

康橋國際學校林口校區 美食街112年9月菜單  
Restaurant Menu, September, 2023

日期 Date	9/18	9/19	9/20	9/21	9/22	9/23	
星期 Day	(一)	(二)	(三)	(四)	(五)	(六)	
中式 Breakfast	主食	洋葱餡餅 Onion Stuffed Bun	豆沙包 Red Bean Bun	香酥生煎餛飩 Pork Congee	水煎包 Pan-fried Stuffed Bun	刈包 Gua Bao	
	副食1	滷味拼盤 Braised Dishes	豉汁排骨 Braised Pork with Fermented Soy	◎滷肉餛飩 Pork Pie	黑胡椒炒肉片 Stir-fried Pork Slices and Black Pepper	梅干扣肉片 Braised Pork with Preserved Vegetables	
	副食2	紅蘿蔔炒蛋 Scrambled Eggs with Carrot	紅蘿蔔炒蛋 Scrambled Eggs with Carrot	滷排骨 Braised Pork	地瓜烘蛋 Sweet Potato Frittata	豬肉片梅乾菜 Pork Slices with Preserved Vegetables	
	副食3	燒餅 Baked Buns	燒餅 Baked Buns	滷排骨 Braised Pork	燒餅 Baked Buns	燒餅 Baked Buns	
	副食4	燒餅 Baked Buns	燒餅 Baked Buns	滷排骨 Braised Pork	燒餅 Baked Buns	燒餅 Baked Buns	
	副食5	燒餅 Baked Buns	燒餅 Baked Buns	滷排骨 Braised Pork	燒餅 Baked Buns	燒餅 Baked Buns	
	副食6	燒餅 Baked Buns	燒餅 Baked Buns	滷排骨 Braised Pork	燒餅 Baked Buns	燒餅 Baked Buns	
	副食7	燒餅 Baked Buns	燒餅 Baked Buns	滷排骨 Braised Pork	燒餅 Baked Buns	燒餅 Baked Buns	
	副食8	燒餅 Baked Buns	燒餅 Baked Buns	滷排骨 Braised Pork	燒餅 Baked Buns	燒餅 Baked Buns	
	副食9	燒餅 Baked Buns	燒餅 Baked Buns	滷排骨 Braised Pork	燒餅 Baked Buns	燒餅 Baked Buns	
熱量	591.0	586.0	595.0	604.0	610.0		
西式 Breakfast	主食	菠蘿麵包 Pineapple Bun	乳酪餅 Cheese Flatbread	帕尼尼 Panini	墨西哥餅 Tortilla	可頌堡 Croissant Burger	
	副食1	◎炸雞排 Chicken Chop	△天使雞排 Chicken Thigh	△華力雞排 Chicken Chop	墨西哥炸豬柳 Mexican Pork	番茄吉士堡 Scrambled Eggs with Tomato and Cheese	
	副食2	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞肉馬鈴薯薯餅洋蔥 Chicken Potato and Onion	雞腿薯餅起司燒 Chicken Potato and Onion	
	副食3	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	
	副食4	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	
	副食5	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	
	副食6	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	
	副食7	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	
	副食8	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	
	副食9	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	雞腿排 Chicken Chop	
熱量	603.0	600.0	605.0	628.0	605.0		
飲品	100%果汁/低糖豆漿 100% Juice/Low Sugar Soybean Milk	蜂蜜綠茶/米漿 Honey Green Tea/Peanut and Rice Milk	可爾必思/黑豆漿 Calpis/Black Soy Milk	無糖麥茶/糖豆漿 Barley Tea/Soy Milk	可可/薯仁茶 Chocolate/Job's Tears Milk		
午餐 Lunch	套餐	鹹豬肉炒豆干套餐 Braised Pork and Dried Tofu	鹽焗雞套餐 Salt-baked Chicken	高麗菜牛肉套餐 Cabbage and Beef	椒鹽雞套餐 Salt-baked Chicken	雞肉飯套餐 Chicken Rice	
	主食	鹹豬肉炒豆干 Stir-fried Pork and Dried Tofu	鹽焗雞 Salt-baked Chicken	●高麗菜炒牛肉絲 Stir-fry Beef	◎椒鹽雞 Salt-baked Chicken	雞肉飯 Chicken Rice	
