

核桃慈濟小學
2023年 5月餐單
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 素雞塊食蔬麵 水果	2 紅燒豆腐 清炒時蔬 白飯 水果	3 炸醬麵 清炒時蔬 水果	4 甜酸素魚 清炒時蔬 白飯 水果	5 番茄意大利麵 炸起司條 水果
8 素咖喱 清炒時蔬 白飯 水果	9 披薩 薯條 水果	10 蘑菇醬胡蝶麵 清炒時蔬 水果	11 素火腿炒飯 清炒時蔬 水果	12 素炒通心麵 清炒時蔬 水果
15 素滷肉飯 清炒時蔬 水果	16 三明治 薯條 清炒時蔬 水果	17 芥蘭牛肉燴飯 水果	18 大滷麵 清炒時蔬 水果	19 素炒麵 春捲 水果
22 炒米粉 清炒時蔬 水果	23 番茄炒蛋 清炒時蔬 水果	24 起司通心粉 清炒時蔬 水果	25 素肉燥飯 清炒時蔬 白飯 水果	26 學期結束 (上課半天)
29 國殤日 (辦公室放假)	30 31 暑假			

Tzu Chi Elementary School, Walnut

May 2023 – Menu

All meals include a serving of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Vege chicken & vegetables noodles Fruit	2 Braised Tofu Steamed Rice Vegetable Fruit	3 Fried sauce noodles Vegetable Fruit	4 Sweet & Sour Fish Steamed Rice Vegetable Fruit	5 Spaghetti with Marinara Sauce Fried cheese stick Fruit
8 Vegetarian Curry Chicken Steamed Rice Vegetable Fruit	9 Pizza French Fries Fruit	10 Pasta with Cream of Mushroom Vegetable Fruit	11 Fried Rice with Vege Ham Vegetable Fruit	12 Stir-Fried Macaroni Vegetable Fruit
15 Rice with Vegan Mincemeat Vegetable Fruit	16 Sandwich French Fries Vegetable Fruit	17 Beef Risotto with broccoli Fruit	18 Big Braised Noodles Vegetable Fruit	19 Stir -Fried Noodles Spring roll Fruit
22 Fried Rice Vermicelli Vegetable Fruit	23 Scrambled Eggs With Tomatoes Vegetable Fruit	24 Macaroni and Cheese Vegetable Fruit	25 Rice with Vege Minced Meat Vegetable Fruit	26 Last Day of School (Early Dismissal)
29 Memorial Day (closed)	30 31 Summer Vacation			