



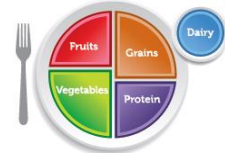
2023年 10月餐單
 核桃慈濟小學
所有餐點包括一份牛奶。



星期一	星期二	星期三	星期四	星期五
2 素肉羹麵 清炒時蔬 水果	3 蒸蛋 清炒時蔬 白飯 水果	4 番茄意大利麵 清炒時蔬 水果	5 三明治 清炒時蔬 水果	6 翠玉豆腐 清炒時蔬 白飯 水果
9 素炒麵 清炒時蔬 水果	10 素叉燒飯 清炒時蔬 水果	11 起司通心粉 清炒時蔬 水果	12 番茄炒蛋 清炒時蔬 白飯 水果	13 教師培訓日 (停課一日)
16 素烤雞塊 薯條 水果	17 蘑菇照燒意麵 清炒時蔬 水果	18 素若燥 清炒時蔬 白飯 水果	19 披薩 清炒時蔬 水果	20 蒸蛋 清炒時蔬 白飯 水果
23 素咖喱 清炒時蔬 白飯 水果	24 蘑菇醬蝴蝶麵 清炒時蔬 水果	25 紅燒豆腐 清炒時蔬 白飯 水果	26 素炒通心粉 清炒時蔬 水果	27 素火腿炒飯 清炒時蔬 白飯 水果
30 炸醬面 清炒時蔬 水果	31 素滷味 清炒時蔬 白飯 水果			



October 2023 – Menu
 Tzu Chi Elementary School, Walnut
All meals include a serving of milk.



Monday	Tuesday	Wednesday	Thursday	Friday
2 Vegan Pork with Noodle Vegetable Fruit	3 Steamed Egg Steamed Rice Vegetable Fruit	4 Spaghetti with Marinara Sauce Vegetable Fruit	5 Sandwich Vegetable Fruit	6 House Tofu Vegetable Fruit
9 Stir-Fried Noodles Vegetable Fruit	10 Vegan Barbecued Pork Steamed Rice Vegetable Fruit	11 Macaroni and Cheese Vegetable Fruit	12 Scrambled Eggs With Tomatoes Steamed Rice Vegetable Fruit	13 Professional Development Day (No School)
16 Veggie Chicken Nuggest French Fries Fruit	17 Noodles with Teriyaki Sauce of Mushroom Vegetable Fruit	18 Vegan Braised Pork Steamed Rice Vegetable Fruit	19 Pizza Vegetable Fruit	20 Steamed Egg Steamed Rice Vegetable Fruit
23 Vegan Curry Chicken Steamed Rice Vegetable Fruit	24 Pasta With Cream of Mushroom Vegetable Fruit	25 Braised Tofu Steamed Rice Vegetable Fruit	26 Stir-Fried Macroni Vegetable Fruit	27 Fried Rice with Vegetarian Ham Steamed Rice Vegetable Fruit
30 Noodles with Bean Paste Vegetable Fruit	31 Taiwanese Braised Veggie Steamed Rice Vegetable Fruit			