

康橋國際學校林口校區 110年6月素食菜單
Vegetarian Lunch Menu, June 2021

日期 Date	星期 Day	午餐 Lunch Menu's Detail									全日 總磅 (磅)	巨無 磅 (磅)	蒜泥 磅 (磅)	油類 磅 (磅)	水果 (磅)	或鹽 或油 (磅)	熱量 (Kcal)
		菜名	主料	配料	醬料	麵食	點心	湯品	水果	蔬菜							
6/1-6/11 因應新冠肺炎疫情，停課不供餐																	
6/15	二	日式海苔拌飯 Stir-Fried Rice with Seaweed	壽喜燒豆腐 Sukiyaki Tofu	嗚門春雨豆包捲 Bean Curd Sheet Roll	古早味蒸蛋 Steamed Egg	◎蘋果派 Apple Pie	※和風玉米沙拉 Corn Salad	有機青菜 Organic Vegetable	水果 Fruit	味噌菇菇湯 Mushroom Miso Soup	4.0	3.0	1.0	4.5	1	0.0	792.5
6/16	三	麥片飯 Oatmeal Rice	麻油烤麩 Braised Gluten with Sesame Oil	彩繪素雞 Stir-fried Dried Bean Curd with Bell Pepper	芹菜干絲 Stir-fried Dried Bean Curd with Celery	螞蟻上樹 Stir-fried Mung Noodles	※紅絲菜豆 Stir-fried Green Bean with Carrot	履歷青菜 Fresh Vegetable	水果 Fruit	剝瓜湯 Cucumber Soup	4.0	3.0	2.0	4.0	1	0.0	795.0
6/17	四	海苔飯 Seaweed Rice	豆腐黃瓜盅 Cucumber Stuffed Tofu	香菇燒麵輪 Braised Gluten	茄汁豆包 Braised Bean Curd Sheet with Tomato Paste	樹子冬瓜 Fried Winter Melon with Cummingcordia	※塔香茄子 Fried Eggplant with Basil	有機青菜 Organic Vegetable	水果 Fruit	黑糖地瓜湯 Sweet Potato Soup	4.0	2.6	2.5	4.0	1	0.0	777.5
6/18	五	白米飯 Rice	醬爆豆干 Dried Bean Curd	蜂蜜味噌烤麩 Honey Miso Gluten	菜脯炒蛋 Scrambled Egg with Preserved Radish	串烤鮑菇 Roasted Mushroom	※雙色花椰菜 Stir-fried Broccoli	履歷青菜 Fresh Vegetable	水果 Fruit	鮮蔬豆腐湯 Tofu and Vegetable Soup	4.0	3.0	2.3	4.0	1	0	802.5
6/21	一	地瓜飯 Sweet Potato Rice	素沙茶麵腸 Stir-fried Gluten	糖醋豆腐 Braised Tofu with Sweet and Sour Paste	素香蠔頭 Stir-fried Dried Bean Curd	扁蒲炒三絲 Stir-fried Bottle Gourd	※芝麻苜蓿菜 Dried Yamakurage with Sesame	履歷青菜 Fresh Vegetable	水果 Fruit	佛手瓜香菇紅豆湯 Chayote and Mushroom Soup	4.0	3.0	2.5	4.0	1	0	807.5
6/22	二	番茄通心粉 Macaroni with Tomato Paste	BBQ烤黑豆干 Roasted Dried Bean Curd with BBQ Sauce	美式奶油炒蛋 Scrambled Egg	焗烤時蔬 Baked Vegetable	◎薯餅 Hash Browns	※生菜優比沙拉捲餅 Burrito	有機青菜 Organic Vegetable	水果 Fruit	鮮蔬菇菇濃湯 Creamy Mushroom Soup	4.3	2.5	2.5	4.3	1	0.2	834.5
6/23	三	胚芽飯 Germ Rice	茭白筍燴烤麩 Braised Gluten with Water Bamboo	綠油素雞 Stir-fried Dried Bean Curd	蛋酥絲瓜 Stir-fried Luffah with Egg	塔香海茸 Stir-fried Seaweed Basil	※地瓜蔬菜餅 Vegetable Patty	履歷青菜 Fresh Vegetable	水果 Fruit	海芽豆腐湯 Tofu Soup with Seaweed	4.1	2.6	2.3	4.0	1	0	779.5
