

康橋國際學校林口校區 113年1月素食美食菜單
Lunch and Snack Menu, January 2024

日期 Date	午餐 Lunch Menu's Detail									下午點心 Afternoon Snack	營養成分分析 Nutrient Content Analysis						
	主菜1	主菜2	副菜1	副菜2	副菜3	副菜4 (僅美食物)	水果	湯品	全糖 量(%)		脂肪 量(%)	蛋白質 量(%)	纖維 量(%)	鈣質 (%)	熱量 (kcal)		
1/2 (二)	白飯 Rice	沙炒炒鴨 Shacha Vegetarian Duck	回鍋乾片 Twice-Cooked Dried Tofu	翠炒佛手瓜 Stir-fried Chayote	筍香烤翅 Braised Bean Curd and Bamboo Shoots	有機青菜 Organic Vegetable	◎炸素鍋貼*2 Vegetarian Pan-fried Dumplings	水果 Fruit	養生香菇湯 Healthy Mushroom Soup	高麗菜包(65G)X1 Pork Bun	3.4	3.1	2.0	3.0	1.0	0.0	715.5
1/3 (三)	五穀飯 Grain rice	豆醬焗豆 Frittata with Yam Bean	南洋咖喱豆腐 Curry Tofu	紅絲菜豆 Stir-fried Kidney Bean and Shredded Carrots	鮮菇炒丁 Stir-fried Dried Tofu and Vegetables	履歷青菜 Fresh Vegetable	千張蔬菜捲 Vegetables Roll	水果 Fruit	山藥湯 Yam Soup	烤三角薯餅X2 Triangle Hash Browns	3.5	3.1	2.1	3.0	1.0	0.0	725.0
1/4 (四)	白飯 Rice	糖醋素咕咾肉 Sweet and Sour Wheat Gluten	◎山藥捲X2 Yam Roll	紅蘿蔔炒蛋 Scrambled Eggs with Carrots	枸杞花膠 Stir-fried Broccoli with Goji	有機青菜 Organic Vegetable	麻辣豆腐 Spicy Tofu	水果 Fruit	黑糖地瓜甜湯 Black Sugar Soup with Sweet Potato	◎蛋黃芋泥丸(30G)X1+豆 奶 Egg Yolk and Taro Balls+Soymilk	5.0	3.3	2.0	3.0	1.0	0.0	842.5
1/5 (五)	特餐	日式菇菇炒馬龍 Japanese Stir-fried Udon with Mushrooms	醬油千層干 Braised Bean Curd	客家薑蔥雞蹄 Hakka Stir-fried Bean Curd with Shredded Ginger	三絲豆苗 Stir-fried Bean Sprouts with Vegetables	履歷青菜 Fresh Vegetable	冬瓜焗珍菇 Stir-fried White Gourd and Mushrooms	水果 Fruit	味噌蔬菜湯 Vegetables Miso Soup	香油油(60G) Oily Tofu	4.5	3.0	2.2	2.5	1.0	0.0	767.5
1/8 (一)	糙米飯 Brown rice	紅燒蹄花 Braised Tofu Skin	毛豆炒乾丁 Stir-fried Dried Tofu and Edamame	塔香茄子 Braised Eggplants	筍片炒絲苗 Stir-fried Bamboo Shoots and Assorted Vegetables	履歷青菜 Fresh Vegetable	茄汁素獅子頭 Vegetarian Meat Balls with Tomato Sauce	水果 Fruit	紅薯南瓜薯絲湯 Pumpkin Soup with Red Dates and Shredded Ginger	季節水果 Fruit	4.0	3.1	2.0	3.0	1.0	0.0	757.5
1/9 (二)	白飯 Rice	泰式檸檬排 Thai Lemon Vegetarian Steak	蜜汁大溪菜干 Braised Black Dried Tofu with Honey Sauce	珍菇高麗菜 Stir-fried Cabbage with Mushrooms	糖醋素雞 Sweet and Sour Vegetarian Chicken	有機青菜 Organic Vegetable	小黃瓜拌洋蔥 Cucumber with Kelp Sprouts Salad	水果 Fruit	素鴨紫菜羹 Seaweed Thick Soup with Vegetarian Crab Sticks	紅豆包(70G) Red Bean Bun	4.0	3.3	2.2	3.2	1.0	0.0	786.5
1/10 (三)	五穀飯 Grain rice	◎炸素排骨 Deep Fried Pork Ribs	素沙炒干片(含芝麻) Sacha Pork Slices	塔香海菜 Stir-fried Kelp and Basil	樹子燒冬瓜 Braised White Gourd	履歷青菜 Fresh Vegetable	芋香素肚 Stir-fried Taro and Bean Curd	水果 Fruit	黃豆芽素肉絲湯 Soybean Sprouts and Vegetarian Shredded Pork Soup	烤地瓜X1 Roasted Sweet Potatoes	3.9	3.1	2.0	2.5	1.0	0.0	728.0
