027 桃園市立南崁國中112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！多選一點，喜歡的都可以選喔！你的支持是廚房精進的動力喔！)**

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| 豬肉類 | | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | |
| □ | | 日式壽喜燒 | | | □ | | | 豆酥肉片 | | □ | | | 南瓜燉肉 | | | □ | | | 筍香豬腳 | | | □ | | | 薑汁燒肉片 | | |  | | |  | |
| □ | | 打拋豬肉 | | | □ | | | 京醬肉絲 | | □ | | | 洋芋燉肉 | | | □ | | | 黃豆豬腳 | | | □ | | | 鴿蛋燒肉 | | |  | | |  | |
| □ | | 玉米蒸肉餅 | | | □ | | | 泡菜肉片 | | □ | | | 紅麴肉燥 | | | □ | | | 黑胡椒肉排 | | | □ | | | 蠔菇豬柳 | | |  | | |  | |
| □ | | 瓜仔肉餅 | | | □ | | | 花生豬腳 | | □ | | | 香菇肉燥 | | | □ | | | 滷肉排 | | |  | | |  | | |  | | |  | |
| □ | | 芋頭燉肉 | | | □ | | | 青木瓜燉肉 | | □ | | | 粉蒸肉 | | | □ | | | 蒜泥白肉 | | |  | | |  | | |  | | |  | |
| 雞鴨肉類 | | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | |
| □ | | 三杯雞丁 | | | □ | | | 咖哩雞丁 | | □ | | | 薑母鴨丁 | | | □ | | | 黑胡椒雞丁 | | | □ | | | 滷雞腿 | | |  | | |  | |
| □ | | 京醬鴨肉 | | | □ | | | 麻油雞丁 | | □ | | | 雞肉炒鮮蔬 | | | □ | | | 迷迭香燉雞 | | | □ | | | 芋頭燒鴨 | | |  | | |  | |
| □ | | 醬燒雞翅 | | | □ | | | 蔥油雞排 | | □ | | | 滷雞翅 | | |  | | |  | | |  | | |  | | |  | | |  | |
| 海鮮類 | | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | |
| □ | | 香酥肉魚 | | | □ | | | 糖醋魚丁 | | □ | | | 咖哩魚丁 | | | □ | | | 三杯魚丁 | | | □ | | | 蒲燒鯛魚 | | |  | | |  | |
| □ | | 蔥爆魷魚 | | | □ | | | 樹子蒸魚 | | □ | | | 椒鹽鯖魚 | | | □ | | | 香酥魚排 | | |  | | |  | | |  | | |  | |
| 蔬食類 | | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | |
| □ | | | 滷豆包 | | | □ | | | 香菇燒麵腸 | | □ | | | | 醬淋嫩豆腐 | | □ | | | 茄汁豆包 | | | □ | | | 糖醋百頁 | | |  | | |  | |
| 主食 |  | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | |
| □ | | 義大利麵 | | | □ | | | 什錦炒麵 | | □ | | | 玉米瘦肉粥 | | | □ | | | 炒米苔苜 | | | □ | | | 什錦炒粄條 | | |  | | |  | |
| □ | | 什錦炒米粉 | | | □ | | | 日式炒烏龍 | | □ | | | 肉絲麵線 | | | □ | | | 金瓜米粉 | | | □ | | | 豬排堡 | | |  | | |  | |
| 蛋類 |  | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | |
| □ | | 玉米炒蛋 | | | □ | | | 洋蔥炒蛋 | | □ | | | 原味蒸蛋 | | | □ | | | 絲瓜炒蛋 | | | □ | | | 蕃茄炒蛋 | | |  | | |  | |
| □ | | 芙蓉蒸蛋 | | | □ | | | 紅蘿蔔炒蛋 | | □ | | | 海芽炒蛋 | | | □ | | | 菜圃蛋 | | | □ | | | 鮮蔬炒蛋 | | |  | | |  | |
| 其他 |  | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | |
| □ | | 黃金玉米 | | | □ | | | 黃瓜什錦 | | □ | | | 麻婆豆腐 | | | □ | | | 什錦豆腐煲 | | | □ | | | 雙花什錦 | | |  | | |  | |
| □ | | 椒鹽毛豆莢 | | | □ | | | 焗烤南瓜 | | □ | | | 毛豆干丁 | | | □ | | | 豆醬冬瓜 | | | □ | | | 五彩干絲 | | |  | | |  | |
| □ | | 青花什錦 | | | □ | | | 木須扁蒲 | | □ | | | 絲瓜麵線 | | | □ | | | 什錦燴蘿蔔 | | | □ | | | 桂冠肉包 | | |  | | |  | |
