

康橋國際學校林口校區素食 112年5月份菜單
KCIS Preschool Lunch and Snack Menu, May 2023

日期 Date	午餐 Lunch Menu's Detail								下午點心 Afternoon Snack	營養成分分析 Nutrient Content Analysis						
	全穀 類(份)	豆 類(份)	蔬 菜(份)	水 果(份)	乳 品(份)	熱 量(Kcal)	全穀 類(份)	豆 類(份)		蔬 菜(份)	水 果(份)	乳 品(份)	熱 量(Kcal)			
5/01 (一)	糙米飯 Brown Rice	時蔬烘蛋 Vegetables Frittata	小黃瓜炒麵筋 Stir-fried Cucumber and Bean Curd	紅絲扁扁 Stir-fried Bottle Gourd with Shredded Carrot	◎黃金香芋捲 Taro Roll	履歷青菜 Fresh Vegetable	水果 Fruit	猴菇牛蒡湯 Burdock and Mushroom Soup	微笑薯餅 Hash Browns	4.8	3.3	1.3	3.0	1.0	0.0	811.0
5/2 (二)	菜+糙米 Rice	雞掌馬鈴薯紅椒黃椒 Vegetarian Pork Ribs	麵筋小黃瓜 Stir-fried Tofu and Corn	扁扁+紅蘿蔔 Stir-fried Vegetables	芋頭糕 Stir-fried Bamboo	履歷青菜 Organic Vegetable	水果 Fruit	牛蒡雞頭菇 Vegetables and Egg Drop Soup	微笑薯餅 Vegetable Bun	4.7	3.0	1.2	2.5	1.0	0.0	756.5
5/3 (三)	五穀飯 Grain Rice	滑蛋增南瓜 Steamed Pumpkin with Scrambled Eggs	飯豆腐+玉米粒 Stir-fried Firm Tofu with Bell Pepper	高麗菜+杏鮑菇+筍白筍 Stir-fried Dried Tofu and Edamame	毛豆炒干丁 Miso Bottle Gourd	履歷青菜 Fresh Vegetable	水果 Fruit	小青菜+全蛋液 Kelp Sprouts and Tofu Soup	微笑薯餅 Vegetarian Dumplings	4.5	2.8	1.2	2.6	1.0	0.0	732.0
5/4 (四)	菜+糙米 Rice	彩椒炒凍豆腐 Stir-fried Firm Tofu with Bell Pepper	茄汁豆包 Bean Curd with Tomato Sauce	蘿蔔燒海帶結 Braised Kelp Sprouts and Radish	香菇燒肉卷 Braised Bean Curd and Mushroom	履歷青菜 Organic Vegetable	水果 Fruit	飯豆腐+海帶芽 White Fungus and Lotus Seed Sweet Soup	馬拉糕 Malay Sponge Cake	4.8	3.4	1.1	2.4	1.0	0.2	810.5
5/5 (五)	特餐 Stir-fried Thick Rice Noodles with Vegetarian	菜+糙米 Rice	凍豆腐黃椒紅椒黃椒 Stir-fried Firm Tofu with Celery and Black Fungus	生豆包+薯蓣 Braised Bean Curd	芹香木耳干片 Stir-fried Dried Tofu with Celery and Black Fungus	鮮菇燒花卷 Stir-fried Broccoli and Cauliflower with King	水果 Fruit	飯豆腐+海帶芽 White Gourd Soup with Shredded Ginger	馬拉糕 Butter Corn	4.3	3.3	1.2	2.3	1.0	0.1	754.0
5/8 (一)	糙米飯 Brown Rice	古早味蒸蛋 Steamed Egg	鮮菇炒黑豆 Stir-fried Black Dried Tofu with Vegetables	鮮菇燴綠瓜 Stir-fried Sponge Gourd with Enoki Mushrooms	香港素肉丸 Vegetarian Meat Balls with Chinese Tonno Sauce	履歷青菜 Fresh Vegetable	水果 Fruit	大油湯 Assorted Vegetables Soup	墨西哥麵包 Mexican Bread	5.0	3.5	1.3	2.5	1.0	0.2	841.5
5/9 (二)	菜+糙米 Rice	日式味噌素肉排 Miso Vegetarian Steak	菜炒炒麵筋 Stir-fried Wheat Gluten with Vegetarian Shacha	毛豆蒸蛋 Steamed Egg with Edamame	魚香茄子 Braised Eggplants	履歷青菜 Organic Vegetable	水果 Fruit	飯豆腐+海帶芽 Cucumber and Mushroom Ball Soup	芋泥包 Taro Bun	4.8	2.8	1.1	2.1	1.0	0.0	728.0
