**附件1**

高校封控期间供餐参考菜单（14天）

(上海市学校后勤协会提供)

**参考菜单（一）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **早 餐** | 豆浆 | 白煮蛋 | 肉包 | 葱油饼 | - |
| **午 餐** | 百叶结烧肉 | 辣味鸡块 | 番茄炒蛋 | 韭菜豆芽 | 酸奶 |
| **晚 餐** | 糖醋排骨 | 年糕鸭块 | 三鲜花菜 | 冬瓜毛豆 | - |

**参考菜单（二）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **早 餐** | 牛奶 | 茶叶蛋 | 清水蛋糕 | 酱香饼 | - |
| **午 餐** | 马桥排骨 | 宫保鸡丁 | 芹菜干丝肉丝 | 大白菜胡萝卜丝 | 水果 |
| **晚 餐** | 萝卜烧肉 | 咖喱鸡块 | 青笋炒蛋 | 黄豆芽油豆腐 | - |

**参考菜单（三）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **早 餐** | 红枣豆浆 | 白煮蛋 | 豆沙包 | 重油菜包 | - |
| **午 餐** | 红烧大排 | 土豆烧鸡 | 家常豆腐 | 海带丝 | 酸奶 |
| **晚 餐** | 外婆红烧肉 | 雪花鸡柳 | 平菇炒蛋 | 手撕包菜 | - |

**参考菜单（四）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **早 餐** | 酸奶 | 茶叶蛋 | 葱香花卷 | 菜肉馅饼 | - |
| **午 餐** | 年糕排骨 | 牙签串 | 韭菜炒蛋 | 酸辣白菜 | 水果 |
| **晚 餐** | 糖醋排条 | 香菇滑鸡 | 腐竹肉片 | 胡萝卜丝豆芽 | - |

**参考菜单（五）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **早 餐** | 豆浆 | 白煮蛋 | 奶黄包 | 炝饼 | - |
| **午 餐** | 小油豆腐烧肉 | 蒜薹鸭脯 | 木须肉 | 卷心菜丝炒青椒 | 酸奶 |
| **晚 餐** | 粉蒸排骨 | 鸡米花 | 油焖茄子 | 红烧萝卜 | - |

**参考菜单（六）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **早 餐** | 牛奶 | 茶叶蛋 | 双色馒头 | 火腿夹馍 | - |
| **午 餐** | 酱鸭腿 | 椒盐小酥肉 | 西葫芦炒蛋 | 家烧豆腐 | 水果 |
| **晚 餐** | 水笋烧肉 | 烤鸡上腿 | 干锅千叶豆腐 | 包菜炒粉条 | - |

**参考菜单（七）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **早 餐** | 黑豆豆浆 | 白煮蛋 | 粉丝肉包 | 芝麻脆饼 | - |
| **午 餐** | 红烧肉 | 芹香目鱼花 | 杏鲍菇炒蛋 | 黄豆芽炒胡萝卜丝 | 酸奶 |
| **晚 餐** | 肉饼炖蛋 | 红烧鸡腿 | 青笋肉片木耳 | 酸辣海带结 | - |

**参考菜单（八）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **早 餐** | 酸奶 | 茶叶蛋 | 萝卜丝肉包 | 手抓饼 | - |
| **午 餐** | 红烧排骨 | 茄汁锅包肉 | 地三鲜 | 清炒角瓜 | 水果 |
| **晚 餐** | 红烧大肉圆 | 麻辣鸡块 | 藕片炒肉片 | 葱油南瓜 | - |

**参考菜单（九）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **早 餐** | 豆浆 | 白煮蛋 | 酸菜肉包 | 香炸油饼 | - |
| **午 餐** | 炸鸡腿 | 清蒸百叶包 | 西蓝花炒蛋 | 双椒土豆丝 | 酸奶 |
| **晚 餐** | 梅干菜烧肉 | 年糕鸭块 | 蚝油菌菇 | 麻婆豆腐 | - |

**参考菜单（十）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **早 餐** | 牛奶 | 茶叶蛋 | 重油菜包 | 麻球 | - |
| **午 餐** | 冬瓜排骨 | 蚝油鸡丁 | 青椒木耳炒蛋 | 卷心菜炒胡萝卜丝 | 水果 |
| **晚 餐** | 盐水鸭腿 | 椒盐锅包肉 | 金针菇肉丝百叶丝 | 葱油土豆片 | - |

**参考菜单（十一）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **早 餐** | 红枣豆浆 | 白煮蛋 | 肉包 | 粢饭糕 | - |
| **午 餐** | 鹌鹑蛋烧肉 | 唐扬鸡块 | 玉米粒方腿丁 | 白菜炒木耳 | 酸奶 |
| **晚 餐** | 茄汁排条 | 年糕烧翅根 | 脆脯炒蛋 | 青椒土豆丝 | - |

**参考菜单（十二）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **早 餐** | 酸奶 | 茶叶蛋 | 豆沙包 | 菜肉馅饼 | - |
| **午 餐** | 红烧鸡腿 | 咖喱鱼丸 | 杏鲍菇炒蛋 | 冬瓜木耳 | 水果 |
| **晚 餐** | 腐竹烧肉 | 歌乐山辣子鸡 | 鱼香茄子 | 醋溜白菜 | - |

**参考菜单（十三）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **早 餐** | 黑豆豆浆 | 白煮蛋 | 粉丝肉包 | 韭菜盒子 | - |
| **午 餐** | 海带结炖排骨 | 咕咾肉 | 素肠丝炒肉丝 | 卷心菜炒木耳 | 酸奶 |
| **晚 餐** | 酱鸭腿 | 香辣贡丸 | 山药木耳肉片 | 酸辣土豆丝 | - |

**参考菜单（十四）**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **早 餐** | 豆浆 | 茶叶蛋 | 萝卜丝肉包 | 酱香饼 | - |
| **午 餐** | 酱烧大排 | 油面筋塞肉 | 蚂蚁上树 | 酸辣海带丝 | 水果 |
| **晚 餐** | 萝卜烧肉 | 香辣鸡块 | 裙带菜虾皮炒蛋 | 韭菜绿豆芽 | - |