

康橋國際學校幼兒園(林口校區)

111-2學期5月份菜單

KCIS Preschool Lunch and Snack Menu, May 2023

| 日期<br>Date  | 早餐<br>Breakfast                                      | 午餐<br>Lunch Menu's Detail |  |   |                           |             |   | 下午點心<br>Afternoon Snack                              | 營養成分分析<br>Nutrient Content Analysis |                  |                  |            |                         |           |           |
|-------------|--|---------------------------|--|---|---------------------------|-------------|---|--|-------------------------------------|------------------|------------------|------------|-------------------------|-----------|-----------|
|             |  | 白飯<br>Rice                | ◎☆彩蔬魚丁<br>Assorted Vegetables and Fish Dices     | 鹽水蔬菜<br>Vegetables Salty Water              | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | 青菜蛋花湯<br>Vegetable and Egg Drop Soup      |  | 芋泥包+無糖麥茶<br>Taro Bun+ Barley Tea    | 全穀類<br>豆類<br>(份) | 豆魚肉<br>蛋類<br>(份) | 蔬菜類<br>(份) | 油脂類<br>堅果類<br>子類<br>(份) | 水果<br>(份) | 奶類<br>(份) |
| 5/2<br>(二)  | 玉米菠菜肉蓉粥<br>Spinach Pork Congee                       | 白飯<br>Rice                | ◎☆彩蔬魚丁<br>Assorted Vegetables and Fish Dices     | 鹽水蔬菜<br>Vegetables Salty Water              | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | 青菜蛋花湯<br>Vegetable and Egg Drop Soup      | 芋泥包+無糖麥茶<br>Taro Bun+ Barley Tea                     | 6.1                                 | 2.2              | 1.8              | 1          | 2.1                     | 0.4       | 840       |
| 5/3<br>(三)  | 白菜油麵疙瘩<br>Cabbage Braised Gnocchi                    | 五穀飯<br>Grain rice         | 醬爆豬肉絲<br>Stir-fried Shredded Pork                | 滑蛋燴南瓜<br>Steamed Pumpkin with Eggs          | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 海芽豆腐湯<br>Kelp Sprouts and Tofu Soup       | 馬拉糕+黑糖地瓜湯<br>Cantonese cake+Sweet potato Soup        | 6.2                                 | 2.2              | 1.9              | 1.2        | 2.1                     | 0.4       | 861       |
| 5/4<br>(四)  | 2種新鮮水果+麥片+鮮奶<br>Fruit+Cereal+Milk                    | 白飯<br>Rice                | 咖哩雞肉<br>Chicken Curry                            | 蘿蔔燒海帶結<br>Braised Kelp and Radish           | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | 麻油雞湯<br>Chicken Soup with Sesame Oil      | 日式醬油豚肉拉麵<br>Ramen and Pork                           | 6.2                                 | 2                | 2.0              | 1          | 2.1                     | 0.4       | 837       |
| 5/5<br>(五)  | 饅頭夾蔥蛋+米漿<br>Steamed Bun with Egg+Peanut Rice Milk    | 特餐                        | 什錦肉絲炒麵<br>Stir-fried Thick Rice Noodles          | 醬燒翅小腿<br>Braised Drumette                   | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 薑絲冬瓜湯<br>White Gourd Soup                 | 玉米餐包+薏仁飲<br>Corn Bun+Pearl Barley milk               | 6.1                                 | 2.2              | 1.9              | 1          | 1.9                     | 0         | 785       |
| 5/8<br>(一)  | 水煮玉米段+低糖豆漿<br>Boiled Corn+ Soy Milk                  | 糙米飯<br>Brown rice         | 番茄燻肉<br>Braised Pork and Tomato                  | 鮮蔬炒寬冬粉<br>Stir-fried Mung Bean Noodles      | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 大油湯<br>Assorted Vegetables Soup           | 青醬雞肉貝殼麵<br>Pesto Conchiglie                          | 6                                   | 2.1              | 1.9              | 1.2        | 2                       | 0.4       | 835       |
| 5/9<br>(二)  | 紅粟南瓜小米粥<br>Pumpkin and Millet Congee                 | 白飯<br>Rice                | ◎☆酥炸虱目魚條<br>Fried Milk Fish Strips               | 毛豆蒸蛋<br>Steamed Egg with Edamame            | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | 大黃瓜排骨湯<br>Cucumber and Ribs Soup          | 水煎包+什錦蔬菜湯<br>Pan-fried Bun+ Vegetables and Tofu Soup | 6.2                                 | 2                | 2.1              | 1          | 2.1                     | 0         | 791       |
