027 桃園市立南崁國中110學年度第1學期學校午餐意見調查表

**年 班**

§食安問題層出不窮，讓大家十分擔憂，學校午餐雖不能媲美餐廳那樣美味，但午餐食材採用**新鮮之溫體豬肉、CAS冷藏雞丁、每週三次有機蔬菜一次產銷履歷蔬菜，並使用三章一Q的新鮮食材，較少的加工品，不使用味精、雞粉與人工色素香精**，採用簡單烹調調味，讓食材呈現天然風味，並在考量成本、食材種類、烹調處理時間方式、季節食材、營養等等因素下盡量變化菜色，期望可以提供同學最衛生.營養之飲食，但秉持著好還要更好的原則，需要各位同學之協助給予一些回饋與意見，同學票選出來較高的菜色，將於下學期再次出現，**快替你喜愛的菜色投下一票吧！(全班一起複選吧！每類至少5項，喜歡的都可以選喔！)**

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| 豬肉類 | | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | | | | |
| □ | | 日式壽喜燒 | | | □ | | | 薑汁燒肉片 | | □ | | | 咖哩豬肉 | | | □ | | | 紅麴肉燥 | | | □ | | | 蒜泥白肉 | | | | | | |
| □ | | 玉米蒸肉餅 | | | □ | | | 可樂豬腳 | | □ | | | 泡菜肉片 | | | □ | | | 茄汁燉肉 | | | □ | | | 鴿蛋燒肉 | | | | | | |
| □ | | 青木瓜燉肉 | | | □ | | | 打拋豬肉 | | □ | | | 南瓜燉肉 | | | □ | | | 香菇肉燥 | | | □ | | | 蠔菇豬柳 | | | | | | |
| □ | | 南瓜粉蒸肉 | | | □ | | | 瓜仔肉餅 | | □ | | | 洋芋燉肉 | | | □ | | | 海結燒肉 | | | □ | | | 麵輪燒肉 | | | | | | |
| □ | | 黑胡椒肉排 | | | □ | | | 回鍋肉片 | | □ | | | 紅燒什錦 | | | □ | | | 起司豬排 | | | □ | | | 粉蒸肉 | | | | | | |
| □ | | 黑胡椒豬柳 | | | □ | | | 京醬肉絲 | | □ | | | 紅燒豬腳 | | | □ | | | 筍香豬腳 | | |  | | |  | | | | | | |
| 雞鴨肉類 | | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | | | | |
| □ | | | 香草白醬雞 | | | □ | | | 雞肉炒鮮蔬 | | □ | | | | 芋頭燒鴨 | | □ | | | 麻油雞丁 | | | □ | | | 醬燒雞翅 | | | | |
| □ | | | 迷迭香燉雞 | | | □ | | | 奶油雞丁 | | □ | | | | 京醬鴨肉 | | □ | | | 蔥油雞排 | | | □ | | | 滷雞腿 | | | | |
| □ | | | 黑胡椒雞丁 | | | □ | | | 玉米雞丁 | | □ | | | | 咖哩雞丁 | | □ | | | 薑母鴨丁 | | |  | | |  | | | | |
| 海鮮類 | | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | | | | |
| □ | | 三杯魚丁 | | | □ | | | 糖醋魚丁 | | □ | | | 蔥爆魷魚 | | | □ | | | 香酥肉魚 | | | □ | | | 蒲燒鯛 | | | | | | |
| □ | | 香酥鯖魚 | | | □ | | | 沙茶魚丁 | | □ | | | 香酥魚排 | | |  | | |  | | |  | | |  | | | | | | |
| 蔬食類 | | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | | | | |
| □ | | 醬淋嫩豆腐 | | | □ | | | 蔬菜豆腐 | | □ | | | 茄汁豆包 | | | □ | | | 滷豆包 | | |  | | |  | | | | | | | |
| 主食 |  | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | | | | |
| □ | | | 什錦炒粄條 | | | □ | | | 什錦炒麵 | | □ | | | | 肉絲麵線 | | □ | | | 義大利麵 | | | □ | | | 炸醬麵 | | | | | | | | | | □ | | | |
| □ | | | 星洲炒米粉 | | | □ | | | 日式炒麵 | | □ | | | | 炒米苔苜 | | □ | | | 大滷麵 | | | □ | | |  | | |  | | | | | | |  | | | |
| 蛋類 |  | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | | | | |
| □ | | | 鮮菇起司炒蛋 | | | □ | | | 玉米炒蛋 | | □ | | | | 原味蒸蛋 | | □ | | | 黃金玉米 | | | □ | | | 菜圃蛋 | | | | |
| □ | | | 紅蘿蔔炒蛋 | | | □ | | | 洋蔥炒蛋 | | □ | | | | 海芽炒蛋 | | □ | | | 鮮蔬炒蛋 | | | □ | | |  | | | | |
| 其他 |  | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | | | | |
| □ | | | 什錦豆腐煲 | | | □ | | | 五彩干絲 | | □ | | | | 花生麵筋 | | □ | | | 絲瓜冬粉 | | | □ | | | 蒸馬拉糕 | | | | |  | | | | | |  | | | |
| □ | | | 什錦燴蘿蔔 | | | □ | | | 木須扁蒲 | | □ | | | | 紅燒什錦 | | □ | | | 開陽白菜 | | | □ | | | 鳳梨木耳 | | | | |  | | | | | |  | | | |
| □ | | | 肉絲炒年糕 | | | □ | | | 四季什錦 | | □ | | | | 茄汁洋芋 | | □ | | | 黃瓜什錦 | | | □ | | | 螞蟻上樹 | | | | |  | | | | | |  | | | |
