燒	<b>爆炒白菜</b> Stir-fried Cabbage 白菜+時蔬-煮	青菜 vegetables	<b>義式蔬菜湯</b> Italian-Style Vegetable Soup 時蔬-煮	果汁 juice	6.4	2.9	1.9	2.7	0.0	0.0	867
19	三	<b>特製義大利麵</b> Special Italian Pasta 麵-煮	<b>義式雞排X1</b> Italian-Style Chicken Cutlet 雞排-燒	<b>番茄肉醬</b> Tomato Meat Sauce 豬圓豬肉+番茄+時蔬-煮	<b>★馬鈴薯瓣X4</b> Potato Wedges 馬鈴薯-炸	青菜 vegetables	<b>蘑菇濃湯</b> Cream of Mushroom Soup 蘑菇+時蔬-煮	水果 fruit	6.6	2.7	1.9	3.0	1.0	0.0	940
20	四	<b>紅藜飯</b> Red Quinoa Rice 白米+紅藜米-蒸	<b>和風照燒雞</b> Japanese-Style Teriyaki Chicken 雞肉+馬鈴薯+時蔬-煮	<b>什錦燴蛋</b> Mixed Stewed Eggs 蛋+時蔬-炒	<b>清炒高麗</b> Stir-fried Cabbage 高麗菜+時蔬-炒	青菜 vegetables	<b>摩摩喳喳</b> Momo Chacha 西谷米+芋頭+地瓜-煮	履歷豆漿 soy milk	6.4	3.0	1.9	2.7	0.0	0.0	874
21	五	<b>白飯</b> Rice 白米-蒸	<b>泰式椒麻豬</b> Thai-Style Spicy Pork 豬圓豬肉+時蔬-煮	<b>◎咖哩魚丸</b> Curry Fish Balls 魚丸+魚漿製品-煮	<b>清爽炒筍</b> Refreshing Stir-fried Bamboo Shoots 筍+時蔬-炒	青菜 vegetables	<b>鮮瓜排骨湯</b> Fresh Melon and Pork Rib Soup 排骨+瓜+薑-煮	水果 fruit	6.5	2.8	1.9	2.7	1.0	0.0	927
24	一	<b>雜糧飯</b> Mixed Grain Rice 白米+雜糧-蒸	<b>三杯菇菇雞</b> Three-Cup Mushrooms and Chicken 雞肉+時蔬+九層塔-煮	<b>鴿蛋關東煮</b> Pigeon Egg Oden 鴿蛋+油豆腐+時蔬-煮	<b>香甜玉米</b> Sweet Corn 玉米+芋頭+時蔬-煮	青菜 vegetables	<b>黑糖地瓜湯</b> Brown Sugar Sweet Potato Soup 地瓜-煮		6.6	2.6	1.9	2.7	0.0	0.0	859
25	二	<b>糙米飯</b> Brown Rice 白米+糙米-蒸	<b>味噌燒肉</b> Miso Grilled Pork 豬圓豬肉+時蔬-燒	<b>南瓜炒蛋</b> Stir-fried Pumpkin with Eggs 蛋+南瓜-炒	<b>蒜炒花椰</b> Garlic Stir-fried Cauliflower 花椰菜+時蔬-炒	青菜 vegetables	<b>香菇雞湯</b> Shiitake Mushroom Chicken Soup 菇+雞肉+薑-煮	果汁 juice	6.5	2.8	2.0	2.7	0.0	0.0	869
26	三	<b>招牌油飯</b> Signature Oil Rice 糯米+豬圓豬肉+時蔬-蒸	<b>古早味雞翅X1</b> Old-School Style Chicken Wings 三節雞翅-燒	<b>★◎魷魚丸X2</b> Squid Balls 魷魚丸-炸	<b>鐵板芽菜</b> Iron Plate Bean Sprouts 豆芽菜+時蔬-煮	青菜 vegetables	<b>酸辣湯</b> Hot and Sour Soup 豆腐+時蔬-煮	水果 fruit	6.4	2.8	1.9	3.0	1.0	0.0	933
27	四	<b>白飯</b> Rice 白米-蒸	<b>莎莎嫩雞</b> Salsa Tender Chicken 雞肉+時蔬-煮	<b>★轟炸魚丁X3</b> Crispy Fish Cubes 魚-炸	<b>鮮菇燴瓜</b> Fresh Mushrooms and Stewed Melon 瓜+時蔬-煮	青菜 vegetables	<b>玉米湯</b> Corn Soup 玉米+時蔬-煮		6.3	2.7	2.1	3.0	0.0	0.0	863

本公司全面使用「非基因改造」之豆製品及玉米 ◆表示3章10增加溯源水產品 ★表示炸物 ◎表示加工品 / 本菜單「未使用輻射污染食品」  
※本菜單含有甲殼類、芒果、花生、牛(羊)奶、蛋、堅果類、芝麻、含鈣質之穀物、大豆、魚類及以上各項其製品，不適合對其過敏體質者食用※