| □ | | 小瓜炒甜不辣 | | | □ | | | 肉絲炒年糕 | | □ | | | 銀芽雞肉絲 | | | □ | | | 田園四寶 | | | □ | | | 三陽開泰 | | |  | | |  | |
| □ | | 紅燒什錦 | | | □ | | | 黃瓜什錦 | | □ | | | 花生麵筋 | | | □ | | | 螞蟻上樹 | | | □ | | | 馬拉糕 | | |  | | |  | |
| □ | | 竹筍炒肉絲 | | | □ | | | 白菜魯 | | □ | | | 義式洋芋 | | | □ | | | 起司洋芋 | | | □ | | | 五彩溫沙拉 | | |  | | |  | |
| □ | | 蜜汁豆干 | | | □ | | | 關東煮 | | □ | | | 炒甜不辣 | | | □ | | | 醬燒雞翅 | | | □ | | | 黃金玉米 | | |  | | |  | |
| 鹹湯 |  | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | |
| □ | | 冬瓜排骨湯 | | | □ | | | 扁蒲丸子湯 | | □ | | | 玉米條湯 | | | □ | | | 蘿蔔丸子湯 | | | □ | | | 青木瓜雞湯 | | |  | | |  | |
| □ | | 髮菜羹 | | | □ | | | 玉米濃湯 | | □ | | | 火鍋什錦湯 | | | □ | | | 冬瓜鮮菇湯 | | | □ | | | 香菇羹湯 | | |  | | |  | |
| □ | | 黃瓜丸子湯 | | | □ | | | 旗魚味噌湯 | | □ | | | 魷魚羹湯 | | | □ | | | 牛蒡味噌湯 | | | □ | | | 味噌湯 | | |  | | |  | |
| □ | | 山藥蓮子湯 | | | □ | | | 木瓜湯 | | □ | | | 肉羹湯 | | | □ | | | 肉骨茶湯 | | | □ | | | 關東煮湯 | | |  | | |  | |
| □ | | 酸辣湯 | | | □ | | | 薏仁排骨湯 | | □ | | | 酸菜白肉湯 | | | □ | | | 黃瓜排骨湯 | | | □ | | | 南瓜濃湯 | | |  | | |  | |
| □ | | 鳳梨苦瓜雞湯 | | | □ | | | 紫米麥仁湯 | | □ | | | 牛蒡雞湯 | | | □ | | | 金針湯 | | | □ | | | 香菇雞湯 | | |  | | |  | |
| □ | | 山藥菇菇湯 | | | □ | | | 竹筍湯 | | □ | | | 香菇雞湯 | | | □ | | | 豬血湯 | | | □ | | | 白菜蛋花湯 | | |  | | |  | |
| □ | | 田園蔬菜湯 | | | □ | | | 紫菜蛋花湯 | | □ | | | 蓮藕排骨湯 | | | □ | | | 皮絲當歸湯 | | | □ | | |  | | |  | | |  | |
| 甜湯 |  | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | |
| □ | | 紅豆薏仁湯 | | | □ | | | 花生牛奶燕麥湯 | | □ | | | 紫米麥仁湯 | | | □ | | | 綠豆薏仁湯 | | | □ | | | 綠豆芋圓湯 | | |  | | |  | |
| □ | | 芋頭西米露 | | | □ | | | 八寶粥 | | □ | | | 綠豆仁西米露 | | | □ | | | 紅豆湯 | | | □ | | | 銀耳雪蓮湯 | | |  | | |  | |
| □ | | 枸杞銀耳湯 | | | □ | | | 綠豆小米粥 | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | |
| 蔬菜 |  | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | |
| □ | | 山菠菜 | | | □ | | | 小松菜 | | □ | | | 空心菜 | | | □ | | | | 荷葉白菜 | | | □ | | | | 高麗菜 |  | | |  | |
| □ | | 黑葉白菜 | | | □ | | | 青松菜 | | □ | | | 青江菜 | | | □ | | | | 油菜 | | | □ | | | | 小白菜 |  | | |  | |
| □ | | 青油菜 | | | □ | | | 雪菜 | | □ | | | 味美菜 | | | □ | | | | 山茼蒿 | | | □ | | | | 小芥菜 |  | | |  | |
| 水果 |  | | |  | | |  | | | | |  | |  | | | |  | | |  | | |  | | |  | | |
| □ | | 香蕉 | | | □ | | | 蘋果 | | □ | | | 龍眼 | | | □ | | | 砂糖橘 | | | □ | | | 柚子 | | |  | | |  | |
| □ | | 柳丁 | | | □ | | | 橘子 | | □ | | | 百香果 | | | □ | | | 西洋梨 | | |  | | |  | | |  | | |  | |

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