

DOMINICAN INTERNATIONAL SCHOOL KAOHSIUNG

MAY MENU

MS/HS SCHOOL

日期	主食	副食一	副食二	副食三	副食四	湯	水果
5/1	地瓜飯 sweet potato rice	燒腿排Chicken Chop	蔥燒豬肉Braised pork tenderloin with green onion	奶油香玉米 Corn with cream	青菜vegetable	排骨冬瓜湯ribs and winter melon soup	
5/2	米飯rice	和風蒸蛋 steamed egg	客家小炒Hakka stir-fry	小丁香絲瓜 gourami luffa	青菜vegetable	鮮菇濃湯 Mushroom soup	水果fruit
5/5	米飯rice	三杯雞Three cups of diced chicken	梅干扣肉Pork Steamed with Pickled Muatard	培根高麗菜 Cabbage With Bacon	青菜vegetable	愛玉奇亞籽湯 Chia seed aiyu jelly	
5/6	米飯rice	壽喜燒Sukiyaki	白斬雞White chopped chicken	茄汁甜不辣 tempura with tomato sauce	青菜vegetable	紫菜蛋花湯 Seaweed Egg drop soup	
5/7	炒飯Curry fried rice	咖哩炒飯Curry fried rice	蝦餅Shrimp cakes	打拋肉Stir-fried Minced Pork	空心菜 vegetable	蟹味玉米濃湯 Shredded Crab and corn Soup	水果fruit
5/8	小米飯 millet rice	蒙古烤肉BBQ	五味雞Five flavor chicken	紅蘿蔔炒蛋 Scrambled eggs with carrots	青菜vegetable	香菇肉絲豆芽湯 Mushroom, pork and bean sprout soup	
5/9	米飯rice	沙鍋魚Fish Casserole	香酥綜合 Comprehensive fried food	塔香海帶根 seaweed with Basil.	青菜vegetable	蟹絲豆腐湯 Shredded Crab and tofu 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
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MS/HS SCHOOL

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5/12	米飯rice	京醬肉絲Beijing Pork	蔥燒雞Roast Chicken with Green Onion	豆皮炒油菜 Bean skin fried vegetable	青菜vegetable	綠豆粉條湯 green Bean Vermicelli Soup	
5/13	米飯rice	梅汁雞Plum chicken	客家小炒Hakka stir-fry	香炒白花 Broccoli	青菜vegetable	貢丸湯 meatball soup	
5/14	炒麵Garlic Pasta	蒜味義大利麵 Garlic Pasta	白滷雞腿Braised chicken leg	XO醬青花菜XO sauce Broccoli	青菜vegetable	時蔬瘦肉粥 vegetable and lean meat porridge	水果fruit
5/15	芝麻飯 sesame rice	咋滋肉條meat strips	咖哩雞Curry chicken	魚板刺瓜fish cake with Fried cucumber	青菜vegetable	鮮蔬白湯 vegetable soup	
5/16	米飯rice	玉米炒蛋Corn scrambled eggs	榨菜肉絲 Shredded pork with pickled mustard	紅燒豆腐 braised tofu	青菜vegetable	關東煮oden	水果fruit
5/19	米飯rice	蔥爆雞chicken stir-fried with green onions	筍絲炒肉Pork with Bamboo Shoots	蛋炒細根絲 Fried Egg with shredded kelp	青菜vegetable	黑糖珍珠湯 sweet soup	
5/20	米飯rice	年糕肉丁Rice cake and diced meat	奶香雞Milk chicken	三杯麵腸three cup of Sauteed seitan	青菜vegetable	排骨酥湯Pork Ribs Crispy Soup	