	副菜	鹹豬肉 豆干 芹菜 紅椒 Braised Pork, Dried Tofu, Celery, Red Pepper	鹽焗雞 Salt-baked Chicken	牛肉絲 高麗菜 紅蘿蔔 紅辣椒 Beef Strips, Cabbage, Carrot, Red Pepper	雞腿排 Chicken Chop	白米 雞肉絲 紅蔥頭 White Rice, Chicken Strips, Red Onion	椒鹽 豬肉 豌豆芽 紅蘿蔔 韭菜 紅蔥頭 Salt-baked Pork, Peas, Carrot, Chives, Red Onion
	副菜1	栗子燒雞 Braised Chicken and Chestnuts	★沙茶彩椒豬柳(含芝麻) Teyanyaki Pork Tenderloin	竹筍炒雞 Stir-fried Chicken and Bamboo Shoots	◎香脆蒜炒魷魚 Stir-fried Squid with King Oyster Mushrooms	菜脯蛋 Scrambled Eggs with Pickled Radish	
	副菜2	雞丁 芋頭 栗子 Chicken Diced, Taro, Chestnuts	豬肉 青蔥 紅椒 黃椒 洋蔥 Pork, Green Onion, Red Pepper, Yellow Pepper, Onion	雞柳肉 竹筍 Chicken Strips, Bamboo Shoots	脆皮翅 香脆蒜 芹菜 Crispy Wings, Spicy Garlic, Celery	雞蛋 菜脯 Chicken Egg, Pickled Radish	
	副菜3	鮮菇炒白花椰 Stir-fried Cauliflower with Mushrooms	絲瓜 豬蹄筋 Stir-fried Sponge Gourd and Mushrooms	玉米炒蛋 Scrambled Eggs with Corn Kernels	南瓜豆腐煲 Pumpkin and Tofu Stew	韭菜 雞柳 Stir-fried Vegetarian Chicken	
	副菜4	鮮菇炒白花椰 Stir-fried Cauliflower with Mushrooms	絲瓜 豬蹄筋 Stir-fried Sponge Gourd and Mushrooms	玉米炒蛋 Scrambled Eggs with Corn Kernels	南瓜豆腐煲 Pumpkin and Tofu Stew	韭菜 雞柳 Stir-fried Vegetarian Chicken	
	副菜5	鮮菇炒白花椰 Stir-fried Cauliflower with Mushrooms	絲瓜 豬蹄筋 Stir-fried Sponge Gourd and Mushrooms	玉米炒蛋 Scrambled Eggs with Corn Kernels	南瓜豆腐煲 Pumpkin and Tofu Stew	韭菜 雞柳 Stir-fried Vegetarian Chicken	
	副菜6	鮮菇炒白花椰 Stir-fried Cauliflower with Mushrooms	絲瓜 豬蹄筋 Stir-fried Sponge Gourd and Mushrooms	玉米炒蛋 Scrambled Eggs with Corn Kernels	南瓜豆腐煲 Pumpkin and Tofu Stew	韭菜 雞柳 Stir-fried Vegetarian Chicken	
	副菜7	鮮菇炒白花椰 Stir-fried Cauliflower with Mushrooms	絲瓜 豬蹄筋 Stir-fried Sponge Gourd and Mushrooms	玉米炒蛋 Scrambled Eggs with Corn Kernels	南瓜豆腐煲 Pumpkin and Tofu Stew	韭菜 雞柳 Stir-fried Vegetarian Chicken	
湯品	蒜油雞湯 Sesame Oil Chicken Soup	黃豆芽肉絲湯 Bean Sprouts and Shredded Pork Soup	佛手瓜雞湯 Chayote Chicken Soup	傳統花生甜湯 Sweet Peanut Soup	海草 雞柳 雞湯 Kelp Sprouts Soup		
水果	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit		
熱量	760	730	780	820	750		
點心	南洋冬菇油淋雞套餐 Shrimp-Cuttlefish	刺皮雞套餐 Salt-baked Chicken	泡菜雞套餐 Kimchi-Chicken	味噌叉燒套餐 Miso Pork Chop	清涼牛肉麵套餐 Cold Beef Noodles	川味牛肉麵套餐 Sichuan Beef Noodles	
主食	六★蝦子*2+花枝圈*2 Shrimp-Cuttlefish	雞骨腿 Chicken Leg	豬肉片 Pork	梅花糖 Pork Chop	●潮州肉塊 Beef	●川味牛肉 Beef	
副菜	△黃金魚蛋*2+香菇+香菜 Fish Ball + Tomato-Coriander	△刺皮雞+白蘿蔔+紅蘿蔔+花生碎 Fermented Chili+Radish+Carrot-Pickled Cucumber	泡菜+洋蔥 Kimchi+Onions	王老+蔥花+海苔片 Com Kernel+Scallion+Seaweed	白蘿蔔+紅蘿蔔+金針菇 Radish+Carrot+Enoki Mushrooms	紅蘿蔔+白蘿蔔+青蔥 Carrot+Radish	
