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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **早餐：**  **星期一** | | | **大米粥** | | | | | | **豆浆** | | | | | | **炒饭** | | | | | | **鸡蛋** | | | | | **咸菜** | | | | **包子** | | | | | **烤肠** |
|  | | | | | |  | | | | | |  | | | | | |  | | | | |  | | | |  | | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **星期六** | | | **大米粥** | | | | | **豆浆** | | | | | | | | **炒饭** | | | **鸡蛋** | | | | | **咸菜** | | | | | **包子** | | | | | | **烤肠** |
| **蛋糕卷** | | | | | **肉末烧饼** | | | | | | | | **马拉糕** | | | **葱花饼** | | | | | **蜂蜜夹心饼** | | | | | **炸馒头片** | | | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **星期三** | | | **大米粥** | | | | **豆浆** | | | | | | **炒饭** | | | | | | | **鸡蛋** | | | | | **咸菜** | | | | | | **包子** | | | | **烤肠** |
| **蛋糕** | | | | **驴打滚** | | | | | | **芝麻糖饼** | | | | | | | **香肠卷** | | | | | **鸡蛋灌饼** | | | | | | **炸糕** | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **星期四** | | | **大米粥** | | | | | | **豆浆** | | | | | **炒饭** | | | | | **鸡蛋** | | | | | **咸菜** | | | | | | **包子** | | | | | **烤肠** |
| **蛋黄酥** | | | | | | **烧卖** | | | | | **水煎包** | | | | | **蒸肉笼** | | | | | **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** |
| **奶酪布丁** | | | | | **南瓜包** | | | | **马拉糕** | | | | | | **馅饼** | | | | | **土豆饼** | | | | | **炸鲜奶** | | | | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **营**  **养**  **餐** | | **星期一：** | | |  | | | | | | | | | |  | | | | | | | |  | | | | | | | | | **汤：** | | | |
| **星期六：** | | | **土豆烧肉** | | | | | | | | | | **蚝油鸡片** | | | | | | | | **炒圆白菜** | | | | | | | | | **汤：紫菜蛋汤** | | | |
| **星期三：** | | | **炸鸡肉串** | | | | | | | | | | **回锅肉** | | | | | | | | **炝炒圆白菜** | | | | | | | | | **汤：木耳冬瓜汤** | | | |
| **星期四：** | | | **红烧鸡块** | | | | | | | | | | **宫爆肉丁** | | | | | | | | **西红柿菜花** | | | | | | | | | **汤：西红柿蛋汤** | | | |
| **星期五：** | | | **烩泥肠** | | | | | | | | | | **家常豆腐** | | | | | | | | **香菇油菜** | | | | | | | | | **汤：酸辣汤** | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **快**  **餐** | **星期一：** | | |  | | | | | |  | | | | | | |  | | | | |  | | | | |  | | | | | | |  | |
| **星期六：** | | | **土豆牛腩** | | | | | | **豆腐丸子** | | | | | | | **辣子肉丁** | | | | | **阿拉伯肉串** | | | | | **西红柿炒蛋** | | | | | | | **素炒圆白菜** | |
| **星期三：** | | | **泡椒鸭块** | | | | | | **青笋烧肉** | | | | | | | **孜然牛肉丁** | | | | | **骨肉相连** | | | | | **素炒圆白菜** | | | | | | | **油焖茄子** | |
| **星期四：** | | | **比利香肠** | | | | | | **鱼香肉丝** | | | | | | | **椒香琵琶腿** | | | | | **雪花鸡排** | | | | | **西红柿菜花** | | | | | | | **西葫芦炒蛋** | |
| **星期五：** | | | **辣子鸡** | | | | | | **木须肉片** | | | | | | | **阿拉伯肉串** | | | | | **萝卜汆丸子** | | | | | **香菇油菜** | | | | | | | **红烧豆腐** | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **晚**  **餐** | **星期一：** | | |  | | | | | | |  | | | | | | |  | | | | | | |  | | | | | | | |  | | |
| **星期五：** | | | **泡椒鸭块** | | | | | | | **盐酥鸡块** | | | | | | | **孜然牛肉丁** | | | | | | | **黄瓜炒蛋** | | | | | | | | **醋溜土豆丝** | | |
| **星期三：** | | | **土豆牛肉** | | | | | | | **阿拉伯肉串** | | | | | | | **木须肉片** | | | | | | | **素炒大白菜** | | | | | | | | **木耳西葫芦** | | |
| **星期四：** | | | **红烧鸡块** | | | | | | | **冬瓜汆丸子** | | | | | | | **蚝油肉片** | | | | | | | **西红柿炒蛋** | | | | | | | | **豆皮小白菜** | | |
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**2017年4月1日——4月7日食谱**