

DOMINICAN INTERNATIONAL SCHOOL KAOHSIUNG

MARCH MENU

ELEMENTARY SCHOOL

日期	主食	副食一	副食二	青菜	湯	水果
3/3	米飯rice	薑味蒸肉ginger meat	鮮蔬雞柳vegetable and chicken	青菜vegetable	地瓜芋圓湯Sweet potato and taro soup	水果fruit
3/4	米飯rice	三杯雞丁three cup chicken	四季豆肉末Pork and beans	青菜vegetable	小酥肉蘿蔔湯pork and Radish soup	水果fruit
3/5	青醬義大利麵Pasta	豬排pork chop	洋芋叉叉Potatoes	青菜vegetable	雞蓉玉米粥Chicken corn porridge	水果fruit
3/6	地瓜飯sweet potato rice	菠菜雞柳Spinach chicken	糖醋肉Sweet and Sour Pork	青菜vegetable	味噌湯Miso soup	水果fruit
3/7	米飯rice	黃金花枝Fried squid sticks	蛋炒細根絲Fried Egg with shredded kelp	青菜vegetable	芹香魚丸湯celery-flavored fish ball soup	水果fruit
3/10	米飯rice	雞腿chicken	叉燒肉Pork BBQ	青菜vegetable	檸檬奇亞籽湯Lemon Chia Seed Soup	水果fruit
3/11	米飯rice	醬燒豬柳Braised Pork filet in brown sauce	蔥油雞片Chicken fillet with scallion and oil	青菜vegetable	三絲湯soup	水果fruit

本校午餐供應國產豬肉

請注意:

本菜單部分食材含有衛福部公告11種過敏原(甲殼類、芒果、花生、牛奶及羊奶、蛋、堅果類、芝麻、含麩質之穀物、大豆、魚類、使用亞硫酸鹽類等), 有關食材資訊請至校園食材登錄平臺查詢。

Our school serves domestic pork for lunch

Please note:

Some ingredients on this menu contain 11 allergens announced by the Ministry of Health and Welfare (crustaceans, mangoes, peanuts, milk and goat milk, eggs, nuts, sesame, gluten-containing grains, soybeans, fish, use of sulfites, etc.), please go to the campus food login platform for information on food ingredients.

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日期	主食	副食一	副食二	青菜	湯	水果
3/12	什錦炒飯 Fried Rice	勁爆雞米花 Chicken popcorn	綜合滷味 Comprehensive braised food	青菜vegetable	四神湯Sishen Soup	水果fruit
3/13	糙米飯 brown rice	粉蒸肉 Steamed Pork	麻油雞丁 Sesame oil chicken	青菜vegetable	昆布排骨湯 Seaweed and Pork ribs soup	水果fruit
3/14	米飯rice	起司滑蛋 Cheese with smooth egg	醬燒雙菇 Sautéed mushrooms	青菜vegetable	魷魚羹 Squid soup	水果fruit
3/17	米飯rice	豉汁小排 Black Bean Short Ribs	回味洋芋雞球 Potatoes and chicken	青菜vegetable	桂圓綠豆蒜湯 Sweet longan mung bean soup	水果fruit
3/18	米飯rice	蠔油雞丁 Oyster Sauce Chicken	醋溜肉片 Vinegar pork	青菜vegetable	鮮菇濃湯 mushroom soup	水果fruit
3/19	家常炒麵 Fried noodle	紅燒肉 Braised pork	香炒白花 fried cauliflower	青菜vegetable	魷仔魚粥 Whitebait porridge	水果fruit
3/20	小米飯 millet rice	奶香雞丁 Milk chicken	貢丸海帶滷 Braised meatball and kelp	青菜vegetable	紫菜蛋花湯 Seaweed Egg drop soup	水果fruit

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MARCH MENU

ELEMENTARY SCHOOL

日期	主食	副食一	副食二	青菜	湯	水果
3/21	米飯. rice	椒鹽魚柳 Salt and pepper fish fillet	西滷菜 Braised Chinese cabbage	青菜 vegetable	黑輪湯 oden soup	水果 fruit
3/24	米飯rice	香雞排 Chicken Chop	豆皮炒油菜 Fried tofu with rape	青菜 vegetable	檸檬愛玉湯 Lemon jelly	水果 fruit
3/25	米飯rice	香菇肉 Braised Pork with Mushroom	番茄炒蛋 Tomato scrambled egg	青菜 vegetable	肉丸湯 Meatball soup	水果 fruit
3/26	麻油香炒飯 Sesame Fried Rice	白斬雞片 White chopped chicken	蔥燒味噌豆腐 Grilled Miso Tofu with Scallions	青菜 vegetable	海帶芽蛋花湯 Seaweed Egg drop soup	水果 fruit
3/27	紫米飯 Purple rice	筍干燒肉 Roast Pork with Bamboo	黃白雞丁 Yellow and white chicken	青菜 vegetable	玉米湯 corn soup	水果 fruit
3/28	米飯rice	蒸蛋 steamed egg	醬燒花枝丸 Sautéed cuttlefish Balls	青菜 vegetable	白菜豆腐湯 cabbage tofu soup	水果 fruit
3/31	米飯rice	味噌肉片 Miso pork	咖哩雞丁 Curry chicken	青菜 vegetable	仙草粉圓湯 Mesona and tapioca balls sweet soup	水果 fruit

