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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** | | | | | | **南瓜糖饼** | | | | | | **煎饺** | | | | | **蒸饺** | | | | **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** | | | | | **鸡蛋大饼** | | | | | | | | **水煎包** | | | **豆沙包** | | | | | **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** |
| **披萨** | | | | **馅饼** | | | | | | **肉笼** | | | | | | | **香肠卷** | | | | | **南瓜包** | | | | | | **炸鲜奶** | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **星期四** | | | **大米粥** | | | | | | **豆浆** | | | | | **炒饭** | | | | | **鸡蛋** | | | | | **咸菜** | | | | | | **包子** | | | | | **烤肠** |
| **蛋挞** | | | | | | **馅饼** | | | | | **烤肠饼** | | | | | **蒸肉笼** | | | | | **糯米糍** | | | | | | **油条** | | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **星期五** | | | **大米粥** | | | **豆浆** | | | | | | **炒饭** | | | | | | **鸡蛋** | | | | | **咸菜** | | | | | **包子** | | | | | | | **烤肠** |
| **桃酥** | | | **馍夹肉** | | | | | | **鸡蛋煎饼** | | | | | | **糖三角** | | | | | **豆沙南瓜饼** | | | | | **糍粑** | | | | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **营**  **养**  **餐** | | **星期一：** | | | **鱼香锅包肉** | | | | | | | | | | **豉汁肉柳** | | | | | | | | **炒圆白菜** | | | | | | | | | **汤：西红柿蛋汤** | | | |
| **星期二：** | | | **土豆牛腩** | | | | | | | | | | **泡椒鸡片** | | | | | | | | **木耳西葫芦** | | | | | | | | | **汤：白菜豆腐汤** | | | |
| **星期三：** | | | **青笋烩鸡丸** | | | | | | | | | | **菜花肉片** | | | | | | | | **香菇油菜** | | | | | | | | | **汤：紫菜蛋汤** | | | |
| **星期四：** | | | **雪花鸡排** | | | | | | | | | | **宫爆鱼丁** | | | | | | | | **尖椒土豆丝** | | | | | | | | | **汤：木耳冬瓜汤** | | | |
| **星期五：** | | | **糯米丸子** | | | | | | | | | | **土豆鸡丁** | | | | | | | | **粉条白菜** | | | | | | | | | **汤：酸辣汤** | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **快**  **餐** | **星期一：** | | | **雪花鸡排** | | | | | | **咖喱鸭块** | | | | | | | **比利香肠** | | | | | **木须肉片** | | | | | **炒圆白菜** | | | | | | | **油焖茄子** | |
| **星期二：** | | | **红烧排骨** | | | | | | **水煮牛肉** | | | | | | | **孜然鸡丁** | | | | | **阿拉伯肉串** | | | | | **西红柿炒蛋** | | | | | | | **木耳西葫芦** | |
| **星期三：** | | | **红焖牛肉** | | | | | | **炸鸡肉串** | | | | | | | **辣子鸡** | | | | | **杭椒肉柳** | | | | | **香菇油菜** | | | | | | | **粉丝菠菜** | |
| **星期四：** | | | **汆丸子** | | | | | | **盐酥鸡块** | | | | | | | **椒香琵琶腿** | | | | | **豌豆牛肉丁** | | | | | **木耳小白菜** | | | | | | | **尖椒土豆丝** | |
| **星期五：** | | | **红烧鸡块** | | | | | | **南瓜烧肉** | | | | | | | **泡椒鱼片** | | | | | **骨肉相连** | | | | | **粉条白菜** | | | | | | | **海米冬瓜** | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **晚**  **餐** | **星期一：** | | | **红烧鸡块** | | | | | | | **冬瓜汆丸子** | | | | | | | **小炒肉** | | | | | | | **西红柿炒蛋** | | | | | | | | **木耳油菜** | | |
| **星期二：** | | | **萝卜排骨** | | | | | | | **蚝油肉片** | | | | | | | **炸鸡肉串** | | | | | | | **醋溜白菜** | | | | | | | | **红烧豆腐** | | |
| **星期三：** | | | **豆腐焖肉** | | | | | | | **奥尔良鸡翅** | | | | | | | **宫爆鸡丁** | | | | | | | **地三鲜** | | | | | | | | **炝炒圆白菜** | | |
| **星期四：** | | | **红烩牛肉** | | | | | | | **脆骨丸子** | | | | | | | **水煮肉片** | | | | | | | **西葫芦炒蛋** | | | | | | | | **粉丝菠菜** | | |
|  | | |  | | | | | | |  | | | | | | |  | | | | | | |  | | | | | | | |  | | |

**2017年3月27日——3月31日食谱**