

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)										
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)	白飯 Rice	素排骨 Vegetarian Pork Ribs	素炸豆腐 Stir-fried Tofu and Corn	鹽水蔬菜 Stir-fried Vegetables	什錦炒筒 Stir-fried Bamboo	有機青菜 Organic Vegetable	水果 Fruit	牛蒡雞菇湯 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	三杯油筒 3-cup Oily Tofu	毛豆炒干丁 Stir-fried Dried Tofu and Edamame	味噌胡瓜 Miso Bottle Gourd	履歷青菜 Fresh Vegetable	水果 Fruit	小青菜+全蛋液 Vegetarian Dumplings	微笑薯餅 Vegetarian Dumplings	4.5	2.8	1.2	2.6	1.0	0.0	732.0
5/4 (四)	白飯 Rice	彩椒炒豆腐 Stir-fried Firm Tofu with Bell Pepper	飯豆腐+玉米粒 Bean Curd with Tomato Sauce	蒜香海帶結 Braised Kelp Sprouts and Radish	香菇燒鴨腿 Braised Bean Curd and Mushroom	有機青菜 Organic Vegetable	水果 Fruit	飯豆腐+海帶芽 White Fungus and Lotus Seed 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	素排骨 Stir-fried Thick Rice Noodles with Vegetarian	醬燒豆腐 Braised Bean Curd	芹菜木耳干片 Stir-fried Dried Tofu with Celery and Black Fungus	鮮菇雙花 Stir-fried Broccoli and Cauliflower with King	履歷青菜 Fresh Vegetable	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	鮮菇炒黑干 Stir-fried Black Dried Tofu with Vegetables	鮮菇燻絲瓜 Stir-fried Sponge Gourd with Enoki Mushrooms	香港素肉丸 Vegetarian Meat Balls with Chinese Toona 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)	白飯 Rice	日式味噌素肉排 Miso Vegetarian Steak	素炒麵筋 Stir-fried Wheat Gluten with Vegetarian Shacha	毛豆蒸蛋 Steamed Egg with Edamame	魚香茄子 Braised Eggplants	有機青菜 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	鮮菇海耳 Stir-fried Kelp with Basil	彩繪胡瓜 Stir-fried Bottle Gourd with Vegetables	履歷青菜 Fresh Vegetable	水果 Fruit	香茅蒜茸+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)	白飯 Rice	奶油字香嫩豆腐 Tofu Stew with Taro	紅燒豆包 Braised Bean Curd	鮮菇炒寬冬粉 Stir-fried Mung Bean Noodles with Vegetables	什錦小炒 Stir-fried Vegetables	有機青菜 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 Hawaiian Fried Rice	夏威夷炒飯 Hawaiian Fried Rice	△素煎餃 Pan-fried Vegetarian Dumplings	素蟹黃豆腐煲 Vegetarian Golden Tofu Stew	薑絲炒龍鬚菜 Stir-fried Gracilaria and Shredded Ginger	履歷青菜 Fresh Vegetable	水果 Fruit	青木瓜+木瓜 Green Papaya Soup with Goi	烤地瓜+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)	白飯 Rice	素沙茶羅漢燒豆腐 Braised Vegetarian Shacha Tofu	回鍋干片 Twice-cooked Dried Tofu	鮮菇黃瓜 Stir-fried Cucumber with Mushrooms	紅燒茄子 Stir-fried Eggplant with Carrot	有機青菜 Organic Vegetable	水果 Fruit	玉米濃湯 Corn Soup	奶皇包(65G) Sweet Custard Bun	4.7	2.8	1.2	2.4	1.0	0.1	749.0
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 Daylily 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)	白飯 Rice	木耳炒素雞 Vegetarian Oden with Chicken and Fungus	海山醬開菜 Chinese Cabbage with White Sauce	奶香白菜 Stir-fried Kelp and Shredded Ginger	薑絲海椒 Stir-fried Shredded Ginger	有機青菜 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 Vegetarian Karage	金瓜素肉絲炒米粉 Stir-fried Rice Noodles with Pumpkin and Vegetarian Karage	◎日式唐揚素雞塊 Stir-fried Bitter Gourd	豆豉苦瓜 Japanese Braised Vegetables	和風油漬雞 Fresh Vegetable	履歷青菜 Fresh Vegetable	水果 Fruit	蕃薯蛋花湯 Tomato and Egg Drop Soup	紫米豆皮卷 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	海帶絲蘿蔔湯 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)	白飯 Rice	香茅干丁 Stir-fried Dried Tofu and Pickled Cabbage	塔香豆包 Bean Curd with Basil	胡瓜燴粉條 Stir-fried Mung Bean Noodles and Cucumber	銀芽三絲 Stir-fried Bean Sprouts and Vegetables	有機青菜 Organic Vegetable	水果 Fruit	山藥菜湯 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	燥油油筒 Braised Oily Tofu with Oyster Sauce	秋葵炒蛋 Scrambled Eggs with Okra	鮮菇增芥菜 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)	白飯 Rice	香油干扁干 Braised Bean Curd	西芹苜蓿炒豆干 Stir-fried Dried Tofu with Celery and Bamboo	蛋酥扁扁 Bottle Gourd and Eggs	素炒皇帝豆 Stir-fried Lima Beans	有機青菜 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 Vegetarian Chicken Rice	素雞肉飯 Vegetarian Chicken Rice	孜然豆包 Cumin Bean Curd	鮮菇增芥菜 Scrambled Eggs with Preserved Radish	鮮菇海耳 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	蕃薯炒蛋 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	製菜羹湯 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)	白飯 Rice	飯豆腐+豆腐 Stir-fried Firm Tofu with Honey Sauce	黑干扁豆腐 Black Dried Tofu in Honey Sauce	鳳梨素肉塊 Stir-fried Vegetarian Meat and Pineapple	古早味蒸蛋 Steamed Egg	有機青菜 Organic Vegetable	水果 Fruit	金針菇+紅蘿蔔+蟹肉 Lotus Roots and Corn	芝麻包 Sesame Bun	4.8	2.6	1.4	2.3	1.0	0.0	729.5
5/31 (三)	五穀飯 Grain Rice	翠炒素魷 Stir-fried Vegetarian Squid and Vegetables	薯粉薯餅 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	玉菜段+蓮藕 Bitter Gourd and Preserved Gourd Soup	微笑薯餅 Hash Browns	4.8	3.2	1.2	2.3	1.0	0.0	769.5

◎素油炸物 Deep Fried Food  
本校未使用輻射污染食品

菜單開立：邱筱涵(新此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)