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MARCH MENU

MS/HS SCHOOL

日期	主食	副食一	副食二	副食三	副食四	湯	水果
3/3	米飯rice	薑味蒸肉ginger meat	鮮蔬雞vegetable and chicken	麻婆大根Mapo radish	青菜vegetable	地瓜芋圓湯Sweet potato and taro soup	
3/4	米飯rice	炸雞腿fried chicken	橙汁小排Pork With Orange	白菜滷Braised Chinese cabbage	青菜vegetable	小酥肉蘿蔔湯pork and Radish soup	
3/5	義大利麵Pasta	青醬義大利麵Pasta	豬排pork chop	洋芋叉叉Potatoes	青菜vegetable	雞蓉玉米粥Chicken corn porridge	水果fruit
3/6	地瓜飯sweet potato rice	鹽水雞Boiled salty chicken	糖醋肉Sweet and Sour Pork	螞蟻上樹Sauteed Vermicelli with Minced Pork	青菜vegetable	味噌湯Miso soup	
3/7	米飯rice	黃金花枝Fried squid sticks	蛋炒細根絲Fried Egg with shredded kelp	韓式泡菜年糕Korean rice cake	青菜vegetable	芹香魚丸湯celery-flavored fish ball soup	水果fruit
3/10	米飯rice	三杯雞three cup chicken	叉燒肉Pork BBQ	紅燒豆腐braised tofu	青菜vegetable	檸檬奇亞籽湯Lemon Chia Seed Soup	
3/11	米飯rice	醬燒豬柳Braised Pork filet in brown sauce	蔥油雞Chicken fillet with scallion and oil	魚香干絲Dried shredded pork	青菜vegetable	三絲湯soup	

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MARCH MENU

MS/HS SCHOOL

日期	主食	副食一	副食二	副食三	副食四	湯	水果
3/12	炒飯 Fried Rice	什錦炒飯 Fried Rice	麻醬雞 Sesame sauce chicken	綜合滷味 Comprehensive braised food	青菜 vegetable	四神湯 Sishen Soup	水果 fruit
3/13	糙米飯 brown rice	粉蒸肉 Steamed Pork	麻油雞 Sesame oil chicken	高麗菜封 Cabbage	青菜 vegetable	昆布排骨湯 Seaweed and Pork ribs soup	
3/14	米飯 rice	蔬菜滑蛋 Vegetable with smooth egg	茄汁黑輪 tempura with tomato sauce	醬燒雙菇 Sautéed mushrooms	青菜 vegetable	魷魚羹 Squid soup	水果 fruit
3/17	米飯 rice	豉汁小排 Black Bean Short Ribs	回味洋芋雞 Potatoes and chicken	三杯麵腸 Three cup Sautéed seitan	青菜 vegetable	桂圓綠豆蒜湯 Sweet longan mung bean soup	
3/18	米飯 rice	蠔油雞 Oyster Sauce Chicken	醋溜肉片 Vinegar pork	炒寬粉 Fresh vegetable noodles	青菜 vegetable	鮮菇濃湯 mushroom soup	
3/19	炒麵 Fried noodle	家常炒麵 Fried noodle	紅燒肉 Braised pork	香炒白花 Egg fried cauliflower	青菜 vegetable	魷仔魚粥 Whitebait porridge	水果 fruit
3/20	小米飯 millet rice	香雞排 Chicken Chop	魚香肉絲 Fish Flavored Shredded Pork	豆腐海帶滷 Soy sauce kombu radish	青菜 vegetable	紫菜蛋花湯 Seaweed Egg drop soup	水果 fruit

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MS/HS SCHOOL

日期	主食	副食一	副食二	副食三	副食四	湯	水果
3/21	米飯. rice	柳葉魚capelin	西滷菜Braised Chinese cabbage	花生麵筋 peanut gluten	青菜vegetable	黑輪湯oden soup	水果fruit
3/24	米飯rice	奶香雞Milk chicken	蒜泥白肉Garlic white meat	豆皮炒油菜 Fried tofu with rape	青菜vegetable	檸檬愛玉湯 lemon jelly	
3/25	米飯rice	香菇肉Braised Pork with Mushroom	燒腿排Chicken Chop	番茄炒蛋 Tomato scrambled egg	青菜vegetable	肉丸湯 Meatball soup	
3/26	炒飯Fried Rice	麻油香炒飯 Sesame Fried Rice	白斬雞White chopped chicken	蔥燒味噌豆腐 Grilled Miso Tofu with Scallions	青菜vegetable	海帶芽蛋花湯 Seaweed Egg drop soup	水果fruit
3/27	紫米飯 Purple rice	筍干燒肉 Roast Pork with Bamboo	黃白雞Yellow and white chicken	開陽白菜 Kaiyang cabbage	青菜vegetable	玉米湯corn soup	
3/28	米飯rice	蒸蛋 steamed egg	醬燒花枝丸 Sautéed cuttlefish Balls	海帶燒白玉 Seaweed mixed with eggs	青菜vegetable	白菜豆腐湯 cabbage tofu soup	水果fruit
3/31	米飯rice	味噌肉片Miso pork	咖哩雞Curry chicken	滷米血braised sticky rice	青菜vegetable	仙草粉圓湯 Mesona and tapioca balls sweet soup	

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