6/24	四	白米飯 Rice	咖哩凍豆腐 Curry Tofu	小瓜麵腸 Stir-fried Gluten with Cucumber	鮮蔬燴鴨蛋 Stir-fried Pigeon Eggs with Vegetable	素沙茶菜豆 Stir-fried Green Bean	※芋頭糕 Taro Cake	有機青菜 Organic Vegetable	水果 Fruit	冬瓜粉條湯 Sweet Soup with Rice Noodles	4.3	3.0	2.0	4.0	1	0	816.0
6/25	五	五穀飯 Mixed Grain Rice	干絲千張捲 Bean Curd Roll	番茄燴烤麩 Braised Gluten with Tomato	毛豆蒸蛋 Steamed Egg with Green Soy Bean	甜紫米丸 Purple Rice Ball	※五香桂竹筍 Braised Bamboo Shoot	履歷青菜 Fresh Vegetable	水果 Fruit	枸杞山藥湯 Yam and Goji	4.3	2.5	2.0	4.0	1	0	778.5
6/28	一	小米飯 Millet Rice	三杯麵腸 Stir-fried Gluten with Basil and Sesame Oil	白果燒豆腐 Braised Tofu with Ginkgo	香菇素麵筋 Braised Gluten with Mushroom	水蓮炒三絲 Stir-fried White Water Snowflake	※梅香苦瓜 Bitter Gourd with Plum Juice	履歷青菜 Fresh Vegetable	水果 Fruit	蔬菜相撲湯 Sumo Soup	4.0	2.4	2.0	4.0	1	0	750.0
6/29	二	蘑菇醬炒麵 Stir-fried Noodle with Mushroom sauce	醬烤豆包 Roasted Bean Curd Sheet	◎塔香豆干 Deep-fried Dried Bean Curd	三色豆蛋皮捲 Bean Curd Roll	奶油彩椒西芹 Stir-fried Celery	※麻糬 Mochi	有機青菜 Organic Vegetable	水果 Fruit	南瓜濃湯 Creamy Pumpkin Soup	4.3	3.0	1.6	4.0	1	0	806.0
6/30	三	糙米飯 Brown Rice	照燒豆腐 Braised Tofu	海帶干絲 Stir-fried Dried Bean Curd with Seaweed	五味豆包捲 Bean Curd Roll	玉米高麗菜 Stir-fried Cabbage with Corn	※紅油筍茸 Spicy Bamboo Shoot	履歷青菜 Fresh Vegetable	水果 Fruit	酸菜鮑菇湯 Mushroom and Pickled Mustard Green Soup	4.0	3.0	2.0	4.0	1	0	795.0
7/1	四	紅藜麥飯 Red Quinoa Rice	鳳梨咕咕素雞 Stir-fried Dried Bean Curd with Pineapple	冬瓜油麵輪 Braised Gluten with Winter Melon	三絲淋蛋 Steamed Egg with Vegetable	薑絲莧菜 Amaranth Green with Ginger	※七味粉扁扁煎餅 Bottle Gourd Patty	有機青菜 Organic Vegetable	水果 Fruit	燕麥子圓燒仙草 Hot Grass Jelly with Oatmeal and Taro Ball	4.2	3.0	2.0	4.0	1	0	809.0
7/2	五	白米飯 Rice	羅漢齋 Braised Gluten	芹香麵腸 Stir-fried Gluten with Celery	番茄炒蛋 Scrambled Eggs with Tomato	焗烤洋芋花椰 Baked Potato and Broccoli	※香拌葫蘆川耳 Stir-fried Fugus and Konjac	履歷青菜 Fresh Vegetable	水果 Fruit	菇菇巧達濃湯 Mushroom Chowder	4.0	3.0	2.0	4.0	1	0	825.0