5/10 (三)	五穀飯 Grain Rice	香茅馬鈴薯炒蛋 Scrambled Eggs with Potato	糖醋素肚 Sweet and Sour Bean Curd	鮮菇炒海耳 Stir-fried Kelp with Basil	彩繪葫瓜 Stir-fried Bottle Gourd with Vegetables	履歷青菜 Fresh Vegetable	水果 Fruit	香茅馬鈴薯+大蔥 Soy Sprouts and Radish Soup	素蘿蔔糕 Vegetarian Radish Cake	4.8	3.0	1.4	2.6	1.0	0.0	773.0
5/11 (四)	菜+糙米 Rice	牛油子香嫩豆腐 Tofu Stew with Taro	紅燒豆包 Braised Bean Curd	鮮菇炒寬冬粉 Stir-fried Mung Bean Noodles with Vegetables	蒜香小炒 Stir-fried Vegetables	履歷青菜 Organic Vegetable	水果 Fruit	飯豆腐+海帶芽 Black Glutinous Rice with Coconut Milk	素珍珠丸 Vegetarian Pearl Ball	4.6	3.4	1.3	2.3	1.0	0.0	773.0
5/12 (五)	特餐 夏威夷煎飯 Hawaiian Fried Rice	菜+糙米 Rice	飯豆腐+芋頭 Stir-fried Firm Tofu with Taro	生豆包 Braised Bean Curd	高麗菜+菜花+芹菜+香菇 Stir-fried Broccoli and Cauliflower with King	履歷青菜 Fresh Vegetable	水果 Fruit	飯豆腐+海帶芽 Green Papaya Soup with Goi	烤地瓜X1+豆奶 Roasted Sweet Potato + Soy Milk	4.1	3.5	1.2	2.7	1.0	0.0	761.0
5/15 (一)	糙米飯 Brown Rice	咖哩凍豆腐 Firm Tofu Curry	三色蛋 Three-colored Steamed Egg	紅燒紫茄 Braised Eggplants	素佛跳牆 Vegetarian Stew	履歷青菜 Fresh Vegetable	水果 Fruit	冬瓜薏仁湯 White Gourd and Job's Tears Soup	瑞士捲蛋糕 Swiss Roll Cake	4.8	2.7	1.3	2.3	1.0	0.2	758.5
5/16 (二)	菜+糙米 Rice	凍豆腐+馬鈴薯+紅蘿蔔 Stir-fried Firm Tofu with Potato and Carrot	飯豆腐+芋頭 Stir-fried Firm Tofu with Taro	生豆包 Braised Bean Curd	高麗菜+菜花+芹菜+香菇 Stir-fried Broccoli and Cauliflower with King	履歷青菜 Fresh Vegetable	水果 Fruit	飯豆腐+海帶芽 Cucumber and Mushroom Ball Soup	芋泥包 Taro Bun	4.8	2.8	1.1	2.1	1.0	0.0	728.0
5/17 (三)	五穀飯 Grain Rice	糖醋豆包 Sweet and Sour Bean Curd	筍絲炒蛋 Scrambled Eggs with Bamboo	紅燒干丁 Braised Dried Tofu	鐵板時蔬 Stir-fried Bean Sprouts and Black Fungus	履歷青菜 Fresh Vegetable	水果 Fruit	金針鮮菇湯 Dayli and Mushroom Soup	◎玉米香酥餅 Corn Pancakes x2	4.8	2.6	1.5	2.6	1.0	0.0	745.5
5/18 (四)	菜+糙米 Rice	木耳炒素雞 Stir-fried Vegetarian Chicken and Fungus	海山醬開菜 Vegetarian Oden with Sweet Chili Bean Sauce	茄香白菜 Chinese Cabbage with White Sauce	薑絲炒龍蝦 Stir-fried Garlic and Shredded Ginger	履歷青菜 Organic Vegetable	水果 Fruit	綠豆薏仁湯 Mung Beans and Job's Tears Soup	南瓜盒子 Pumpkin Bun	4.4	2.6	1.1	2.2	1.0	0.2	713.5
5/19 (五)	特餐 金瓜素肉絲炒米粉 Stir-fried Rice Noodles with Pumpkin and Vegetarian Karage	菜+糙米 Rice	素雞+黑木耳+紅蘿蔔+芹菜 Stir-fried Firm Tofu with Celery and Black Fungus	◎日式唐揚素雞塊 Vegetarian Karaage	豆豉苦瓜 Stir-fried Bitter Gourd	履歷青菜 Fresh Vegetable	水果 Fruit	飯豆腐+海帶芽 Tomato and Egg Drop Soup	Black Rice Bean Curd Sushi	4.3	3.4	1.3	3.0	1.0	0.0	783.5
