

## 午餐晚餐食谱表

|          |        | 午餐     |                |        |      |        |         |      | 晚餐   |       |       |                |      |     |     |         |      |    |     |      |   |     |      |
|----------|--------|--------|----------------|--------|------|--------|---------|------|------|-------|-------|----------------|------|-----|-----|---------|------|----|-----|------|---|-----|------|
| 餐别       | 菜名     | 原料     | 可食部重量（单位：克）及价钱 |        |      | 厨工费    | 水电及其它费用 | 合计   | 菜名   | 原料    |       | 可食部重量（单位：克）及价钱 |      |     | 厨工费 | 水电及其它费用 | 合计   |    |     |      |   |     |      |
|          |        |        | 省参考标准          | 我校采用标准 | 元    | 元      |         | 元    |      |       | 省参考标准 | 我校采用标准         | 元    | 元   |     | 元       |      |    |     |      |   |     |      |
| 周一       | 米饭     | 米饭     | 90             | 90     | 0.54 | 2      | 0.5     | 7.03 | 米饭   | 米饭    | 90    | 90             | 0.54 | 2   | 0.5 | 6.69    |      |    |     |      |   |     |      |
|          | 淮山蒸排骨  | 排骨     | 45             | 45     | 1.07 |        |         |      | 虾米   | 虾米    | 10    | 10             | 0.15 |     |     |         |      |    |     |      |   |     |      |
|          |        | 淮山     | 40             | 40     | 0.28 |        |         |      |      | 肉末豆腐  | 豆腐    | 40             | 40   |     |     |         | 0.4  |    |     |      |   |     |      |
|          | 炒菠菜    | 菠菜     | 80             | 80     | 0.32 |        |         |      |      |       | 猪肉    | 20             | 20   |     |     |         | 0.4  |    |     |      |   |     |      |
|          | 苦瓜炒牛肉  | 苦瓜     | 50             | 50     | 0.3  |        |         |      |      | 烧茄子   | 茄子    | 80             | 80   |     |     |         | 0.4  |    |     |      |   |     |      |
|          |        | 牛肉     | 20             | 20     | 1.72 |        |         |      | 烹调油  |       | 花生油   | 8              | 8    |     |     |         | 0.3  |    |     |      |   |     |      |
|          | 烹调油    | 花生油    | 10             | 10     | 0.3  |        |         |      |      | 海带大骨汤 | 猪大排   | 25             | 25   |     |     |         | 1    |    |     |      |   |     |      |
|          |        |        |                |        |      |        |         |      | 胡萝卜  |       | 15    | 15             | 0.2  |     |     |         |      |    |     |      |   |     |      |
|          |        |        |                |        |      |        |         |      |      |       | 海带    | 30             | 30   |     |     |         | 0.8  |    |     |      |   |     |      |
|          | 周二     | 米饭     | 米饭             | 90     | 90   |        |         |      | 0.54 | 2     | 0.5   | 6.9            | 米饭   |     |     |         | 米饭   | 90 | 90  | 0.54 | 2 | 0.5 | 6.84 |
| 西芹红萝卜炒瘦肉 |        | 瘦肉     | 20             | 20     | 0.6  | 木须肉    | 瘦肉      | 40   | 40   |       |       |                | 1.2  |     |     |         |      |    |     |      |   |     |      |
|          |        | 西芹     | 40             | 40     | 0.4  |        | 木耳      | 木耳   | 20   |       |       |                | 20   | 1   |     |         |      |    |     |      |   |     |      |
|          |        | 红萝卜    | 20             | 20     | 0.2  |        |         | 胡萝卜  | 30   |       |       |                | 30   | 0.3 |     |         |      |    |     |      |   |     |      |
|          |        | 炒菜心    | 菜心             | 100    | 100  |        | 0.6     |      | 炒通菜  |       |       |                | 通菜   | 80  | 80  | 0.5     |      |    |     |      |   |     |      |
| 卤鸡腿      |        | 鸡腿     | 70             | 70     | 1.7  | 西兰花炒腊肠 | 西兰花     | 60   | 60   |       |       |                | 0.6  |     |     |         |      |    |     |      |   |     |      |
| 烹调油      |        | 花生油    | 12             | 12     | 0.36 | 烹调油    | 腊肠      | 5    | 5    |       |       |                | 0.2  |     |     |         |      |    |     |      |   |     |      |
|          |        |        |                |        |      |        | 花生油     | 8    | 8    |       |       |                | 0.3  |     |     |         |      |    |     |      |   |     |      |
