



2024年 12月餐單
慈濟小學
所有餐點包括一份牛奶。

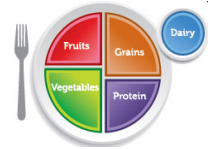


星期一	星期二	星期三	星期四	星期五
2 番茄義大利麵 混搭蔬菜 水果	3 豆腐炒蛋 混搭蔬菜 白飯 水果	4 肉絲炒麵 混搭蔬菜 水果	5 火腿炒飯 混搭蔬菜 水果	6 蛋炒蝴蝶麵 三色豆 水果
9 蘑菇照燒意麵 芥藍牛 水果	10 腐竹白菜 混搭蔬菜 白飯 水果	11 起司通心粉 番茄白花菜 水果	12 紅燒豆腐 四季豆肉絲 白飯 水果	13 素炒麵 培根高麗菜 水果
16 豆包炒毛豆 混搭蔬菜 白飯 水果	17 黑胡椒烏冬麵 混搭蔬菜 水果	18 素肉燥飯 混搭蔬菜 水果	19 肉絲蛋炒麵 混搭蔬菜 水果	20 木耳黃瓜炒蛋 混搭蔬菜 白飯 水果
23	24	25	26	27
寒假（學校放假） 				
30	31			
寒假（學校放假） 				



December 2024 – Menu Tzu Chi Walnut Elementary School

All meals include a serving of milk.



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

Winter Break (No School)



30

Winter Break (No School)

31

Great is a parent's love and a noble person's generosity and tolerance. Great also is an ignoble person's pettiness and temper.