5/22 (一)	糙米飯 Brown Rice	BBQ蘭花干 BBQ Bean Curd	彩蔬炒蛋 Scrambled Eggs with Vegetables	麻油高麗菜 Stir-fried Cabbage with Sesame Oil	芋香素肚 Stir-fried Taro and Bean Curd	履歷青菜 Fresh Vegetable	水果 Fruit	海帶結蘿蔔湯 Kelp Sprouts and Radish Soup	鬆餅X1+蘋果汁 Waffles+Apple Juice	4.6	3.1	1.4	2.7	1.0	0.1	783.0
5/23 (二)	菜+糙米 Rice	燻菜干 Stir-fried Dried Tofu and Pickled Cabbage	塔香豆包 Bean Curd with Basil	胡瓜燻粉條 Stir-fried Mung Bean Noodles and Cucumber	銀芽三絲 Stir-fried Bean Sprouts and Vegetables	履歷青菜 Organic Vegetable	水果 Fruit	山藥蒸花湯 Yam and Job's Tears Soup	沖繩黑糖捲 Black Sugar Roll	4.8	3.0	1.3	2.5	1.0	0.0	766.0
5/24 (三)	五穀飯 Grain Rice	燥油油煎 Braised Oily Tofu with Oyster Sauce	秋葵炒蛋 Scrambled Eggs with Okra	鮮菇燻芥菜 Stir-fried Leaf Mustard and Mushrooms	糖醋素雞 Sweet and Sour Vegetarian Chicken	履歷青菜 Fresh Vegetable	水果 Fruit	鮮菇玉米湯 Mushroom and Corn Soup	Brasied Oily Tofu (大匙)	4.8	2.8	1.4	2.6	1.0	0.0	758.0
5/25 (四)	菜+五穀飯 Rice	香滑干扁干 Braised Bean Curd	西芹苜蓿炒豆干 Stir-fried Dried Tofu with Celery and Bamboo	筍絲燻扁扁 Bottle Gourd and Eggs	素炒皇帝豆 Stir-fried Lima Beans	履歷青菜 Organic Vegetable	水果 Fruit	芋圓燒仙草 Taro Balls and Grass Jelly	素鍋貼 Vegetarian Pan-fried Dumplings	4.6	3.3	1.2	2.4	1.0	0.0	767.5
5/26 (五)	特餐 素雞肉飯 Vegetarian Chicken Rice	菜+糙米 Rice	素雞肉飯 Vegetarian Chicken Rice	孜然豆包 Cumin Bean Curd	鮮菇燻扁扁 Braised Kelp Sprouts and Bean Curd	履歷青菜 Fresh Vegetable	水果 Fruit	鮮菇玉米湯 Sponge Gourd and Egg Soup	奶油玉米段(3CM)X3 Butter Corn	4.5	3.2	1.1	2.6	1.0	0.0	759.5
5/29 (一)	糙米飯 Brown Rice	鐵板豆腐 Stir-fried Tofu	蕃茄炒蛋 Scrambled Eggs with Tomato	咖哩蔬菜 Vegetables Curry	梅乾菜苔瓜 Stir-fried Bitter Gourd and Preserved Vegetables	履歷青菜 Fresh Vegetable	水果 Fruit	髮菜羹湯 Long Thread Moss Thick Soup	藍莓餐包X1 Blueberry Bread	4.8	2.7	1.2	2.5	1.0	0.0	741.0
5/30 (二)	菜+糙米 Rice	飯豆腐+豆芽菜 Stir-fried Firm Tofu with Edamame	滷味菜+薯蓣 Braised Bean Curd	四季豆+鮑魚菇+紅蘿蔔 Stir-fried Broad Bean and Mushrooms	白芽菜+鮑魚菇+切片+紅甜菜 Stir-fried White Gourd with Goi	履歷青菜 Organic Vegetable	水果 Fruit	金針鮮菇湯 Lotus Roots and Corn Soup	芝麻餅 Sesame Bun	4.8	2.6	1.4	2.3	1.0	0.0	729.5
5/31 (三)	五穀飯 Grain Rice	菜炒素鮑 Stir-fried Vegetarian Squid and Vegetables	薯蓣烘蛋 Potato Frittata	茄汁白花椰 Cauliflower in Tomato Sauce	素炒皇帝豆 Stir-fried Chinese Cabbage and Mung Bean Noodles	履歷青菜 Fresh Vegetable	水果 Fruit	鮮菇玉米湯 Bitter Gourd and Preserved Gourd Soup	Hash Browns	4.8	3.2	1.2	2.3	1.0	0.0	769.5

◎表油炸物 Deep Fried Food
本校未使用輻射污染食品

菜單獨立：邱筱涵(新北食品股份有限公司營養師)

菜單審核：郭怡琳(康橋國際學校林口校區營養師)