| 5/10<br>(三) | 蕃茄雞蛋蝦麵<br>Tomato and Egg Noodles                     | 五穀飯<br>Grain rice         | 白菜菇炒肉片<br>Stir-fried Pork and Mushrooms          | 塔香海草<br>Stir-fried Kelp with Basil          | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 黃豆芽肉絲湯<br>Soy Sprouts and Pork Soup       | 芝麻包+番薯濃湯<br>Sesame Bun+ Sweet Potato Soup            | 6.2                                 | 2.3              | 2.1              | 1          | 2.3                     | 0         | 823       |
| 5/11<br>(四) | 2種新鮮水果+麥片+鮮奶<br>Fruit+Cereal+Milk                    | 白飯<br>Rice                | 奶油洋芋燻雞<br>Potato and Chicken Stew                | 鮮菇燻絲瓜<br>Stir-fried Loofah                  | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | ☆味噌蔬菜湯<br>Miso Soup                       | 肉絲燻飯<br>Shredded Pork Fried Rice                     | 6.1                                 | 2.2              | 1.8              | 1          | 2                       | 0         | 787       |
| 5/12<br>(五) | 全麥饅頭夾起司蛋+黑豆漿<br>Steamed Bun+ Black Soy Milk          | 特餐                        | 夏威夷炒飯<br>Hawaii Fried Rice                       | 蜜汁雞翅<br>Wings with Sweet Sauce              | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 青木瓜雞湯<br>Green Papaya and Chicken Soup    | 豬肉水餃+味噌湯<br>Dumplings+ Miso Soup                     | 6.3                                 | 2.1              | 1.9              | 1          | 2.2                     | 0.4       | 853       |
| 5/15<br>(一) | 蒸地瓜+低糖黑豆漿<br>Sweet Potato+ Black Soy Milk            | 糙米飯<br>Brown rice         | ◎椒鹽排骨酥<br>Deep-fried Pork                        | 咖哩蔬菜<br>Vegetables Curry                    | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 肉骨茶湯<br>Bak Kut The                       | 焗烤起司千層麵<br>Lasagna                                   | 6.2                                 | 2.2              | 1.9              | 1.2        | 2.1                     | 0.4       | 861       |
| 5/16<br>(二) | 芋頭鹹粥<br>Taro Congee                                  | 白飯<br>Rice                | ☆蔥爆沙茶花枝(含芝麻)<br>Stir-fried Cuttlefish with Sacha | 番茄炒蛋<br>Scrambled Eggs with Tomato          | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | 玉米濃湯<br>Corn Soup                         | 奶皇包+薏仁漿<br>Custard Bun+ Job's Tears Milk             | 6.1                                 | 2.2              | 1.8              | 1          | 2.1                     | 0.4       | 840       |
| 5/17<br>(三) | 鍋燒雞絲烏龍麵<br>Chicken Udon                              | 五穀飯<br>Grain rice         | 薑汁燒肉<br>Braised Pork with Ginger                 | 鐵板時蔬<br>Stir-fried Bean Sprouts             | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 金針肉絲湯<br>Lily Flower and Pork Soup        | 卡士達麵包+地瓜牛乳<br>Custard Bread+ Sweet Potato Milk       | 6.3                                 | 2.2              | 1.7              | 3          | 0.8                     | 0         | 865       |
| 5/18<br>(四) | 2種新鮮水果+麥片+鮮奶<br>Fruit+Cereal+Milk                    | 白飯<br>Rice                | ◎日式唐揚炸雞<br>Karaage                               | 紅絲扁蒲<br>Stir-fried Bottle Gourd             | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | 竹筍排骨湯<br>Bamboo and Pork Ribs Soup        | 蘑菇醬鐵板麵<br>Fried Noodles with Mushroom Sauce          | 6.1                                 | 2.1              | 2.0              | 3          | 0.8                     | 0         | 851       |
| 5/19<br>(五) | 鮮蔬起司蛋吐司+薏仁漿<br>Toast+ Job's Tears Milk               | 特餐                        | 金瓜肉絲炒米粉<br>Stir-fried Rice Noodles with Pumpkin  | 五香油雞翅<br>Braised Wing                       | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 蕃茄蛋花湯<br>Tomato and Egg Drop Soup         | 鍋貼+酸辣湯<br>Pan-fried Dumplings+ Thick Soup            | 6.1                                 | 2.0              | 1.2              | 3.0        | 0.8                     | 0.0       | 823       |