| □ | | | 泡菜炒年糕 | | | □ | | | 田園四寶 | | □ | | | | 家常豆芽 | | □ | | | 黃金玉米 | | | □ | | | 鮮蔬冬粉 | | | | |  | | | | | |  | | | |
| □ | | | 客家蘿蔔絲 | | | □ | | | 白菜肉羹 | | □ | | | | 桂冠肉包 | | □ | | | 義式丸子 | | | □ | | | 雙花炒菇 | | | | |  | | | | | |  | | | |
| □ | | | 銀芽雞肉絲 | | | □ | | | 味噌什錦 | | □ | | | | 培根高麗 | | □ | | | 義式洋芋 | | | □ | | | 佛跳牆 | | | | |  | | | | | |  | | | |
| □ | | | 丁香干片 | | | □ | | | 咖哩蔬菜 | | □ | | | | 麻婆豆腐 | | □ | | | 鐵板豆腐 | | | □ | | | 義美黑豆奶 | | | | |  | | | | | |  | | | |
| □ | | | 三陽開泰 | | | □ | | | 炒甜不辣 | | □ | | | | 椒鹽毛豆 | | □ | | | 綜合滷味 | | | □ | | | 保久乳 | | | | |  | | | | | |  | | | |
| 鹹湯 |  | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | | | | |
| □ | | | 鳳梨冬瓜雞湯 | | | □ | | | 冬瓜丸子湯 | | □ | | | | 蓮藕排骨湯 | | □ | | | 關東煮湯 | | | □ | | | 豬血湯 | | | | |  | | | | | |  | | | |
| □ | | | 油豆腐細粉湯 | | | □ | | | 冬瓜鮮菇湯 | | □ | | | | 薏仁排骨湯 | | □ | | | 肉羹湯 | | | □ | | | 蘿蔔湯 | | | | |  | | | | | |  | | | |
| □ | | | 馬鈴薯菇菇湯 | | | □ | | | 玉米排骨湯 | | □ | | | | 蘿蔔丸子湯 | | □ | | | 味噌湯 | | |  | | |  | | | | |  | | | | | |  | | | |
| □ | | | 山藥菇菇湯 | | | □ | | | 田園蔬菜湯 | | □ | | | | 玉米條湯 | | □ | | | 木瓜湯 | | |  | | |  | | | | |  | | | | | |  | | | |
| □ | | | 山藥蓮子湯 | | | □ | | | 黑豆排骨湯 | | □ | | | | 玉米濃湯 | | □ | | | 扁蒲湯 | | |  | | |  | | | | |  | | | | | |  | | | |
| □ | | | 假魚肚羹湯 | | | □ | | | 酸菜白肉湯 | | □ | | | | 肉骨茶湯 | | □ | | | 竹筍湯 | | |  | | |  | | | | | | | | | | | □ | | | |
| □ | | | 火鍋什錦湯 | | | □ | | | 酸菜鴨肉湯 | | □ | | | | 辣椒雞湯 | | □ | | | 黃瓜湯 | | |  | | |  | | | | | | | | | | | □ | | | |
| □ | | | 牛蒡排骨湯 | | | □ | | | 紫菜蛋花湯 | | □ | | | | 香菇雞湯 | | □ | | | 酸辣湯 | | |  | | |  | | | | | | | | | | | □ | | | |
| 甜湯 |  | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | | | | |
| □ | | 花生牛奶燕麥湯 | | | □ | | | 紅豆薏仁湯 | | □ | | | 芋頭西米露 | | | □ | | | 八寶粥 | | | □ | | | 綠豆湯 | | | | | | | | |  | | | |
| □ | | 綠豆仁西米露 | | | □ | | | 紫米紅豆湯 | | □ | | | 綠豆芋園湯 | | | □ | | | 地瓜湯 | | |  | | |  | | | | | | | | |  | | | |
| □ | | 花生四果湯 | | | □ | | | 綠豆小米粥 | | □ | | | 銀耳雪蓮湯 | | | □ | | | 紅豆湯 | | |  | | |  | | |  | | | | | |  | | | |
| 蔬菜 |  | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | | | | |
| □ | | 黑葉白菜 | | | □ | | | 小松菜 | | □ | | | 空心菜 | | | □ | | | 荷白菜 | | | □ | | | 青松菜 | | | | |  | | | | |  | | | |
| □ | | 莧菜 | | | □ | | | 山菠菜 | | □ | | | 青江菜 | | | □ | | | 油菜 | | | □ | | | 小白菜 | | | | |  | | | | |  | | | |
| □ | | 塔菇菜 | | | □ | | | 雪菜 | | □ | | | 味美菜 | | | □ | | | 山茼蒿 | | | □ | | | 小芥菜 | | | | |  | | | | |  | | | |
| □ | | A菜 | | | □ | | | 高麗菜 | |  | | |  | | |  | | |  | | |  | | |  | | | | |  | | | | |  | | | |
| 水果 |  | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | | | | |
| □ | | | 百香果 | | | □ | | | 奇異果 | | □ | | | | 蘋果 | | □ | | | 橘子 | | | □ | | | 甜桃 | | | | |  | | | | | |  | | | |
| □ | | | 香吉士 | | | □ | | | 小番茄 | | □ | | | | 香蕉 | | □ | | | 柳丁 | | |  | | |  | | | | |  | | | | | |  | | | |

二、其他建議事項(請以條列式**具體**說明)

**You are what you eat-**

**身體健康**會因為所吃的食物種類不同而有所改變