

2024年 12月餐單 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	3	4	5	6
番茄義大利麵	豆腐炒蛋	肉絲炒麵	火腿炒飯	蛋炒蝴蝶麵
混搭蔬菜	混搭蔬菜	混搭蔬菜	混搭蔬菜	三色豆
水果	白飯	水果	水果	水果
	水果			
9	10	11	12	13
蘑菇照燒意麵	腐竹白菜	起司通心粉	紅燒豆腐	素炒麵
芥藍牛	混搭蔬菜	番茄白花菜	四季豆肉絲	培根高麗菜
水果	白飯	水果	白飯	水果
	水果		水果	
16	17	18	19	20
豆包炒毛豆	黑胡椒烏冬麵	素肉燥飯	肉絲蛋炒麵	木耳黄瓜炒蛋
混搭蔬菜	混搭蔬菜	混搭蔬菜	混搭蔬菜	混搭蔬菜
白飯	水果	水果	水果	白飯
水果				水果
23	24	25	26	27

寒假(學校放假)



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寒假(學校放假)





父亲母是恩女大爷, 君辈子严量毫大爷, 小菱人是氟二大爷。



December 2024 – Menu Tzu Chi Walnut Elementary School

All meals include a serving of milk.



Sautéed Assorted Vegetables Fruit Steamed Rice Fruit Fruit Pasta With Cream of Mushroom Veggie Beef With Broccoli Sautéed Assorted Vegetables Fruit Stir-fried Cauliflower with Tomatoes. Stir-fried Green Beans with Shredded Veggie Pork Stir-fried Cabbage with Veggie Bacon Stir-fried Cabbage Fruit Steamed Rice Fruit Steamed Rice Fruit 16 17 Stir-fried Liden Needles Sautéed Assorted Vegetables Fruit 18 Sautéed Assorted Vegetables Sautéed Assorted Vegetables Fruit Stir-fried Green Beans with Shredded Veggie Pork Fruit Fruit 16 17 Stir-fried Cabbage with Veggie Bacon					
Spaghetti with Marinara Scrambled Eggs With Tofu Stir-fried Noodles with Shredded Veggie Pork Sautéed Assorted Vegetables Steamed Rice Fruit 9 10 Pasta With Cream of Mushroom Veggie Beef With Broccoli Fruit Steamed Rice Fruit Stir-fried Cauliflower with Tomatoes. Fruit Steamed Rice Fruit Fruit Steamed Rice Fruit Fruit Steamed Rice Fruit Fruit Fruit Steamed Rice Fruit Fruit Fruit Steamed Rice Fruit Fruit Fruit Stir-fried Udon Noodles with Shredded Veggie Pork Sautéed Assorted Wegetables Fruit Stir-fried Rice with Shredded Veggie Pork Stir-fried Rice with Shredded Veggie Pork Stir-fried Rice with Shredded Veggie Pork Sautéed Assorted Vegetables Fruit Stir-fried Rice with Shredded Veggie Pork Sautéed Assorted Vegetables Fruit Stir-fried Rice with Shredded Veggie Pork Sautéed Assorted Vegetables Fruit Stir-fried Rice with Shredded Veggie Pork Sautéed Assorted Vegetables Fruit Stir-fried Rice with Shredded Veggie Pork Sautéed Assorted Vegetables Fruit Stir-fried Rice with Shredded Veggie Pork Sautéed Assorted Vegetables Fruit Stir-fried Rice with Shredded Veggie Pork Sautéed Assorted Vegetables Stir-fried Rice with Shredded Veggie Pork Sautéed Assorted Vegetables Stir-fried Rice with Shredded Veggie Pork Sautéed Assorted Vegetables Stir-fried Rice with Shredded Veggie Pork Sautéed Assorted Vegetables Stir-fried Rice with Shredded Veggie Pork Sautéed Assorted Vegetables Stir-fried Rice with Shredded Veggie Pork	Monday	Tuesday	Wednesday	Thursday	Friday
Sautéed Assorted Vegetables Fruit Steamed Rice Fruit Fruit Pasta With Cream of Mushroom Veggie Beef With Broccoli Steamed Rice Fruit Steamed Rice Fried fungus, cucumber Shredded Veggie Pork Assorted Vegetables Sautéed Assorted Vegetables Fruit Steamed Rice Fruit	2	3	4	5	6
