

康橋國際學校林口校區 111年10月素食菜單

Lunch and Snack Menu, October 2022

日期 Date	午餐 Lunch Menu's Detail									下午點心 Afternoon Snack	營養成分分析						
	主菜1	主菜2	副菜1	副菜2	副菜3	副菜4 (僅供食物)	水果	湯品	全糖 糖類 (g)		五成 內含 糖類 (%)	纖維 質 (g)	脂肪 質 (g)	水 分 (%)	鈉 質 (%)	熱 量 (kcal)	
																	全糖 糖類 (g)
10/3 (一)	黑米飯 Black Rice	香油香雞 Braised Vegetarian Chicken	馬鈴薯炒蛋 Scrambled Eggs with Corn	周皮白菜 Stir-fried Chinese Cabbage	三杯茄子 3-cup Eggplant	履歷青菜 Fresh Vegetable	蜜汁杏鮑菇 King Oyster Mushroom with Honey Sauce	水果 Fruit	絲瓜香菇丸湯 Loofah and Mushroom Balls Soup	蛋捲X1 Egg Tart	3.2	3.5	2.0	3.0	1.0	731.5	
10/4 (二)	糙米飯 Brown Rice	素沙茶炒雞鴨 Sacha Vegetarian Duck	紅燒豆包 Braised Tofu Skin	鮮菇白菜 Stir-fried Bottle Gourd	梅乾菜筍絲 Braised Bamboo Shoots	有機青菜 Organic Vegetable	◎炸香腸2 Pan-fried Dumplings	水果 Fruit	酸辣湯(不辣) Chinese Hot and Sour Soup	芝麻包X1 Sesame Bun	3.3	3.0	2.0	3.0	1.0	701.0	
10/5 (三)	五穀飯 Grain Rice	豆腐燻蛋 Frittata with Yam Bean	麻油薑絲炒豆腐 Sesame Oil with Bean Curd	紅燒四季豆 Stir-fried Green Beans and Carrots	鮮菇炒干丁 Stir-fried Tofu and Vegetables	履歷青菜 Fresh Vegetable	洋芋咖哩 Potato Curry	水果 Fruit	味噌蔬菜湯 Miso Vegetable Soup	原味鬆餅X1+葡萄汁 Plain Waffle+Grape Juice	3.5	3.0	2.0	3.0	1.0	715.0	
10/6 (四)	白飯 Rice	糖醋輪軸 Dough wheel in Sweet and Sour Sauce	◎山藥捲X2 Yam Roll	海苔菜蛋 Kelp and Steamed Egg	紅片花椰 Stir-fried Broccoli with Carrots	有機青菜 Organic Vegetable	油煎豆腐 Braised Tofu	水果 Fruit	綠豆薏仁湯 Mung Bean and Job's tears Soup	素糯米珍珠丸X3 Sticky Rice Pearl Ball	5.0	3.2	2.0	3.0	1.0	835.0	
10/7 (五)	特餐	素炸醬麵 Noodles with Mined Fried Tofu	醬油豆腐 Braised Oily Tofu	蒜汁白豆腐 Cauliflower in Tomato Sauce	三絲豆芽 Stir-fried Bean Sprouts	履歷青菜 Fresh Vegetable	烤蜜地瓜 Roasted Sweet Potatoes	水果 Fruit	枸杞青木瓜湯 Gucci Papaya Soup	烤三角薯餅X2 Triangle Hash Browns	4.5	3.0	2.0	2.5	1.0	762.5	
		白飯 焗乾丁毛豆	油豆腐	香菇 白花椰	綠豆芽 炸豆腐 綠紅蘿蔔 芥末	履歷青菜	地瓜條	水果	青木瓜 枸杞								

