

台南市白河區白河國中+玉、大、竹、內 2023年2月第3週午餐菜單

|      | 2月27日 |       |    |      | 一    |    | 人     | 2月28日 |      |        |       | 二           |          | 人    | 3月1日     |       |             |     | 三    | 708    | 人     | 3月2日 |     |      |        | 四  | 708   | 人   | 3月3日 |        |    |       | 五  | 708  | 人      |  |  |  |  |  |  |
|------|-------|-------|----|------|------|----|-------|-------|------|--------|-------|-------------|----------|------|----------|-------|-------------|-----|------|--------|-------|------|-----|------|--------|----|-------|-----|------|--------|----|-------|----|------|--------|--|--|--|--|--|--|
|      | 菜名    | 食材    | 規格 | 數量   | 單位   | 菜名 | 食材    | 規格    | 數量   | 單位     | 菜名    | 食材          | 規格       | 數量   | 單位       | 菜名    | 食材          | 規格  | 數量   | 單位     | 菜名    | 食材   | 規格  | 數量   | 單位     | 菜名 | 食材    | 規格  | 數量   | 單位     | 菜名 | 食材    | 規格 | 數量   | 單位     |  |  |  |  |  |  |
| 主食   |       | 228連假 |    |      |      |    | 228連假 |       |      |        | 漢堡    | 漢堡包75g切     |          | 708  | 份        | 芝麻飯   | 白米          |     | 46   | kg     | 糙米飯   | 白米   |     | 46   | kg     |    | 白米    |     | 46   | kg     |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       | 漢堡包75g切-備份  |          | 20   | 份        |       | 熟黑芝麻        |     | 0.3  | kg     |       | 糙米   |     | 3    | kg     |    | 糙米    |     | 3    | kg     |    |       |    |      |        |  |  |  |  |  |  |
| 主菜   |       |       |    |      |      |    |       |       |      |        | 雞腿排漢堡 |             |          |      |          | 蒲燒鯛   | 蒲燒鯛魚片45G    |     | 708  | 份      | 瓜仔雞   | 雞腿切丁 |     | 31   | kg     |    | 雞腿切丁  |     | 31   | kg     |    | 光雞丁   |    | 29   | kg     |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       | 雞腿排(70g)    |          | 708  | 份        |       | 蒲燒鯛魚片45G-備份 |     | 30   | 份      |       | 白蘿蔔  | 中丁  | 15   | kg     |    | 蒜末    |     | 0.6  | kg     |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       | 雞腿排(70g)-備份 |          | 30   | 份        |       |             |     |      |        |       | 黑瓜   | 片   | 8    | kg     |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       |             |          |      |          |       |             |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       | 番茄醬包        |          | 730  | 份        |       |             |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       |             |          |      |          |       |             |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       |             | 黑胡椒粒600G |      |          |       |             |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       |             | 培根片CAS   |      | 5        |       | kg          |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
| 副菜   |       |       |    |      |      |    |       |       |      |        | 香料溫沙拉 | 黃地瓜(帶皮)     | 手切大丁     | 26   | kg       | 南瓜豆腐羹 | 板豆腐         |     | 6    | 板      | 客家小炒  | 豆干片  |     | 40   | kg     |    | 肉絲-台糖 | 預解凍 | 15   | kg     |    | 特級乾魷魚 | 切絲 | 1.5  | kg     |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      | 黃彩椒    |       | 中丁          | 8        | kg   | 去皮南瓜     |       | 小丁          | 40  | kg   | 芹菜-去葉  |       | 段    | 5   | kg   | 青蔥     |    | 段     | 2   | kg   | 洋蔥     |    | 片     | 10 | kg   |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      | 洋蔥     |       | 大丁          | 3        | kg   | 生香菇      |       | 片           | 12  | kg   |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      | 小番茄    |       |             | 15       | kg   | 芹菜-去葉    |       | 珠           | 1   | kg   |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       |             |          |      |          |       |             |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       | 新鮮青花菜       | 切        | 20   | kg       |       |             |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       | 義式香料(250g)  |          | 1    | 包        |       |             |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       |             | 蒜泥       |      | 1        |       | kg          |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
