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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** | | | | | **驴打滚** | | | | | | **蒸饺** | | | | | | **鸡蛋灌饼** | | | | | | **肉松饼** | | | | **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** | | | | **黄米面煎饼** | | | | | | | | **水煎包** | | | **蜂蜜饼** | | | | | **烧卖** | | | | | | **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** | | | | | **肉末饼** | | | | **土豆丝煎饼** | | | | | | | **三丁南瓜包** | | | | | | **水蒸蛋糕** | | | | | | **开口笑** | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **星期四** | | | **大米粥** | | | | | **豆浆** | | | | | **炒饭** | | | | | **鸡蛋** | | | | | | **咸菜** | | | | | | **包子** | | | | | **烤肠** |
| **橙皮吐司** | | | | | **鸡蛋大饼** | | | | | **肉末烧饼** | | | | | **红枣发糕** | | | | | | **香肠卷** | | | | | | **油条** | | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **星期五** | | | **大米粥** | | | **豆浆** | | | | | **炒饭** | | | | | | **鸡蛋** | | | | | **咸菜** | | | | | | **包子** | | | | | | | **烤肠** |
| **红薯饼** | | | **风味黏饼** | | | | | **馍夹火腿** | | | | | | **糖三角** | | | | | **蒸肉笼** | | | | | | **炸馒头片** | | | | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **营**  **养**  **餐** | | **星期一：** | | | **雪花鸡排** | | | | | | | | | **木须肉片** | | | | | | | | **炒圆白菜** | | | | | | | | | | **汤：西红柿蛋汤** | | | |
| **星期二：** | | | **土豆烧肉** | | | | | | | | | **宫保鸡丁** | | | | | | | | **海米冬瓜** | | | | | | | | | | **汤：木耳冬瓜汤** | | | |
| **星期三：** | | | **焦溜丸子** | | | | | | | | | **三丝肉丝** | | | | | | | | **白菜豆腐** | | | | | | | | | | **汤：紫菜蛋汤** | | | |
| **星期四：** | | | **烩 牛 肉** | | | | | | | | | **豉汁肉柳** | | | | | | | | **木耳油菜** | | | | | | | | | | **汤：疙瘩汤** | | | |
| **星期五：** | | | **泡椒鸡块** | | | | | | | | | **菜花肉片** | | | | | | | | **西红柿菜花** | | | | | | | | | | **汤：酸辣汤** | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **快**  **餐** | **星期一：** | | | **咖喱鸡块** | | | | | **杭椒肉柳** | | | | | | | **椒盐里脊** | | | | | **骨肉相连** | | | | | | **炒圆白菜** | | | | | | | **西红柿炒蛋** | |
| **星期二：** | | | **莲藕排骨** | | | | | **锅包肉** | | | | | | | **孜然牛肉丁** | | | | | **阿拉伯肉串** | | | | | | **海米冬瓜** | | | | | | | **粉条小白菜** | |
| **星期三：** | | | **干锅鸭块** | | | | | **青笋肉片** | | | | | | | **冬瓜汆丸子** | | | | | **盐酥鸡块** | | | | | | **醋溜白菜** | | | | | | | **西红柿炒蛋** | |
| **星期四：** | | | **红烩牛肉** | | | | | **香辣泥肠** | | | | | | | **蒜苔肉丝** | | | | | **雪花鸡排** | | | | | | **木耳油菜** | | | | | | | **红烧豆腐** | |
| **星期五：** | | | **青笋烧肉** | | | | | **宫爆鸡丁** | | | | | | | **香草琵琶腿** | | | | | **炸鸡肉串** | | | | | | **西红柿菜花** | | | | | | | **油焖茄子** | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **晚**  **餐** | **星期一：** | | | **土豆烧肉** | | | | | | **骨肉相连** | | | | | | | **青笋鸡片** | | | | | | | | **粉条白菜** | | | | | | | | **花生米芹菜** | | |
| **星期二：** | | | **泡椒泥肠** | | | | | | **奥尔良鸡排** | | | | | | | **酱爆肉丁** | | | | | | | | **炝炒圆白菜** | | | | | | | | **尖椒土豆丝** | | |
| **星期三：** | | | **红烧排骨** | | | | | | **阿拉伯肉串** | | | | | | | **杭椒肉柳** | | | | | | | | **香菇油菜** | | | | | | | | **香辣豆腐** | | |
| **星期四：** | | | **红烧鸡块** | | | | | | **醋溜丸子** | | | | | | | **木须肉片** | | | | | | | | **木耳小白菜** | | | | | | | | **西红柿炒蛋** | | |
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**2017年3月13日——3月17日食谱**