國慶日快樂

10/11 (二)	糙米飯 Brown Rice	素雞塊X3 Vegetarian Chicken Nuggets	回鍋干片 Doubled Cooked Pork Slices	水燻白花 Stir-fried Cauliflower and Black Fungus	金菇黃瓜 Enoki and Cucumber	有機青菜 Organic Vegetable	滷味拼盤 Taiwanese Braised Dish	水果 Fruit	玉米鴻喜菇湯 Corn and Hongxi Mushroom Soup	銀絲卷(70G)X1 Silver-thread Bun	4.0	2.5	1.3	3.6	1.0	667.5
10/12 (三)	五穀飯 Grain Rice	南洋咖哩豆腐 Curry Tofu	毛豆炒乾丁 Stir-fried Dried tofu and Edamame	清炒扁扁 Stir-fried Bottle Gourd	筍片炒什錦 Stir-fried assorted cabbage	履歷青菜 Fresh Vegetable	四季豆炒豆包絲 Stir-fried Chicken Fillet and Vegetables	水果 Fruit	山藥香菇湯 Yam Soup	鮮蔬菜包X1 Vegetable Bun	4.0	3.0	2.0	3.0	1.0	750.0
10/13 (四)	白飯 Rice	泰式檸檬排 Thai style Lemon Vegetarian Steak	滷大溪黑干 Braised Dried Tofu	紅蘿蔔炒蛋 Scrambled Eggs with Carrot	塔香素雞丁 Stir-fried Vegetarian Chicken	有機青菜 Organic Vegetable	小黃瓜拌海芽 Cucumber Mixed with Sea Sprouts	水果 Fruit	紅豆仙草凍 Azuki Beans Grass Jelly	蛋黃芋泥丸X3 Egg Yolk and Taro Balls	4.0	3.3	2.0	3.2	1.0	781.5
10/14 (五)	特餐	日式菇菇烏龍 Japanese Stir-fried Udon	香酥味噌包 Miso Bean Curd	彩蔬炒豆單 Stir-fried Vegetables and Yambean	醬拌黃瓜 Glass Noodles Mixed with Peanut Sauce	履歷青菜 Fresh Vegetable	早香素肚 Stir-fried Taro and Bean Curd	水果 Fruit	南瓜濃湯 Pumpkin Soup	☆牛蒡御手卷X1 Burdock Hand Roll	3.8	3.0	2.0	2.5	1.0	713.5
10/17 (一)	黑米飯 Black Rice	◎炸素排骨 Deep Fried Pork Ribs	菜脯炒蛋 Scrambled Eggs with Dried Radish	紅燒冬瓜 Braised White Gourd and Goji	家常炒冬粉 Fried Glass Noodles	履歷青菜 Fresh Vegetable	◎鹽酥秀珍菇 Crispy Fried Oyster Mushroom	水果 Fruit	玉米海椒湯 Corn and Kelp Soup	墨西哥麵包X1 Mexican Bread	3.8	3.2	1.5	4.0	1.0	795.5
10/18 (二)	糙米飯 Brown Rice	日式味噌燻花干 Steamed Bean Curd in Miso Sauce	素沙茶炒片 Sacha Pork Slices	紅片胡瓜 Stir-fried Cucumber and Carrot	薑絲菜豆 Stir-fried Kidney Bean with Carrots	有機青菜 Organic Vegetable	海帶絲炒干絲 Kelp Strips and Tofu Noodles	水果 Fruit	薑絲冬瓜湯 White Gourd Soup	豆沙包(60G)X1 Red Beans Bun	4.2	2.5	1.3	3.5	1.0	731.5
10/19 (三)	五穀飯 Grain Rice	香椿香菇豆腐 Tofu and Mushrooms with Tofu Sauce	年糕炒素腸 Chinese Stir-fried Sticky Rice Cake with Bean Curd	和風蒸蛋 Japanese Style Steamed Eggs	鹹菜苔瓜 Stir-fried Bitter Gourd	履歷青菜 Fresh Vegetable	三杯香酥豆腐 Three Cups King Oyster Mushrooms	水果 Fruit	番茄和Enoki Tomato and Enoki Mushroom Soup	玉米可樂餅(30G)X2 Croquette	3.8	3.0	2.0	4.0	1.0	781.0
10/20 (四)	白飯 Rice	照燒豆包 Teriyaki Tofu Skin	玉米乾丁 Stir-fried Dried Bean Curd with Corn	奶油燻白菜 Butter-Braised Cabbage	麻油香腰花 Sesame Oil and Gluten Kidneys	有機青菜 Organic Vegetable	◎玉米可樂餅 Corn Croquette	水果 Fruit	QQ圓甜湯 QQ Yuan Sweet Soup	素水餃X3 Cabbage Dumplings	4.1	2.7	2.5	2.0	1.0	702.0