|          |        |        |                |        |      |        |         |      |      |       |       |                |      |     |     |         |      |    |     |      |   |     |      |
| 周三       |        | 燕麦饭    | 米饭             | 70     | 70   | 0.42   | 2       | 0.5  | 6.75 |       |       |                | 米饭   | 米饭  | 90  | 90      | 0.54 | 2  | 0.5 | 6.74 |   |     |      |
|          | 燕麦     |        | 15             | 15     | 0.15 | 云耳蒸鸡   |         |      |      | 鸡肉    | 50    | 50             | 1.5  |     |     |         |      |    |     |      |   |     |      |
|          | 豆角炒肉   | 豆角     | 60             | 60     | 0.48 |        |         |      |      | 木耳    | 15    | 15             | 0.3  |     |     |         |      |    |     |      |   |     |      |
|          |        | 猪肉     | 10             | 10     | 0.2  | 蒜蓉菜心   |         |      |      |       | 菜心    | 100            | 100  | 0.6 |     |         |      |    |     |      |   |     |      |
|          | 炒苋菜    | 苋菜     | 100            | 100    | 0.8  | 烹调油    |         |      |      | 花生油   | 10    | 10             | 0.3  |     |     |         |      |    |     |      |   |     |      |
|          | 鸡蛋（水蛋） | 鸡蛋     | 100            | 100    | 1.6  | 大骨汤    |         |      |      | 猪大排   | 20    | 20             | 1    |     |     |         |      |    |     |      |   |     |      |
|          | 烹调油    | 花生油    | 12             | 12     | 0.36 |        |         |      |      |       |       |                |      |     |     |         |      |    |     |      |   |     |      |
|          | 炒花生    | 花生     | 20             | 20     | 0.24 |        |         |      |      |       |       |                |      |     |     |         |      |    |     |      |   |     |      |
|          | 周四     | 米饭     | 米饭             | 90     | 90   | 0.54   |         |      |      | 2     | 0.5   | 6.94           | 米饭   | 米饭  | 90  | 90      | 0.54 |    |     |      | 2 | 0.5 | 6.84 |
|          |        | 蘑菇炒鸡腿肉 | 蘑菇             | 70     | 70   | 0.98   |         |      |      |       |       |                | 豉汁排骨 | 猪小排 | 50  | 50      | 1.8  |    |     |      |   |     |      |
| 鸡腿       |        |        | 70             | 70     | 1.8  | 豉      | 10      | 10   | 0.1  |       |       |                |      |     |     |         |      |    |     |      |   |     |      |
| 菠菜炒豆腐    |        | 菠菜     | 80             | 80     | 0.32 | 芹菜炒鱿鱼  | 芹菜      | 50   | 50   |       |       |                | 0.3  |     |     |         |      |    |     |      |   |     |      |
|          |        | 豆腐     | 60             | 60     | 0.5  |        | 鱿鱼      | 20   | 20   |       |       |                | 1.3  |     |     |         |      |    |     |      |   |     |      |
| 花生油      |        | 花生油    | 10             | 10     | 0.3  | 烹调油    | 花生油     | 8    | 8    |       |       |                | 0.3  |     |     |         |      |    |     |      |   |     |      |
| 周五       |        | 米饭     | 米饭             | 90     | 90   | 0.54   | 2       | 0.5  | 6.64 |       |       |                |      |     |     |         |      |    |     |      |   |     |      |
|          | 花生猪手   | 猪手     | 40             | 40     | 1.2  |        |         |      |      |       |       |                |      |     |     |         |      |    |     |      |   |     |      |
|          |        | 花生     | 20             | 20     | 0.24 |        |         |      |      |       |       |                |      |     |     |         |      |    |     |      |   |     |      |
|          | 蚝油生菜   | 生菜     | 100            | 100    | 0.8  |        |         |      |      |       |       |                |      |     |     |         |      |    |     |      |   |     |      |
|          | 酿豆腐    | 豆腐     | 120            | 120    | 1    |        |         |      |      |       |       |                |      |     |     |         |      |    |     |      |   |     |      |
|          | 花生油    | 花生油    | 12             | 12     | 0.36 |        |         |      |      |       |       |                |      |     |     |         |      |    |     |      |   |     |      |

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|         |        |  |  |  |  |        |
| 每人每天平均: | 6. 852 |  |  |  |  | 6. 778 |