

中学18元B套 学生菜单

| 日期 | 菜谱 | 原料 | 营养 |
|-------|----------------------------|---------------------------------|--|
| 1 日期 | 椰香咖喱鸡 鸡 | 120g, 40g, 5g, 10g, 0.5g, 6g | 能量 (kcal 1 1 1 1 |
| | | 80g | |
| | | 132g, 10g, 6g, 6g | |
| | | 120g | |
| | | 75g | |
| | | 5g, 10g, 10g | |
| | | | |
| 1 日期 | | 90g, 0.5g, 10g | 能量 (kcal 1 1 1 |
| | | 70g, 10g, 20g, 5g | |
| | | 24g, 84g, 15g | |
| | | 120g | |
| | | 75g | |
| | | 20g, 10g, 20g | |
| | | | |
| 1 8日期 | 香 鸡 香 | 1g, 130g | 能量 (kcal 8 8 1 1 |
| | | 70g, 30g | |
| | | 1 | |
| | | 120g | |
| | | 10g, 25g, 10g, 5g, 75g, | |
| | | 5g, 15g, 3g, 3g | |
| | | | |

| | | | |
|--|--|------------------|--------------|
| | | 40- 50g 80g | 能量 (kcal) |
| | | 75g, 5g | |
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