10/21 (五)	漢堡 Hamburger	◎△素炸雞排 Fried Chicken Chop	紅蘿蔔炒洋蔥 Stir-fried Onion and Carrot	薯餅 Hash Brown	◎梅粉地瓜薯條 Sweet Potato Fries	濕沙拉 Salade Tiede	胡麻醬秋葵 Cold Okra with Japanese Sesame Dressing	水果 Fruit	冬瓜檸檬山粉圓 White Gourd Drink with Basil Seeds	牛奶蛋糕泡芙X1 PUFF	3.8	2.7	2.5	2.0	1.0	681.0
10/24 (一)	黑米飯 Black Rice	毛豆蒸蛋 Steamed Egg with Edamame	高麗菜炒素雞 Stir-fried Chicken with Cabbage	大黃瓜炒金針菇 Stir-fried Gherkin and Enoki Mushrooms	雪裡紅年糕 Pickled Vegetables	履歷青菜 Fresh Vegetable	小白菜炒腐皮 Stir-fried Tofu Skin with Chinese Cabbage	水果 Fruit	玉米豆腐湯 Corn and Tofu Soup	蜂蜜蛋糕X1 Honey Cake	4.2	2.7	2.5	2.0	1.0	709.0
10/25 (二)	糙米飯 Brown Rice	素茶鴨 Vegetarian Goose Meat	糖醋彩椒豆腐 Sweet and Sour King Oyster Mushroom	爆炒茄子豆角 Stir-fried Eggplant and Carob	玉米高麗菜 Stir-fried Corn with Cabbage	有機青菜 Organic Vegetable	枸杞皇宮菜 Stir-fried Ceylon Spinach with Ginger & Goji Berries	水果 Fruit	白菜番茄湯 Vegetable and Tomato Soup	奶皇包X1 Steamed Creamy Custard Bun	4.0	2.7	2.5	2.0	1.0	695.0
10/26 (三)	五穀飯 Grain Rice	絲瓜炒蛋 Scrambled Eggs with Loofah	回鍋素肉 Stir-fried Vegetarian Meat	小黃瓜炒鮑魚菇 Stir-fried Cucumber and King Oyster Mushrooms	香蒜油筍筍 Braised Bamboo Shoots and Mushroom	履歷青菜 Fresh Vegetable	素水餃 Boiled Vegetables Dumpling	水果 Fruit	紫菜豆腐羹 Seaweed and Tofu Soup	馬拉糕X1 Cantonese Sponge Cake	3.8	2.7	2.5	2.0	1.0	681.0
10/27 (四)	白飯 Rice	孜然豆包 Cumin Tofu Skin	咖哩時蔬燻豆腐 Curry Fish Dices with Vegetables	番茄炒蛋 Tomato and Egg	◎炸湯圓 Traditional Tangyuan	有機青菜 Organic Vegetable	彩椒菜豆 Bell Peppers and Beans	水果 Fruit	銀耳薏仁湯 White Fungus and Job's Tears Soup	奶油玉米段X1(共8CM)+黑豆粉 Butter Corn+Black Soy Milk	4.0	2.7	2.5	2.0	1.0	695.0
10/28 (五)	特餐	高麗菜肉炒飯 Cabbage and Shredded Pork Fried Rice	◎古早味炸素雞排 Taiwanese Fried Vegetarian Chicken Chop	鮮菇炒綠花 Stir-fried Mushrooms and Broccoli	細煮時蔬 Simmered vegetable	履歷青菜 Fresh Vegetable	小黃瓜炒麵筋 Stir-fried Cucumber and Bean Curd	水果 Fruit	芹香蘿蔔湯 Radish Soup	南瓜餡餅(60G)*1 Pumpkin Pie	3.8	2.7	2.5	2.0	1.0	681.0
10/31 (一)	萬聖節特餐	粉紅醬義大利麵 Spaghetti with Pink Sauce	滑蛋焗南瓜 Pumpkin with Scrambled Eggs	麻油紫米糕 Purple Sticky Rice Cake	涼拌冬粉 Stir-fried Mung Bean Noodles	濕沙拉 Salade Tiede	豆漿醬素水餃 Vegetarian Dumplings in Thick Broad-bean Sauce	水果 Fruit	巫婆湯 Witch Soup	低糖卡士達麵包X1 Custard Bread	4.2	3.2	1.5	4.0	1.0	823.5

◎表油炸物Deep Fried Food
本校未使用輻射污染食品
菜單開立：陳曉、邱筱涵(新北食品股份有限公司營養師)