Vegetables Vegetables Vegetables Vegetables Fruit Steamed Rice Fruit Fruit Fruit 9 10 11 12 13 Pasta With Cream of Mushroom Braised Bean Curd Sticks with Napa Cabbage Macaroni and Cheese House Style Tofu Veggie Fried Noodles Veggie Beef With Broccoli Sautéed Assorted Vegetables Stir-fried Cauliflower with Tomatoes. Stir-fried Green Beans with Shredded Veggie Pork Stir-fried Cabbage with Veggie Bacon Fruit Steamed Rice Fruit Fruit Fruit 16 17 18 19 20 Stir-fried Udon Noodles with Shredded Veggie Pork Rice with Vege Minced Meat Stir-fried Rice with Shredded Veggie Pork Fried fungus, cucumber and eggs Mashed Potatoes Sautéed Assorted Vegetables Sautéed Assorted Vegetables Sautéed Assorted Vegetables Sautéed Assorted Vegetables Three-Color Beans Fruit Fruit Fruit Steamed Rice	· ·	Scrambled Eggs With Tofu			Teriyaki Stir-fried Spaghetti with Mushrooms
Fruit 9 10 11 12 13 Pasta With Cream of Mushroom Braised Bean Curd Sticks with Napa Cabbage Stir-fried Cauliflower with Tomatoes. Fruit Steamed Rice Fruit Steamed Rice Fruit Fruit 16 17 Stir-fried Udon Noodles with Shredded Veggie Pork Stir-fried Udon Noodles with Shredded Veggie Pork Sautéed Assorted Vegeie Bacon Fruit Fruit Fruit 18 19 20 Stir-fried Rice with Shredded Veggie Pork Stir-fried Udon Noodles with Shredded Veggie Pork Sautéed Assorted Vegeie Pork Sautéed Assorted Vegeie Pork Sautéed Assorted Vegetables Three-Color Beans Fruit Fruit Fruit Fruit Steamed Rice Fried fungus, cucumber and eggs Sautéed Assorted Vegetables Fruit Fruit Steamed Rice Fruit Steamed Rice Fruit Steamed Rice Fruit Fruit Steamed Rice Fruit					
9 10 Pasta With Cream of Mushroom Veggie Beef With Broccoli Fruit Steamed Rice Fruit Stir-fried Udon Noodles with Shredded Veggie Pork Mashed Potatoes Mashed Potatoes Three-Color Beans Fruit Fruit Braised Bean Curd Sticks with Napa Cabbage Sautéed Assorted Vegetables Stir-fried Cauliflower with Tomatoes. Stir-fried Cauliflower with Tomatoes. Stir-fried Cauliflower with Shredded Veggie Pork Stir-fried Cabbage with Veggie Bacon Stir-fried Cabbage with Veggie Bacon Stir-fried Cabbage with Shredded Veggie Pork Steamed Rice Fruit 16 Stir-fried Udon Noodles with Shredded Veggie Pork Sautéed Assorted Vegetables Sautéed Assorted Vegetables Sautéed Assorted Vegetables Three-Color Beans Fruit 11 12 House Style Tofu Veggie Fried Noodles Stir-fried Green Beans with Shredded Veggie Pork Stir-fried Cauliflower with Tomatoes. Stir-fried Cabbage with Veggie Pork Stir-fried Rice with Shredded Veggie Pork Shredded Veggie Pork Sautéed Assorted Vegetables Sautéed Assorted Vegetables Sautéed Assorted Vegetables Sautéed Assorted Vegetables Fruit Fruit Fruit Fruit	Fruit	Steamed Rice	Fruit	Fruit	Fruit
Pasta With Cream of Mushroom Weggie Beef With Broccoli Fruit Steamed Rice Fruit Stir-fried Gauliflower with Tomatoes. Fruit Steamed Rice Fruit 16 Stir-fried Udon Noodles with Shredded Veggie Pork Stir-fried Udon Noodles with Shredded Veggie Pork Stir-fried Udon Noodles with Shredded Veggie Pork Sautéed Assorted Vegetables Rice with Vege Minced Meat Sautéed Assorted Vegetables Sautéed Assorted Vegetables Three-Color Beans Fruit Macaroni and Cheese House Style Tofu Veggie Fried Noodles Stir-fried Green Beans with Shredded Veggie Pork Stir-fried Cabbage with Veggie Pork Steamed Rice Fruit 18 19 20 Stir-fried Rice with Shredded Veggie Pork Sautéed Assorted Vegetables Sautéed Assorted Vegetables Sautéed Assorted Vegetables Fruit Fruit Steamed Rice Fruit Fruit Fruit Fruit Fruit Fruit		Fruit			