1/11 (四)	白飯 Rice	照燒豆腐 Teriyaki Tofu	味噌燒豆腐 Stir-fried Tofu Skin with Miso	滷味拼盤 Braised Dishes	家常炒冬粉 Stir-fried Mung Bean Noodles	履歷青菜 Fresh Vegetable	奶油燻白菜 Braised Cabbage with Butter	水果 Fruit	QQ圓甜湯 QQ Yuan Sweet Soup	季節水果 Fruit	3.8	3.2	1.7	4.0	1.0	0.1	800.5
1/12 (五)	特餐	三杯飯 Fried Rice	椒鹽素酥包 Bean Curd	吉打味蛋 Steamed Egg	海帶絲炒干絲 Kelp Strips and Tofu Noodles	有機青菜 Organic Vegetable	素食大碗燒 Vegetarian Okonomiyaki	水果 Fruit	Assorted Vegetables Thick Soup	水浸雙色玉米粒(3CM)X3 Blanched Corn	4.2	2.6	1.3	3.6	1.0	0.0	743.5
1/15 (一)	糙米飯 Brown rice	香椿什錦燒 Assorted Bean Curd with Tofu Sauce	年經炒素腸 Stir-fried Rice Cake with Bean Curd	番茄炒蛋 Scrambled Eggs with Tomato	鮮菇雙花 Stir-fried Cauliflower and Broccoli with Mushrooms	履歷青菜 Fresh Vegetable	三杯香脆菇 3-Cup King Oyster Mushrooms	水果 Fruit	青木瓜素菇丸湯 Green Papaya and Mushrooms Ball Soup	茶葉蛋+油條豆腐 Tea Egg and Tofu	3.8	3.1	2.1	4.0	1.0	0.0	791.0
1/16 (二)	白飯 Rice	樹子菜筒仔 Steamed Tofu Skin	黃豆芽炒青木瓜 Stir-fried Soybean Sprouts and Green Papaya	皇帝豆燒豆干 Stir-fried Lima Beans and Dried Tofu	麻油高麗菜 Stir-fried Cabbage with Sesame Oil	有機青菜 Organic Vegetable	彩蔬炒豆腐 Stir-fried Vegetables and Yam Bean	水果 Fruit	蔬菜玉米湯 Corn Soup with Vegetables	枸杞菜肉包(60G) Steamed Pumpkin	4.1	2.7	2.7	2.0	1.0	0.0	707.0
1/17 (三)	五穀飯 Grain rice	◎炸素排骨 Deep-fried Vegetarian Pork Ribs	菜脯炒蛋 Scrambled Eggs with Preserved Radish	紅燒豆腐絲 Braised Bean Curd	家常炒冬粉 Stir-fried Mung Bean Noodles	履歷青菜 Fresh Vegetable	◎鹽酥素珍菇 Deep-fried Mushrooms	水果 Fruit	薑絲海菜湯 Kelp Sprouts Soup with Shredded Ginger	香料烤杏鮑菇 King Oyster Mushroom	3.9	3.2	1.7	4.0	1.0	0.1	807.5
1/18 (四)	白飯 Rice	毛豆蒸蛋 Steamed Eggs with Edamame	高麗菜炒素雞 Stir-fried Vegetarian Chicken with Cabbage	大黃瓜炒金針菇 Stir-fried Cucumber and Enoki Mushrooms	小白菜炒腐皮 Stir-fried Tofu Skin with Chinese Cabbage	履歷青菜 Fresh Vegetable	細煮南瓜 Simmered Pumpkin	水果 Fruit	銀耳蘑菇仁湯 White Fungus and Job's Tears Soup	五香滷素雞 Braised Vegetarian Chicken	4.3	2.7	2.5	2.0	1.0	0.0	716.0
1/19 (五)	特餐	南瓜貝殼麵 Pumpkin Conchiglie	◎△素味咖雞排 Deep-fried Vegetarian Chicken Chop	地瓜烘蛋 Sweet Potato Frittata	起司玉米 Cheese and Corn Kernels	履歷青菜 Fresh Vegetable	鮮菇炒雙花 Stir-fried Cauliflower and Broccoli with Mushrooms	水果 Fruit	美式蔬菜湯 Vegetables Soup	牛柳御手卷X1 Hand Roll	4.1	2.7	2.5	2.0	1.0	0.0	702.0
1/22 (一)	糙米飯 Brown rice	蘑菇炒蛋 Scrambled Eggs with Mushrooms	鮮菇炒素腸 Assorted Vegetables and Mung Bean Noodles	小黃瓜炒素雞 Stir-fried Cucumber and Vegetarian Chicken	香菇油筍 Braised Bamboo Shoots and Mushrooms	履歷青菜 Fresh Vegetable	鹽酥土豆絲 Spicy and Sour Potato Strips	水果 Fruit	素雞燒頭菜湯 Turnip and Ginseng Soup	樹子油條豆腐(50G) Braised Tofu	3.9	2.7	2.5	2.0	1.0	0.0	688.0
