

康橋國際學校林口校區 3月菜單
Lunch and Snack Menu, December 2022

日期 Date	午餐 Lunch Menu's Detail										營養成分分析 Nutritional Ingredient Analysis						
	菜類	菜名	菜名	副菜1	副菜2	副菜3	副菜4 (備用食物)	水果	湯品	點心							
											全日 總量 (g)	蛋白質 (g)	脂肪 (g)	碳水化合物 (g)	纖維 (g)	鈣 (mg)	鐵 (mg)
3/1 (二)	五穀飯 Brown Rice	紅燒麵筋 Braised Rolled Flour Gluten	竹筍炒豆薯 Stir-fried Bamboo Shoots	五香炒蛋 Scrambled Eggs with Corn Kernels	菜心炒素蝦仁 Stir-fried Chinese flowering cabbage with soy shrimps	履歷青菜 Fresh Vegetable	起司球 Cheese Ball	水果 Fruit	大黃瓜湯 Cucumber Soup	素珍珠丸*3 Sticky Rice Pearl Ball	4.0	2.5	1.3	3.5	1.0	0.0	755
3/2 (四)	白飯 Rice	香茅牛肉排 Vegetarian Steak	地瓜金沙豆腐 Stir-fried Tofu with Sweet Potato and Sautéed Egg	蘑菇花膠 Stir-fried Cabbage with Cauliflower Mushroom	腐皮白菜 Stir-fried Chinese Cabbage with Tofu Skin	有機青菜 Organic Vegetable	椒鹽毛豆 salt and pepper edamame	水果 Fruit	傳統花生甜湯 Sweet Peanut Soup	烤地瓜 Roasted Sweet Potato	3.5	3.0	2.0	3.0	1.0	0.0	745
3/3 (五)	特餐	香肉排 Curry Fried Rice	紅燒豆腐 Stir-fried Tofu	白芸豆 香花菜 蘑菇 Sweet and Sour King Oyster Mushrooms	什錦時蔬 Assorted Vegetables	履歷青菜 Fresh Vegetable	小黃瓜絲素肚 Bean Curd and Cucumber	水果 Fruit	油蔥海菜湯 Corn Soup	奶酥麵包*1 Milky Filling Bread	3.8	2.5	3.0	3.0	1.0	0.0	754
3/6 (一)	糙米飯 Brown rice	鮮菇菜羹 Vegetarian Steak with Mushrooms	蜜汁素肉排 Vegetarian Steak with Honey Sauce	鹹蛋苦瓜 Braised Bitter Gourd	雪梨炒豆干 Stir-fried Yuba and Dried Tofu	履歷青菜 Fresh Vegetable	茄子素肉醬 Stir-fried Eggplant in Veggie Meat Sauce	水果 Fruit	佛手瓜湯 Chayote Soup	蘋果派(30G)*2 Apple Pie	3.8	3.0	2.0	2.5	1.0	0.0	736
3/7 (二)	白飯 Rice	◎酥炸素肉排 Deep-fried Vegan Kara Chicken	素肉末燒豆腐 Braised Tofu with Vegan Meat	白菜滷 Stir-fried Chinese Cabbage with Black Fungus	紅片花膠 Stir-fried Cauliflower with Carrot	有機青菜 Organic Vegetable	素蝦餅 Vegetarian Shrimp Cake	水果 Fruit	金針香菇九湯 Lily Soup	豆沙包*1 Red Bean Bun	3.5	3.2	1.5	3.0	1.0	0.1	760
3/8 (三)	五穀飯 Grain Rice	彩蔬炒干絲 Stir-fried Assorted Vegetables and Dried Tofu	糖醋蹄膀 Sweet and Sour Rolled Flour Chicken	香菇高麗菜 Stir-fried Cabbage with Mushroom	蘿蔔燒海蜷 Braised Kelp and Radish	履歷青菜 Fresh Vegetable	薑燒南瓜 Roasted Pumpkin With Ginger	水果 Fruit	鮮綠冬瓜湯 White Gourd Soup	◎黃金地瓜QQ棒*2 Sweet Potato Sticks	4.0	2.5	1.3	3.5	1.0	0.0	755
3/9 (四)	白飯 Rice	三杯素雞 3-cup Vegan Chicken	奶香豆腐 Butter Fofu Tofu Skin	水浸扁豆 Stir-fried Bottle Gourd with Black Fungus	扁豆炒素豆 Stir-fried Potatoes and Green Beans	有機青菜 Organic Vegetable	素麵線粉 Hot and Sour Winter Noodles	水果 Fruit	素苜蓿豆腐湯 Soy Noodles Soup	馬蹄糕(50G) Cantonese sponge cake	3.5	3.0	2.0	3.0	1.0	0.0	745
3/10 (五)	特餐	吉早味飯捲 Fried Flat Noodles with Shredded Pork	茄汁豆包 Tofu Skin in Tomato Sauce	薑絲海蜷 Stir-fried Kelp	野菇炒豆苗 Stir-fried Bean Sprouts with Mushroom	履歷青菜 Fresh Vegetable	蜜汁芋頭 Taro Stew with Osmanthus	水果 Fruit	味噌豆腐湯 Vegetables Miso Soup	六手麥芽手卷 Tuna Hand Roll	4.0	3.2	2.0	3.0	1.0	0.0	701.0
