**常州市青龙实验小学1月2日-1月5日菜单**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **一大荤** | | | **两小荤** | | | | | **一素菜** | | | **汤、饭** | | **小计**  **（元）** |
| **日期** | **名称** | **重量**  **（克）** | **价格**  **（元）** | **名称** | **总重（克）** | **主材**  **（元）** | **辅材**  **（元）** | **价格**  **（元）** | **名称** | **重量**  **（克）** | **价格**  **（元）** | **名称** | **价格**  **（元）** | **6.4** |
| **周二** | **大排** | **80** | **2.5** | **虾米炖蛋30g120g** | **150** | **0.7** | **0.6** | **1.3** | **青菜** | **125** | **0.5** | **常州豆腐汤** | **0.3** |
|  |  |  | **肉片炒藕**  **60g75g** | **135** | **0.6** | **0.7** | **1.3** |  |  |  |  |  |
| **周三** | **糖醋小排** | **80** | **2.5** | **肉末豆腐**  **50g100g** | **150** | **0.7** | **0.6** | **1.3** | **白菜** | **125** | **0.5** | **青菜面筋汤** | **0.3** |
|  |  |  | **花菜炒香肠**  **80g70g** | **150** | **0.6** | **0.7** | **1.3** |  |  |  |  |  |
| **周四** | **百叶卷肉** | **90** | **2.5** | **肉末粉丝50g100g** | **150** | **0.7** | **0.6** | **1.3** | **青菜** | **125** | **0.5** | **银耳南瓜汤** | **0.3** |
|  |  |  | **西红柿炒蛋**  **80g70g** | **150** | **0.6** | **0.7** | **1.3** |  |  |  |  |  |
| **周五** | **面筋塞肉** | **80** | **2.5** | **大烧百叶** | **150** | **0.7** | **0.6** | **1.3** | **手撕包菜** | **125** | **0.5** | **青菜蛋汤** | **0.3** |
|  |  |  | **肉片炒冬瓜**  **70g80g** | **150** | **0.5** | **0.8** | **1.3** |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | **米饭** | **0.5** |

**常州市青龙实验小学1月2日-1月5日营养配料表**

**能量kcal 蛋白质g 脂肪g 碳水化合物 g**

**周二 799 35.5 33.6 88.1**

**周三 1026 33.6 49.3 114.1**

**周四 1150 42.6 68.3 95.3**

**周五 1175 41.7 67.4 96.3**