1/23 (二)	白飯 Rice	薑燒百展雞 Vegetarian Chicken and Ginger	醬燒凍豆腐 Stir-fried Firm Tofu with Vegetables	素鴨絲菜蛋 Steamed Eggs with Vegetarian Crab Sticks	◎炸湯圓 Deep-fried Tangyuan	履歷青菜 Fresh Vegetable	彩椒菜豆 Bell Peppers and Legume	水果 Fruit	白菜針菇湯 Chinese Cabbage and Enoki Mushrooms Soup	鹽蛋毛豆(50G) Edamame	4.0	2.7	2.7	2.0	1.0	0.0	700.0
1/24 (三)	五穀飯 Grain Rice	五香滷豆腐 Braised Spicy Tofu Skin	素佛跳牆 Vegetarian Stew	◎起司煉X2 Cheese Balls	客家小炒 Hakka Stir-fry	履歷青菜 Fresh Vegetable	鹽酥素珍菇 Stir-fried Mustard and King Oyster Mushrooms	水果 Fruit	金針花湯 Daylily Soup	季節水果 Fruit	4.1	2.7	2.7	2.0	1.0	0.0	707.0
1/25 (四)	白飯 Rice	茄汁素肉塊 Vegetarian Pork with Tomato Sauce	洋芋燻千層乾 Potato Stew with Tofu Skin	玉米乾丁 Stir-fried Dried Tofu with Corn	素拌冬粉 Stir-fried Vegetarian Mung Bean Noodles	履歷青菜 Fresh Vegetable	麻油紫菜糕 Black Sticky Rice Cake with Sesame Oil	水果 Fruit	綠豆粉綠湯 Sweet Mung Beans and Noodle Jelly Soup	滷蛋X1 Braised Egg	4.2	3.2	1.5	4.0	1.0	0.1	823.5
1/26 (五)	特餐	素雞肉飯 Vegetarian Chicken Rice	菜脯蛋 Scrambled Eggs with Preserved Radish	小黃瓜炒麵 Stir-fried Cucumber and Rolled Flour Cakes	茄汁燻豆腐 Braised Tofu with Tomato Sauce	履歷青菜 Fresh Vegetable	鮮菇炒綠花 Stir-fried Mushrooms and Broccoli	水果 Fruit	鳳梨苦瓜湯 Bitter Gourd and Pineapple Soup	馬拉糕(50G) Malaysian Cake	3.8	2.7	2.7	2.0	1.0	0.0	686.0
1/29 (一)	糙米飯 Brown rice	素獅子頭 Vegan Meat Balls	鷹嘴豆炒蛋 Scrambled Eggs with Chickpea	金針菇絲瓜 Stir-fried Bottle Gourd with Enoki Mushrooms	雪菜炒年糕 Stir-fried Rice Cake with Preserved Cabbage	履歷青菜 Fresh Vegetable	香滷餅片 Braised Vegetarian Tempura	水果 Fruit	什錦蛋花湯 Assorted Egg Drop Soup	蒸地瓜 Steamed Sweet Potato	4.5	3.1	2.0	2.5	1.0	0.0	770.0
1/30 (二)	白飯 Rice	咖哩凍豆腐 Curry Tofu with Vegetables	素紅肉排 Vegetarian Red Yeast Steak	◎酥炸素雞塊X2 Deep-fried Vegetarian Nuggets	起司焗烤花椰菜 Baked Cauliflower with Cheese	履歷青菜 Fresh Vegetable	香滷碎花干 Braised Bean Curd	水果 Fruit	菠菜枸杞湯 Spinach and Goji Soup	季節水果 Fruit	4.2	3.3	1.5	4.0	1.0	0.1	831.0
1/31 (三)	五穀飯 Grain Rice	香滷素雞 Braised Vegetarian Chicken	毛豆炒蛋 Scrambled Eggs with Edamame	芹菜炒豆包 Stir-fried Bean Curd and Celery	三杯茄子 3-cup Eggplants	履歷青菜 Fresh Vegetable	腐皮白菜 Stir-fried Chinese Cabbage with Bean Curd Skin	水果 Fruit	番茄金針湯 Tomato and Enoki Mushrooms Soup	香滷玉米粒(3CM)X3 Braise Corn	3.8	2.7	2.6	2.0	1.0	0.0	683.5
	五穀飯、白米	素滷海帶絲 香菜	雞蛋 毛豆	生豆包 芹菜 木耳	茄子 九層塔		大白菜 腐皮 紅蘿蔔	水果	番茄 金針菇	素-滷玉米粒							

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