Mushroom Veggie Beef With Broccoli Veggie Beef With Broccoli Vegetables Stir-fried Cauliflower with Tomatoes. Stir-fried Cauliflower with Tomatoes. Stir-fried Green Beans with Shredded Veggie Pork Steamed Rice Fruit Steamed Rice Fruit 16 Stir-fried Udon Noodles with Shredded Veggie Pork Stir-fried Udon Noodles with Shredded Veggie Pork Mashed Potatoes Sautéed Assorted Vegetables Mashed Potatoes Three-Color Beans With Napa Cabbage Stir-fried Cauliflower with Stir-fried Green Beans with Shredded Veggie Pork Stir-fried Cabbage with Stir-fried Cabbage with Stir-fried Rice Fruit Fruit Stir-fried Green Beans Stir-fried Cabbage with Veggie Bacon Stir-fried Rice with Shredded Veggie Pork Sautéed Assorted Sautéed Assorted Vegetables Sautéed Assorted Vegetables Fruit Steamed Rice Fruit Fruit Steamed Rice Fruit	9	10	11	12	13
Veggie Beef With BroccoliSauteed Assorted VegetablesStir-fried Cauliflower with Tomatoes.with Shredded Veggie PorkStir-fried Cabbage with 			Macaroni and Cheese	House Style Tofu	Veggie Fried Noodles
Fruit 16 Stir-fried Udon Noodles with Shredded Veggie Pork Mashed Potatoes Three-Color Beans Fruit 18 19 Stir-fried Udon Noodles with Shredded Veggie Pork Sautéed Assorted Vegetables Fried fungus, cucumber Shredded Veggie Pork Sautéed Assorted Vegetables Sautéed Assorted Vegetables Fruit	Veggie Beef With Broccoli			with Shredded Veggie	Stir-fried Cabbage with Veggie Bacon
16 Stir Fry Edamame and Bean Bun Mashed Potatoes Three-Color Beans To Stir-fried Udon Noodles with Shredded Veggie Pork Fruit 18 Stir-fried Udon Noodles with Shredded Veggie Pork Meat Sautéed Assorted Vegetables Fruit 18 Stir-fried Rice with Shredded Veggie Pork Shredded Veggie Pork Sautéed Assorted Vegetables Sautéed Assorted Vegetables Fruit Fruit Steamed Rice Fruit	Fruit	Steamed Rice	Fruit	Steamed Rice	Fruit
Stir Fry Edamame and Bean Bun Stir-fried Udon Noodles with Shredded Veggie Pork Mashed Potatoes Sautéed Assorted Vegetables Sautéed Assorted Vegetables Fruit Stir-fried Rice with Shredded Veggie Pork Sautéed Assorted Vegetables Sautéed Assorted Vegetables Fruit Fried fungus, cucumber and eggs Sautéed Assorted Vegetables Fruit Steamed Rice Fruit Fruit		Fruit		Fruit	
Bean Bun With Shredded Veggie Pork Mashed Potatoes With Shredded Veggie Pork Sautéed Assorted Vegetables Wegetables Fruit Rice with Vege Minced Shredded Veggie Pork Shredded Veggie Pork Sautéed Assorted Vegetables Sautéed Assorted Vegetables Fruit Fried fungus, cucumber Shredded Veggie Pork Sautéed Assorted Vegetables Fruit Fruit Fruit Fruit Fruit Fruit Fruit Fruit	16	17	18	19	20
Mashed Potatoes Vegetables Vegetables Vegetables Vegetables Vegetables Fruit Fruit Fruit Fruit Fruit		with Shredded Veggie	_		Fried fungus, cucumber and eggs
Fruit	Mashed Potatoes				
	Three-Color Beans	Fruit	Fruit	Fruit	Steamed Rice
23 24 25 26 27	Fruit				Fruit
	23	24	25	26	27

Winter Break (No School)



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Winter Break (No School)





Great is a parent's love and a noble person's generosity and tolerance.

Great also is an ignoble person's pettiness and temper.