|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **2019年** | | **星**  **期** | **空 港 小  学  师  生 第 一 周  菜  谱** | | | | | | | | |
| **月** | **日** | **大 荤** | **净菜量** | **小 荤** | **净含量** | **素 菜** | **净含量** | **教 师 菜** | **汤** | **净含量** |
| **9** | **2** | **一** | **盐水大虾** | **河虾100g** | **西红柿炒蛋** | **鸡蛋60g**  **西红柿40g** | **小白菜** | **小白菜100g** | **青椒毛豆米炒肉丝** | **土豆蛋汤** | **土豆20g**  **鸡蛋5g** |
| **9** | **3** | **二** | **土豆烧鸭块** | **鸭块60g**  **土豆40g** | **豇豆肉丝** | **肉丝40g**  **豇豆60g** | **韭菜绿豆芽** | **韭菜60g**  **绿豆芽40g** | **丝瓜炒鸡蛋** | **西红柿蛋汤** | **西红柿20g**  **鸡蛋5g** |
| **9** | **4** | **三** | **香炸鸡柳** | **鸡柳100g** | **肉沫蒸鸡蛋** | **鸡蛋80g**  **肉沫20g** | **手撕包菜** | **包菜100g** | **红烧排骨** | **菜秧蛋汤** | **菜秧20g**  **鸡蛋5g** |
| **9** | **5** | **四** | **白萝卜烧肉** | **白萝卜40g**  **猪肉60g** | **三鲜豆腐** | **豆腐60g**  **肉丝10g**  **平菇20g**  **火腿肠20g** | **青菜** | **青菜100g** | **清炒西兰花** | **紫菜蛋汤** | **紫菜20g**  **鸡蛋5g** |
| **9** | **6** | **五** | **珍珠肉圆** | **肉圆100g** | **花菜肉片** | **花菜60g**  **肉片40g** | **大白菜** | **大白菜100g** | **红烧鸡块** | **冬瓜海带排骨汤** | **冬瓜20g**  **海带5g**  **排骨10g** |

    注：菜谱因故变动，谨以实送为准。