| 蔬菜   |       |       |    |      |      |    |       |       |      |        |       |             |          |      |          | 炒高麗菜  | 高麗菜         | 片   | 71   | kg     | 鮮菇炒油菜 | 油菜   | 段   | 69   | kg     |    | 蒜末    |     | 0.5  | kg     |    | 白精靈菇  |    | 3    | kg     |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       |             |          |      |          |       |             |     |      |        |       |      | 紅蘿蔔 | 片    | 2      |    | kg    |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       |             |          |      |          |       |             |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       |             |          |      |          |       |             |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       |             |          |      |          |       |             |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       |             |          |      |          |       |             |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       |             |          |      |          |       |             |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       |             |          |      |          |       |             |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
| 湯    |       |       |    |      |      |    |       |       |      |        | 玉米濃湯  | 雞蛋          |          | 5    | kg       | 餛飩湯   | 餛飩CAS       |     | 140  | 盒      | 冬瓜排骨湯 | 冬瓜   | 片   | 20   | kg     |    | 中排骨   |     | 12   | kg     |    | 薑絲    |    | 0.5  | kg     |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      | 玉米醬3KG |       |             | 7        | 桶    | 小白菜      |       | 段           | 20  | kg   |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      | 玉米粒3KG |       |             | 6        | 桶    | 冬菜300G   |       |             | 用庫存 |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      | 洋蔥     |       | 小丁          | 10       | kg   | 油蔥酥      |       |             | 1   | 包    |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      | 紅蘿蔔    |       | 小丁          | 4        | kg   | 芹菜-去葉    |       | 切珠          | 1   | kg   |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      | 馬鈴薯    |       | 中丁          | 15       | kg   | *餛飩-2粒/人 |       |             |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       |             |          |      |          |       |             |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       |             |          |      |          |       |             |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |
| 附餐   |       |       |    |      |      |    |       |       |      |        | 布丁    | 鮮奶雞蛋布丁100G  |          | 708  | 份        | 葡萄    | 葡萄          |     | 708  | 份      | 蛋塔    | 蛋塔   |     | 708  | 份      | 蛋塔 | 蛋塔    |     | 708  | 份      | 蛋塔 | 蛋塔    |    | 708  | 份      |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       | 備份          |          | 20   | 份        |       | 水果-備份       |     | 20   | 份      |       | 備份   |     | 20   | 份      |    | 備份    |     | 20   | 份      |    | 備份    |    | 20   | 份      |  |  |  |  |  |  |
| 營養分析 |       | 主食類   |    | 肉魚豆蛋 | 蔬菜   |    | 主食類   |       | 肉魚豆蛋 | 蔬菜     |       | 主食類         |          | 肉魚豆蛋 | 蔬菜       |       | 主食類         |     | 肉魚豆蛋 | 蔬菜     |       | 主食類  |     | 肉魚豆蛋 | 蔬菜     |    | 主食類   |     | 肉魚豆蛋 | 蔬菜     |    | 主食類   |    | 肉魚豆蛋 | 蔬菜     |  |  |  |  |  |  |
|      |       | 水果類   |    | 油脂類  | 熱量   |    | 水果類   |       | 油脂類  | 熱量     |       | 水果類         |          | 油脂類  | 熱量       |       | 水果類         |     | 油脂類  | 熱量     |       | 水果類  |     | 油脂類  | 熱量     |    | 水果類   |     | 油脂類  | 熱量     |    | 水果類   |    | 油脂類  | 熱量     |  |  |  |  |  |  |
|      |       |       |    |      | 0.00 |    |       |       |      | 0.00   |       | 0           |          | 3.00 | 620.00   |       | 0.5         |     | 2.40 | 654.50 |       | 0    |     | 2.20 | 656.00 |    | 0     |     | 2.20 | 656.00 |    | 0     |    | 2.20 | 656.00 |  |  |  |  |  |  |
|      |       | 蛋白質   |    | 脂肪   | 醣類   |    | 蛋白質   |       | 脂肪   | 醣類     |       | 蛋白質         |          | 脂肪   | 醣類       |       | 蛋白質         |     | 脂肪   | 醣類     |       | 蛋白質  |     | 脂肪   | 醣類     |    | 蛋白質   |     | 脂肪   | 醣類     |    | 蛋白質   |    | 脂肪   | 醣類     |  |  |  |  |  |  |
|      |       |       |    |      |      |    |       |       |      |        |       |             |          |      |          |       |             |     |      |        |       |      |     |      |        |    |       |     |      |        |    |       |    |      |        |  |  |  |  |  |  |

※經營營養師審核：☐通過

☐不通過(原因： )

★本校一律使用國產豬、牛肉食材

午餐秘書：

主任：

校長：