



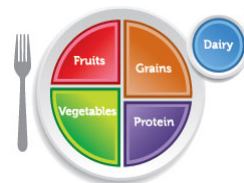
**2024年 11月餐單**  
**核桃慈濟小學**  
所有餐點包括一份牛奶。



星期一	星期二	星期三	星期四	星期五
				1 親師座談會 (停課一天)
4 素肉絲炒麵 混搭蔬菜 水果	5 蒸蛋 芥藍素牛 白飯 水果	6 素黑椒牛烏冬面 清炒時蔬 水果	7 素火腿炒飯 番茄白花菜 水果	8 起司通心粉 三色豆 水果
11 披薩 馬鈴薯泥 三色豆 水果	12 番茄醬意大利麵 素培根炒高麗菜 水果	13 素咖喱 四季豆炒素肉絲 白飯 水果	14 蘑菇醬蝴蝶麵 芥藍素蝦 水果	15 番茄炒蛋 滷白菜 白飯 水果
18 意大利瓜百葉豆腐 番茄白花菜 白飯 水果	19 肉絲炒烏冬面 混搭蔬菜 水果	20 揚州炒飯 素叉燒花椰菜 水果	21 素起司漢堡 薯條 玉米炒蛋 水果	22 棒棒素雞 三色豆 白飯 水果
25	26	27	28	29
感恩節假期 - 學校放假				



# November 2024 – Menu Tzu Chi Elementary School



**All meals include a serving of milk.**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>Teacher-Parent Conferences (School Closed )</b>
4	5	6	7	8
Pan-Fried Noodles with Shredded Veggie Pork	Steamed Egg	Stir-fried Udon Noodles with Black Pepper Veggie Beef	Fried Rice with Veggie Ham	Macaroni and Cheese
Sautéed Assorted Vegetables.	Veggie Beef With Broccoli	Sautéed Assorted Vegetables	Stir-fried Cauliflower with Tomatoes.	Three-Color Beans
Fruit	Steamed Rice Fruit	Fruit	Fruit	Fruit
11	12	13	14	15
Pizza	Spaghetti with Marinara Sauce	Vegetarian Curry	Pasta With Cream of Mushroom	Scrambled Eggs With Tomatoes
Mashed Potato	Stir-fried Cabbage with Veggie Bacon	Stir-fried Green Beans with Shredded Veggie Pork	Veggie Shrimp With Broccoli	Braised Cabbage
Three-Color Beans	Fruit	Steamed Rice	Fruit	Steamed Rice
Fruit		Fruit		Fruit
18	19	20	21	22
Stir-fried Zucchini with Bai Ye Tofu	Stir-fried Udon Noodles with Shredded Veggie Pork	Veggie Yangzhou Fried Rice	Veggie Cheese Burger	Veggie Chicken Drumstick
Stir-fried Cauliflower with Tomatoes.	Sautéed Assorted Vegetables.	Stir-fried Cauliflower with Veggie Char Siu	French Fries	Three-Color Beans
Steamed Rice	Fruit	Fruit	Scrambled Eggs with Corn	Steamed Rice
Fruit			Fruit	Fruit
25	26	27	28	29
<b>Thanksgiving Holiday - No school</b>				