| 5/22<br>(一) | 蜜汁芋頭+無糖麥茶<br>Sweet Taro+ Barley Tea                  | 糙米飯<br>Brown rice         | 馬鈴薯燻肉<br>Potato and Pork Stew                    | 麻油高麗菜<br>Stir-fried Cabbage with Sesame Oil | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 海帶結蘿蔔湯<br>Kelp and Radish Soup            | 清炒雞柳蝴蝶麵<br>Bolognese Farfalle                        | 5.4                                 | 2.2              | 2.0              | 3.0        | 1.5                     | 0.5       | 901       |
| 5/23<br>(二) | 山藥雞蓉粥<br>Minced Chicken Congee                       | 白飯<br>Rice                | ◎☆酥炸水鯊片<br>Deep-fried Fish                       | 胡瓜燻珍菇<br>Stir-fried Gourd                   | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | 山藥薏仁湯<br>Yam and Job's Tears Soup         | 鮮肉包+米漿<br>Meat Bun+ Peanut Rice Milk                 | 6.0                                 | 2.5              | 1.8              | 2.0        | 0.8                     | 0.0       | 809       |
| 5/24<br>(三) | 壽喜燒豬肉烏龍麵<br>Sukiyaki Udon                            | 五穀飯<br>Grain rice         | ◎鳳梨咕咾肉<br>Sweet and Sour Pork and Pineapple      | 蒜炒雙花<br>Stir-fried Boccoli and Cauliflower  | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 鮮菇玉米湯<br>Mushroom and Corn Soup           | 蔥花捲+枸杞紅棗茶<br>Scallion Bun+ Goji and Dates Tea        | 6.0                                 | 2.5              | 1.8              | 2.0        | 0.8                     | 0.0       | 809       |
| 5/25<br>(四) | 2種新鮮水果+麥片+鮮奶<br>Fruit+Cereal+Milk                    | 白飯<br>Rice                | 豆瓣燒雞<br>Braised Chicken with Fermented Soy       | 家常豆腐<br>Braised Tofu                        | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | 紫菜蛋花湯<br>Kelp Sprouts and Egg Drop Soup   | ★古早味油飯<br>Oil Rice                                   | 5.4                                 | 2.2              | 2.0              | 3.0        | 1.5                     | 0.5       | 901       |
| 5/26<br>(五) | 紅絲蛋小亨堡+米漿<br>Scrambled Egg Bun+ Peanut and Rice Milk | 特餐                        | 雞肉飯<br>Chicken Rice                              | 菜脯蛋<br>Scrambled Eggs with Pickled Radish   | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 絲瓜肉片湯<br>Loofah Soup                      | 小籠包+青菜豆腐湯<br>Xiao Long Bao+ Tofu Soup                | 6.0                                 | 2.5              | 1.8              | 2.0        | 0.8                     | 0.0       | 809       |
| 5/29<br>(一) | 奶油起司馬鈴薯+義式蕃茄湯<br>Butter Potato+ Tomato Soup          | 糙米飯<br>Brown rice         | 鐵板豬柳<br>Stir-fried Pork loin                     | 紅燒紫茄<br>Braised Egg Plants                  | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 髮菜羹湯<br>Faat Choy Thick Soup              | 白醬蘑菇燻飯<br>Risotto with Cream Sauce                   | 6.0                                 | 2.5              | 1.8              | 2.0        | 0.8                     | 0.0       | 809       |
| 5/30<br>(二) | 胡瓜肉絲鹹粥<br>Gourd and Pork Congee                      | 白飯<br>Rice                | ◎☆酥炸柳葉魚<br>Deep-fried Shishamo                   | 古早味蒸蛋<br>Steamed Egg                        | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | 冬瓜排骨湯<br>Whites Gourd Soup                | 蜂蜜蛋糕+綠豆薏仁湯<br>Castella+Mung Bean Soup                | 6.0                                 | 2.5              | 1.8              | 2.0        | 0.8                     | 0.0       | 809       |
| 5/31<br>(三) | 什錦米粉湯<br>Assorted Vegetables Rice Noodles            | 五穀飯<br>Grain rice         | 蠔油高麗肉片<br>Stir-fried Pork with Sauce             | 白菜油粉絲<br>Stir-fried Chinese Cabbage         | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 鳳梨苦瓜雞湯<br>Bitter Gourd and Pineapple Soup | 奶油玉米段+青花菜湯<br>Butter Corn+ Broccoli Soup             | 6.0                                 | 2.5              | 1.8              | 2.0        | 0.8                     | 0.0       | 809       |

◎裹油炸物 Fried Food

☆表魚類 Fish

★表帶殼海鮮 Shrimp and Shelled Seafood

幼兒園飲品甜度6以下

幼兒園食材一律使用國產豬、牛肉

幼兒園未使用輻射污染食品

沙茶醬使用含芝麻的全素沙茶醬，不含花生成分

菜單開立：蔡紫鳳(新北食品股份有限公司營養師)

菜單審核：陳筱雯(康橋國際學校林口校區營養師)