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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **早餐：**  **星期一** | | | **大米粥** | | | | | **豆浆** | | | | | **炒饭** | | | | | **鸡蛋** | | | | | | **咸菜** | | | | **包子** | | | | | **烤肠** |
| **蛋糕** | | | | | **香肠卷** | | | | | **糯米糍** | | | | | **鸡蛋煎饼** | | | | | | **烧饼** | | | | **炸糕** | | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **星期二** | | | **大米粥** | | | | | **豆浆** | | | | | | **炒饭** | | | **鸡蛋** | | | | **咸菜** | | | | | | **包子** | | | | | | **烤肠** |
| **面包** | | | | | **烧卖** | | | | | | **发糕** | | | **土豆饼** | | | | **白菜馅饼** | | | | | | **油饼** | | | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **星期三** | | | **大米粥** | | | | | **豆浆** | | | | **炒饭** | | | | | **鸡蛋** | | | | | | **咸菜** | | | | | | **包子** | | | | **烤肠** |
| **凤梨酥** | | | | | **豆沙包** | | | | **肉笼** | | | | | **蒸饺** | | | | | | **葱花饼** | | | | | | **麻团** | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **星期四** | | | **大米粥** | | | | **豆浆** | | | | | **炒饭** | | | | | **鸡蛋** | | | | | **咸菜** | | | | | | **包子** | | | | | **烤肠** |
| **蛋挞** | | | | **三丁南瓜包** | | | | | **蜂蜜饼** | | | | | **煎饺** | | | | | **鸡蛋大饼** | | | | | | **油条** | | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **星期五** | | | **大米粥** | | | **豆浆** | | | | | **炒饭** | | | | | **鸡蛋** | | | | **咸菜** | | | | | | **包子** | | | | | | | **烤肠** |
| **篜肉笼** | | | **蛋糕卷** | | | | | **馍夹鸡蛋** | | | | | **糍粑** | | | | **糖三角** | | | | | | **玉米面煎饼** | | | | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **营**  **养**  **餐** | | **星期一：** | | | **脆骨丸子** | | | | | | | | **木须肉片** | | | | | | | **素炒圆白菜** | | | | | | | | | | **汤：西红柿蛋汤** | | | |
| **星期二：** | | | **萝卜排骨** | | | | | | | | **辣子鸡丁** | | | | | | | **海米冬瓜** | | | | | | | | | | **汤：白菜豆腐汤** | | | |
| **星期三：** | | | **黄焖小鸡腿** | | | | | | | | **鱼香肉丝** | | | | | | | **虾皮油菜** | | | | | | | | | | **汤：紫菜蛋汤** | | | |
| **星期四：** | | | **香辣泥肠** | | | | | | | | **豉汁肉柳** | | | | | | | **尖椒土豆丝** | | | | | | | | | | **汤：木耳冬瓜汤** | | | |
| **星期五：** | | | **奥尔良鸡排** | | | | | | | | **宫爆肉丁** | | | | | | | **豆泡白菜** | | | | | | | | | | **汤：酸辣汤** | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **快**  **餐** | **星期一：** | | | **土豆烧肉** | | | | | **水煮牛肉** | | | | | | **酱爆鸡丁** | | | | **骨肉相连** | | | | | | **素炒圆白菜** | | | | | | | **油焖茄子** | |
| **星期二：** | | | **红焖牛腩** | | | | | **土豆肉丝** | | | | | | **红烧狮子头** | | | | **阿拉伯肉串** | | | | | | **西葫芦炒蛋** | | | | | | | **海米冬瓜** | |
| **星期三：** | | | **红烧鸡块** | | | | | **炸鸡米花** | | | | | | **冬瓜汆丸子** | | | | **孜然牛肉丁** | | | | | | **虾皮油菜** | | | | | | | **西红柿炒蛋** | |
| **星期四：** | | | **鱼香鸡块** | | | | | **泡椒鸭块** | | | | | | **家常豆腐** | | | | **盐酥鸡块** | | | | | | **尖椒土豆丝** | | | | | | | **粉条菠菜** | |
| **星期五：** | | | **豆腐丸子** | | | | | **蚝油肉片** | | | | | | **BBQ烤翅中** | | | | **炸鸡肉串** | | | | | | **豆泡白菜** | | | | | | | **西红柿菜花** | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **晚**  **餐** | **星期一：** | | | **土豆鸡块** | | | | | | **比例香肠** | | | | | | **泡椒肉柳** | | | | | | | **香菇油菜** | | | | | | | | **西红柿炒蛋** | | |
| **星期二：** | | | **咖喱鸭块** | | | | | | **黄焖琵琶腿** | | | | | | **鲜蘑肉片** | | | | | | | **木耳菜花** | | | | | | | | **醋溜白菜** | | |
| **星期三：** | | | **土豆牛肉** | | | | | | **水煮肉片** | | | | | | **木须鸡片** | | | | | | | **香辣豆腐** | | | | | | | | **素炝炒圆白菜** | | |
| **星期四：** | | | **萝卜烧肉** | | | | | | **奥尔良鸡排** | | | | | | **宫爆鸡丁** | | | | | | | **豆皮小白菜** | | | | | | | | **地三鲜** | | |
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**2017年2月20日——2月24日食谱**