3/13 (一)	糙米飯 Brown rice	蛋茶 Tea Egg	辣油鮮菇滑蛋干丁 Stir-fried Dried Tofu and King Oyster Mushrooms with Oyster Sauce	枸杞雙花 Stir-fried Cauliflower, Broccoli and Goji	屠香豆皮 Bean Curd with Basil	履歷青菜 Fresh Vegetable	山藥餅 Fried Yam Roll	水果 Fruit	紫菜蛋花湯 Kelp Sprouts and Egg Drop Soup	紅豆麵包 Azuki Bean Bread	3.8	3.0	2.0	2.5	1.0	0.0	736
3/14 (二)	白飯 Rice	宮醬素肉排 Stir-fried Sweet and Sour Vegetarian Steak	豆干炒四季豆 Stir-fried Dried Tofu with Green Beans	茄汁豆腐 Braised Tofu with Tomato Sauce	菜豆炒炒年飯 Bean Sprouts and Rice Cake	有機青菜 Organic Vegetable	燒烤芋頭 Grilled Taro Cake	水果 Fruit	黃金鮮菇雞湯 Chinese Mushrooms Soup	高麗菜包(70G) Vegetable Steamed Bun	3.5	3.2	1.5	3.0	1.0	0.1	760
3/15 (三)	五穀飯 Grain Rice	香油蒜花干 Braised Tofu Skin	蛋絲白菜 Stir-fried Chinese Cabbage and Egg	◎椒鹽素排椒 Fried Vegetarian Pork Ribs with Pepper Sauce	屠香豆皮 Stir-fried Eggplant and Basil	履歷青菜 Fresh Vegetable	紫菜丸子 Black Rice Ball	水果 Fruit	枸杞山藥湯 Goji Yam Soup	芝麻肉包 Sesame and Out Bun	3.5	2.5	1.3	3.5	1.0	0.0	720
3/16 (四)	白飯 Rice	蔬肉煮 Chicken	五味豆腐 Five-flavored Tofu	鴨腿土魷 Stir-fried King Oyster Mushrooms with Vegetables	三杯雞 Three-cup King Oyster Mushrooms with Chicken	有機青菜 Organic Vegetable	薑燒百寶雞 Braised Vegetarian Chicken with Chicken	水果 Fruit	紅豆海菜湯 Red Beans and Rice Balls with Chicken	油蛋(55G)*1+蘋果汁 Braised Egg+Apple Juice	3.5	3.0	2.0	3.0	1.0	0.0	745
3/17 (五)	特餐	炸醬麵 Fried Sauce Noodles	◎椒香豆腐 Stir-fried Tofu Skin	芹菜素肉干片 Stir-fried Dried Tofu Slices with Celery and Black Fungus	筒蒿炒蛋 Scrambled Eggs with Vegetable	履歷青菜 Fresh Vegetable	麻油豆腐羹 Stir-fried Sesame Oil Oymara's Deux Couleurs	水果 Fruit	海帶芽菜湯 Kelp Sprouts Soup	沖繩黑糖糖*1 Brown Sugar Bun	3.8	3.0	2.5	3.5	1.0	0.0	809
3/20 (一)	糙米飯 Brown rice	照燒豆腐 Tofu Skin Teriyaki Ban	豆瓣燒素肉 Stir-fried Dried Tofu Diets with Fermented Soy Sauce	素菜高麗菜 Stir-fried Cabbage and Mushrooms	水炒雙花 Stir-fried Broccoli and Cauliflower with Black Fungus	履歷青菜 Fresh Vegetable	◎日式時蔬太陽蔬 Vegetable Tempura	水果 Fruit	麻油玉素湯 Sesame Oil Soup	大三角薯餅*2 Hash Brown	3.8	3.0	2.5	2.5	1.0	0.0	749
3/21 (二)	白飯 Rice	番茄炒蛋 Scrambled Egg with Tomato	素炒彩椒干片(含芝麻) Tepanyaki Dried Tofu Tenderloin	和風秋葵 Stir-fried Okra	清炒番瓜 Stir-fried Bottle Gourd	有機青菜 Organic Vegetable	紅油素水餃 Chili Oil Vegetarian Dumpling	水果 Fruit	黃豆芽菜湯 Soy Sprouts and Tomato Soup	◎黃金水煎包*1(60G) Pan-fried Stuffed Bun	3.8	3.0	2.5	2.0	1.0	0.0	719
3/22 (三)	五穀飯 Grain Rice	素獅子頭 Vegetarian Meat Ball	栗子干丁 Stir-fried Lima Bean and Mushrooms	皇帝豆腐炒絲 Stir-fried Lima Bean and Mushrooms	黃金菜 Gold kimchi	履歷青菜 Fresh Vegetable	胡麻醬拌青花 Broccoli Mixed Sesame Sauce	水果 Fruit	芥菜薑絲湯 Mustard Leaf Soup	時令水果盤 Fruits	3.8	2.7	2.5	2.0	1.0	0.0	696