小菜	紅油抄手 Wonton in Red Oil	梅汁 苦瓜 Bitter Melon in Plum Sauce	韓式拌小黃瓜 Korean Cucumber	和風洋蔥雞 Japanese Onion Salad	涼拌黃豆芽 Chinese Soybean Sprouts Salad	涼拌茄子 Eggplant Salad	
青菜	鮮菇+洋蔥+高麗菜 Mushroom+Onion+Cabbage	鮮菇 青菜 Mushroom+Vegetable	小黃瓜 紅蘿蔔 蒜 Cucumber+Carrot+Garlic	洋蔥 紫洋蔥 蔥花 芝麻 Onion+Purple Onion+Scallion+Sesame	黃豆芽 雞柳 Bean Sprouts+Chicken	茄子 蒜頭 青蔥 雞柳 Eggplant+Garlic+Green Onion+Chicken	
湯品	南洋冬菇油淋雞湯 Thai Seafood Soup	刺皮雞 雞湯 Salt-baked Chicken Soup	泡菜 雞湯 Kimchi Soup	味噌湯 Miso Soup	清涼牛肉湯底 Broth	川味牛肉湯底 Sichuan Beef Soup	
水果	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	
熱量	720	760	750	780	760	820	
晚餐 Dinner	套餐	黃金雞腿套餐 Golden Roasted Chicken	馬鈴薯燒肉套餐 Potato and Pork Stew	宮保雞丁套餐 Kong Pao Chicken Rice	京蔥排骨套餐 Peking-style Spare ribs	火烤雞排套餐 Roasted Chicken	
	主食	飯 Rice	小飯 Millet Rice	◎宮保雞丁 雞飯 Kong Pao Chicken Rice	飯 Rice	飯 Rice	
	副菜	林林腿 Braised Pork	豬肉 馬鈴薯 洋蔥 紅蘿蔔 柴魚露 Pork, Potato, Onion, Carrot, Dashi	白米 雞丁 花生 乾辣椒 蔥段 White Rice, Chicken Diced, Peanut, Dried Chili, Scallion	豬肉 雞軟骨丁 Pork, Chicken Cartilage	雞腿排 Chicken Chop	
	副菜1	香江炒肉絲 Stir-fried Shredded Pork and Bok Choy	★蒜泥鮮蝦 Garlic Shrimps	△月亮蝦餅 Moon Shrimp Cake	番茄醬 雞丁 Braised Diced Chicken with Tomato	豆干炒肉絲 Stir-fried Pork and Dried Tofu	
	副菜2	豬肉絲 青江菜 Pork Strips, Bok Choy	蝦子*3 蒜 Shrimp, Garlic	月亮蝦餅 Moon Shrimp Cake	雞丁 白蘿蔔 蒜 蔥 紅蘿蔔 Chicken Diced, Radish, Garlic, Carrot	豬肉絲 豆干 蒜 蔥 紅辣椒 Pork Strips, Dried Tofu, Garlic, Scallion, Red Chili	
	副菜3	麻婆豆腐 Mapo Tofu	鮮菇 豬柳 Mushroom with Chicken	涼拌三絲 Bean Sprouts, Cucumber, Carrots	蒜香 高麗菜 Stir-fried Cabbage with Mushroom	蒸排骨 茄瓜 Steamed Pumpkin	
	副菜4	飯 豆腐 雞軟骨 青蔥 Rice, Tofu, Chicken Cartilage, Green Onion	大黃瓜 蒜 豬柳 枸杞 Cucumber, Garlic, Chicken, Goji	綠豆芽 小黃瓜 紅蘿蔔 雞肉絲 Mung Bean Sprouts, Cucumber, Carrot, Chicken Strips	高麗菜 蒜 豬柳 Cabbage, Garlic, Chicken	南瓜 枸杞 薯條 Pumpkin, Goji, Fries	
	副菜5	鮮菇 青菜 Mushroom+Vegetable	鮮菇 青菜 Mushroom+Vegetable	鮮菇 青菜 Mushroom+Vegetable	鮮菇 青菜 Mushroom+Vegetable	鮮菇 青菜 Mushroom+Vegetable	
	副菜6	鮮菇 青菜 Mushroom+Vegetable	鮮菇 青菜 Mushroom+Vegetable	鮮菇 青菜 Mushroom+Vegetable	鮮菇 青菜 Mushroom+Vegetable	鮮菇 青菜 Mushroom+Vegetable	
	副菜7	鮮菇 青菜 Mushroom+Vegetable	鮮菇 青菜 Mushroom+Vegetable	鮮菇 青菜 Mushroom+Vegetable	鮮菇 青菜 Mushroom+Vegetable	鮮菇 青菜 Mushroom+Vegetable	
湯品	蔬菜 湯 Vegetable Soup	黑糖QQ圓 紅茶 Brown Sugar QQ Yuan Black Tea	油豆腐 雞湯 Oily Tofu Soup	冬瓜 小黃瓜 White Gourd and Anchoovy Soup	薑蔥 海椒湯 Ginger and Kelp Soup		
熱量	820	800	850	850	830		

△表加工品 Processed Food  
◎表油炸物 Fried Food  
◎表魚類 Fish  
★表帶殼海鮮 Shrimp and Shelled Seafood  
●表牛牛製品  
沙茶醬含帶殼海鮮及芝麻，不含花生成分  
本校食材一律使用國產種，未使用輻射污染食品