


















# CanDo Menu 肯度菜單

Week1	9/5 Monday	9/6 Tuesday	9/7 Wednesday	9/8 Thursday	9/9 Friday
A 餐	<input type="checkbox"/> 香烤雞腿排飯 (青江菜、大白菜、豆腐) Baked chicken with rice	<input type="checkbox"/> 古早味爌肉飯 爌肉. 蛋. 青菜. 高麗菜 Braised pork rice	<input type="checkbox"/> 肉燥麵 & 蒸蛋 肉燥. 滷肉. 蒸蛋. 包白. 青菜 Tainan style broiled meat on noodles with egg	<input type="checkbox"/> 麻油雞丁炒飯 (洋芹、彩椒、青江、木耳) Chicken fried rice with sesame oil	<input type="checkbox"/> 豬肉燴飯 (木耳、洋蔥、蒸蛋、油菜) Pork Stew with Rice
					
B 餐	<input type="checkbox"/> 港式干炒牛河 牛肉. 河粉. 豆芽. 洋蔥. 高麗菜. 青花菜 Hong Kong Style stir fried rice noodles with beef	<input type="checkbox"/> 什錦千層麵 (絞瘦肉. 三色蔬菜. 花菜) Lasagna	<input type="checkbox"/> 雞肉漢堡 & 濃湯 (雞腿. 蛋. 生菜. 小黃瓜) Chicken hamburger / corn soup	<input type="checkbox"/> 義大利肉醬麵 (絞瘦肉. 洋蔥. 花菜) Italian style spaghetti	<input type="checkbox"/> 炸魚排 & 薯餅 魚排. 薯餅. 餐包. 地瓜. 青花 Fried fish with potato
					

# CanDo Menu 肯度菜單

Week2	9/12 Monday	9/13 Tuesday	9/14 Wednesday	9/15 Thursday	9/16 Friday
A 餐	<input type="checkbox"/> 咖哩雞飯(不辣) (洋芋. 紅蘿蔔. 青菜) chicken and rice curry	<input type="checkbox"/> 滷豬腱飯 (滷豆腐. 豆芽. 油菜. 滷蛋) Braised pork on rice	<input type="checkbox"/> 油雞飯 (青江菜. 三角豆腐. 筍) Rice with chicken and scallion oil	<input type="checkbox"/> 滷豬排飯 (油菜. 蛋. 滷豬排) Pork chopstewed with soy sauce rice	<input type="checkbox"/> 浦燒鯛魚飯 浦燒鯛. 高麗菜. 玉米紅蘿蔔. 蛋 Japanese Style Snapper with Rice
					
B 餐	<input type="checkbox"/> 藍帶炸豬排/ 咖哩洋芋紅蘿蔔/小黃瓜 Tonkatsu with rice	<input type="checkbox"/> 菠菜香草雞肉麵 雞肉. 彩椒. 鮑魚菇. 青花 Chicken with noodles	<input type="checkbox"/> 雞肉比薩&濃湯 Chicken Pizza / chowder	<input type="checkbox"/> 紅燒牛肉拌麵 Stir Fried noodles with Beef	<input type="checkbox"/> 豬排鐵板麵(豬排. 豆芽. 洋蔥. 青菜) Hot plat noddles with pepper pork
					

# CanDo Menu 肯度菜單

Week3	9/19 Monday	9/20 Tuesday	9/21Wednesday	9/22 Thursday	9/23 Friday
A 餐	<input type="checkbox"/> 三杯雞肉飯 (蒸蛋 青菜 三杯雞) 3 cup boneless chicken with rice	<input type="checkbox"/> 五香滷排骨飯 (豬排. 包白. 蒸蛋. 青菜) Spiced brine pork ribs with rice	<input type="checkbox"/> 魚排飯 鯛魚. 洋蔥炒蛋. 油菜. 香腸 Red snapper served on rice	<input type="checkbox"/> 牛肉炒麵&鮮蔬 牛肉. 蛋. 洋蔥. 榨菜. 小白菜 Fried noodles with beef	<input type="checkbox"/> 日式海鮮炒烏龍 (白菜、高麗菜、洋蔥) Japanese undonoodles with seafood
	 <p>3CUP BONELESS CHICKEN WITH RICE, NON-SPICY</p>	 <p>SPICED BRINE PORK RIBS WITH RICE</p>	 <p>London Fried Fish with Rice 倫敦炸魚排飯</p>		
B 餐	<input type="checkbox"/> 紅燒豬肉拌麵 梅花肉. 豆芽, 韭菜, 紅 K Stir fried noodles with pork	<input type="checkbox"/> 雞腿排鐵板麵(洋 芹、紅蘿蔔、花菜) Chicken teppanyaki with noodles	<input type="checkbox"/> 雞肉通心麵 去皮腿仁丁. 三色豆. 小蘆筍 Macaroni with chicken	<input type="checkbox"/> 奶油培根焗烤飯 (三色蔬菜. 玉米) Bacon and Cream Risotto	<input type="checkbox"/> 魚排佐餐包 Fried Fish with bread 帶皮薯條. 奶油玉米. 青花
	 <p>STIR FRIED NOODLES WITH PORK</p>		 <p>MACARONI WITH TENDER CHICKEN</p>	 <p>BAKED RICE WITH BACON</p>	






# 肯度美國學校菜單



肯度健康養生餐廳

健康專線: 07-5223328

高雄市鼓山區美術北三路117號

Week4	9/26 Monday	9/27 Tuesday	9/28 Wednesday	9/29 Thursday	9/30 Friday
	<input type="checkbox"/> 香煎魚肚飯 魚肚, 小白菜, 豆干, 高麗菜 Fish with rice	<input type="checkbox"/> 雞排蓋飯 雞排, 蛋, 大白菜, 青菜 Chicken cutlet rice bowl	<input type="checkbox"/> 鮮果叉燒飯 叉燒, 黃豆芽, 蛋, 青菜 B.B.Q. pork with Rice	<input type="checkbox"/> 香烤雞腿排&炒飯 青豆, 玉米, 紅蘿蔔, 青江 Baked chicken with stir fried rice	<input type="checkbox"/> 煎魚&青醬炒飯 (魚, 蛋, 洋蔥, 高麗菜, 青花) Fish with stir fried rice
A 餐					
	<input type="checkbox"/> 紅燒豬軟排麵 蛋, 高麗菜, 青江菜, 蘿蔔 Noodles with spareribs	<input type="checkbox"/> 香煎蘿蔔糕 奶皇包, 蛋, 玉米, 毛豆 Salmon risotto in cream sauce	<input type="checkbox"/> 香草烤洋芋&雞米花, 奶油玉米, 餐包 Popcorn chicken with baked potatoes	<input type="checkbox"/> 牛肉義大利麵 牛肉絲, 洋蔥, 彩椒, 蛋絲, 青花 Beef pasta	<input type="checkbox"/> 什錦焗烤飯 Italian baked rice
B 餐	