3/23 (四)	白飯 Rice	咖哩燻豆腐 Tofu Curry	椒鹽四季豆 Stir-fried Green Beans and Carrots	薑絲紅燒麵筋 Stir-fried Vegetarian Sausage with Shredded Ginger	枸杞冬瓜 Stir-fried White Gourd with Goji	有機青菜 Organic Vegetable	海帶三絲 Stir-fried Seaweed Strips	水果 Fruit	椰汁西米露 coconut Milk Sago Soup	銀絲捲(70G)*1 Silver Thread Roll	3.8	3.1	2.5	3.0	1.0	0.0	786
3/24 (五)	特餐	高麗菜素肉絲炒麵 Stir-fried Noodles with Cabbage and Shredded Vegan Meat	醬油油豆腐 Braised Fried Bean Curd	鮮菇炒芹菜 Stir-fried Mustard and Mushroom	素炒四季豆 Stir-fried Vegetable	履歷青菜 Fresh Vegetable	烤洋蔥 Baked Eggplant	水果 Fruit	芹香蘿蔔湯 Radish Soup	高麗菜御飯糰 Vegetable Onigiri	3.8	2.7	2.5	3.0	1.0	0.0	756
3/25 (六)	白飯 Rice	彩椒素肉排 Vegan Meat with Bell Peppers	鐵板黑胡椒豆腐 Teppanyaki Black Pepper Tofu	紅燒扁扁 Stir-fried Bottle Gourd	時蔬菜肉卷 Stir-fried Bean Noodles with Vegetable	有機青菜 Organic Vegetable	薑絲雞排 Stir-fried chicken	水果 Fruit	香菇蛋花湯 Tomato Egg Drop Soup	香腸餅*3 Vegetable Potstickers	3.8	3.1	2.5	3.0	1.0	0.0	786
3/27 (一)	糙米飯 Brown rice	豆薯燒三色豆 Pork with Donkatsu Sauce	鮮菇菜羹 Steamed Eggs with Mushroom	奶香白菜 Stir-fried Cabbage with Cream Sauce	茄瓜素肉 Braised Bitter Gourd	履歷青菜 Fresh Vegetable	素雞塊 Vegetarian Nuggets	水果 Fruit	山藥馬鈴薯湯 Yam Soup	鬆餅*2 Waffle	3.8	2.7	2.5	2.0	1.0	0.0	696
3/28 (二)	白飯 Rice	三杯雞豆腐 Stewed Three-cup King Oyster Mushrooms and Tofu	◎煎炸咕咕雞 Stir-fried Pineapple and Vegetarian Chicken	鮮菇炒白片 Stir-fried Cauliflower and Mushrooms	肉醬蛋餅 Stir-fried Eggplant	有機青菜 Organic Vegetable	三色蛋 Three Colours Steamed Egg	水果 Fruit	玉米濃湯 Corn Soup	鮮蔬包(65G) Vegetable Steamed Bun	3.8	2.7	2.5	2.0	1.0	0.0	696
3/29 (三)	五穀飯 Grain Rice	蜜汁素肉 Dried Tofu with Sweet Sauce	麻油菠菜炒蛋 Scrambled Eggs with Spinach	椒鹽豆腐 Stir-fried Bamboo Shoots	南瓜燻蛋 Braised Rice Cake with Pumpkin	履歷青菜 Fresh Vegetable	素菜糕 Black Rice Cake	水果 Fruit	綠蔬湯 Kohlrabi Soup	玉兔包*1+葡萄汁 Rabbit Steamed Bun+Grape Juice	3.8	2.7	2.5	2.0	1.0	0.0	696
3/30 (四)	白飯 Rice	鮮菇菜羹 Steamed Egg with Spinach	素雞燻豆腐 Vegetarian Fish Steak	紅燒扁扁 Braised Radish Stew	枸杞甘藍 Stir-fried Broccoli with Goji	有機青菜 Organic Vegetable	金華素瓜 Stir-fried Broccoli Gourd	水果 Fruit	銀耳杏仁紅素湯 Red Dates and Job's Tears Soup with Snow Fungus	素雞糕*2 Radish Cakes	4.0	2.8	2.5	2.0	1.0	0.0	718
3/31 (五)	特餐	白醬奶油焗飯 Pork Riletto with Cream Sauce	香料燻素棒腿 Spiced Vegan Drumstick	◎鮮蔬菜球 Veggie Ball	奶油玉米 Creamed Corn	有機青菜 Organic Vegetable	薑絲花膠 Fried Broccoli with Ginger	水果 Fruit	冬瓜茶三兄弟 White Gourd Tea with Bubble& Coconut Jelly	小鴨包 Sesame Bun	4.0	3.0	2.5	2.0	1.0	0.0	733

◎素菜火腿 玉菜 紅蘿蔔 起司 豬油
食材未使用轉輸污染食品
菜單獨立：即從源(新北食品股份有限公司營養師)