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5/21	糯米飯 zongzi	粽子zongzi	香雞排Chicken steak	鮮蔬粉絲Fresh vegetable noodles	青菜vegetable	味噌湯Miso soup	
5/22	糙米飯 brown rice	粉蒸肉Steamed Pork	義式燜雞Italian Braised Chicken	蒜香粉絲Garlic noodles	青菜vegetable	四神湯Sishen Soup	
5/23	米飯rice	魷魚排Squid steak	海帶滷蛋Seaweed mixed with eggs	香炒三色Fried corn, edamame, potato	青菜vegetable	大滷湯Soup	水果fruit
5/26	米飯rice	五香滷肉 Braised pork	蠔油雞Oyster Sauce Chicken	什錦菜 Comprehensiv e vegetable	青菜vegetable	三寶甜湯sweet soup	
5/27	米飯rice	蜜汁雞Honey chicken	滑蛋肉片Sliced pork with smooth egg	胡麻時蔬 Sesame sauce vegetables	青菜vegetable	芹香魚丸湯 Celery- flavored fish ball soup	水果fruit
5/28	炒麵Fried noodle	哨子麵Fried noodle	醬燒豬排Braised Pork filet in brown sauce	五香豆干Five- spice dried tofu	青菜vegetable	滑蛋蕈菇粥	水果fruit

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MAY MENU

ELEMENTARY SCHOOL

日期	主食	副食一	副食二	青菜	湯	水果
5/1	地瓜飯sweet potato rice	美味腿排Chicken Chop	蔥燒豬肉Braised pork tenderloin with green onion	青菜vegetable	排骨冬瓜湯ribs and winter melon soup	水果fruit
5/2	米飯rice	和風蒸蛋steamed egg	小丁香絲瓜gourami luffa	青菜vegetable	鮮菇濃湯Mushroom soup	水果fruit
5/5	米飯rice	三杯雞Three cups of diced chicken	培根高麗菜Cabbage With Bacon	青菜vegetable	愛玉奇亞籽湯Chia seed aiyu jelly	水果fruit
5/6	米飯rice	壽喜燒Sukiyaki	玉米雞茸Corn chicken	青菜vegetable	紫菜蛋花湯Seaweed Egg drop soup	水果fruit
5/7	咖哩炒飯Curry fried rice	蝦餅Shrimp cakes	打拋肉Stir-fried Minced Pork	空心菜vegetable	蟹味玉米濃湯Shredded Crab and corn Soup	水果fruit
5/8	小米飯millet rice	嫩豬排 pork steak	紅蘿蔔炒蛋Scrambled eggs with carrots	青菜vegetable	香菇肉絲豆芽湯Mushroom, pork and bean sprout soup	水果fruit
5/9	米飯rice	蒸魚steam fish	香酥綜合Comprehensive fried food	青菜vegetable	蟹絲豆腐湯Shredded Crab and tofu Soup	水果fruit

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5/12	米飯rice	京醬肉絲Beijing Pork	繽紛雞柳Comprehensive	青菜vegetable	綠豆粉條湯green Bean Vermicelli Soup	水果fruit
5/13	米飯rice	親子丼Oyako-don	客家小炒Hakka stir-fry	青菜vegetable	貢丸湯meatball soup	水果fruit
5/14	蒜味義大利麵Garlic Pasta	白滷雞腿Braised chicken legs	XO醬青花菜XO sauce Broccoli	青菜vegetable	時蔬瘦肉粥vegetable and lean meat porridge	水果fruit
5/15	芝麻飯sesame rice	呷滋肉條meat strips	咖哩雞丁Curry chicken	青菜vegetable	鮮蔬白湯vegetable soup	水果fruit
5/16	米飯rice	玉米炒蛋Corn scrambled eggs	紅燒豆腐braised tofu	青菜vegetable	關東煮oden	水果fruit
5/19	米飯rice	蔥爆雞柳chicken stir-fried with green onions	蘆筍炒肉絲Pork with Bamboo Shoots	青菜vegetable	黑糖珍珠湯sweet soup	水果fruit
5/20	米飯rice	年糕肉丁Rice cake and diced meat	奶香雞丁Milk chicken	青菜vegetable	排骨酥湯Pork Ribs Crispy Soup	水果fruit

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5/26	米飯rice	五香滷肉Braised pork	蠔油雞丁Oyster Sauce Chicken	青菜vegetable	三寶甜湯sweet soup	水果fruit
5/27	米飯rice	蜜汁雞腿Honey Chicken	滑蛋肉片Sliced pork with smooth egg	青菜vegetable	芹香魚丸湯Celery-flavored fish ball soup	水果fruit
5/28	哨子麵Fried noodle	照燒豬排Braised Pork filet in brown sauce	五香豆干Five-spice dried tofu	青菜vegetable	滑蛋蕈菇粥fried egg with mushroom porridge	水果fruit

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