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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** | | | | | **玉米面发糕** | | | | | | **驴打滚** | | | | | | **鸡蛋煎饼** | | | | | **葱花饼** | | | | **炸糕** | | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **星期六** | | | **大米粥** | | | | | **豆浆** | | | | | | | **炒饭** | | | **鸡蛋** | | | | | **咸菜** | | | | | **包子** | | | | | | **烤肠** |
| **热狗** | | | | | **肉松饼** | | | | | | | **煎饺** | | | **烧卖** | | | | | **南瓜豆沙包** | | | | | **油饼** | | | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **星期三** | | | **大米粥** | | | | **豆浆** | | | | | | **炒饭** | | | | | | **鸡蛋** | | | | | **咸菜** | | | | | | **包子** | | | | **烤肠** |
| **奶酪布丁** | | | | **玉米面煎饼** | | | | | | **肉末烧饼** | | | | | | **蒸肉笼** | | | | | **豆沙佛手** | | | | | | **麻团** | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **星期四** | | | **大米粥** | | | | | | **豆浆** | | | | **炒饭** | | | | | **鸡蛋** | | | | | **咸菜** | | | | | | **包子** | | | | | **烤肠** |
| **红豆饼** | | | | | | **吐司** | | | | **香肠卷** | | | | | **鸡蛋灌饼** | | | | | **三丁南瓜包** | | | | | | **油条** | | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **星期五** | | | **大米粥** | | | **豆浆** | | | | | | **炒饭** | | | | | **鸡蛋** | | | | | **咸菜** | | | | | **包子** | | | | | | | **烤肠** |
| **咖喱酥** | | | | | **铜锣烧** | | | | **馍夹鸡蛋** | | | | | **糖三角** | | | | | **家常麻饼** | | | | | **发糕** | | | | | | | **素包子** |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **营**  **养**  **餐** | | **星期一：** | | | **炸鸡肉串** | | | | | | | | | **蒜苔肉丝** | | | | | | | | **炒圆白菜** | | | | | | | | | **汤：紫菜蛋汤** | | | |
| **星期六：** | | | **红烧排骨** | | | | | | | | | **辣子鸡丁** | | | | | | | | **海米冬瓜** | | | | | | | | | **汤：南瓜粥** | | | |
| **星期三：** | | | **泡椒鸭块** | | | | | | | | | **家常豆腐** | | | | | | | | **虾皮油菜** | | | | | | | | | **汤：白菜豆腐汤** | | | |
| **星期四：** | | | **脆骨丸子** | | | | | | | | | **菜花肉片** | | | | | | | | **尖椒土豆丝** | | | | | | | | | **汤：木耳油菜汤** | | | |
| **星期五：** | | | **椒盐里脊** | | | | | | | | | **蚝油牛肉片** | | | | | | | | **豆泡白菜** | | | | | | | | | **汤：酸辣汤** | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **快**  **餐** | **星期一：** | | | **土豆烧肉** | | | | | | **咖喱鸭块** | | | | | | **骨肉相连** | | | | | **酱爆鸡丁** | | | | | **素炒圆白菜** | | | | | | | **西红柿菜花** | |
| **星期六：** | | | **粉条鸡块** | | | | | | **盐酥鸡块** | | | | | | **萝卜汆丸子** | | | | | **蚝油牛肉片** | | | | | **海米冬瓜** | | | | | | | **豆皮小白菜** | |
| **星期三：** | | | **糖醋排骨** | | | | | | **木须肉片** | | | | | | **黄焖琵琶腿** | | | | | **炸鸡肉串** | | | | | **虾皮油菜** | | | | | | | **西红柿炒蛋** | |
| **星期四：** | | | **红烧鱼丸** | | | | | | **鱼香肉丝** | | | | | | **阿拉伯肉串** | | | | | **西式烤鸡腿** | | | | | **尖椒土豆丝** | | | | | | | **粉条菠菜** | |
| **星期五：** | | | **红烧牛肉** | | | | | | **泡椒鸭块** | | | | | | **辣子鸡丁** | | | | | **雪花鸡排** | | | | | **豆泡白菜** | | | | | | | **油焖茄子** | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **晚**  **餐** | **星期一：** | | | **花生米鸡块** | | | | | | | **阿拉伯肉串** | | | | | | **木须肉片** | | | | | | | **醋溜白菜** | | | | | | | | **西红柿炒蛋** | | |
| **星期五：** | | | **椒香琵琶腿** | | | | | | | **粉条烧肉** | | | | | | **土豆肉柳** | | | | | | | **木耳菜花** | | | | | | | | **蒜茸菠菜** | | |
| **星期三：** | | | **土豆牛肉** | | | | | | | **盐酥鸡块** | | | | | | **回锅肉** | | | | | | | **尖椒炒蛋** | | | | | | | | **红烧豆腐** | | |
| **星期四：** | | | **鱼香锅包肉** | | | | | | | **冬瓜汆丸子** | | | | | | **宫爆鸡丁** | | | | | | | **素炒圆白菜** | | | | | | | | **地 三 鲜** | | |
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**2017年4月10日——4月14日食谱**