

康橋國際學校幼兒園(林口校區)

111-1學期12月份菜單

KCIS Preschool Lunch and Snack Menu, December 2022

日期 Date	早餐 Breakfast	午餐 Lunch Menu's Detail						下午點心 Afternoon Snack	營養成分分析 Nutrient Content Analysis						
		白飯 Rice	安東燉雞 Andong Braised Chicken	南瓜豆腐煲 Pumpkin and Tofu Stew	有機青菜 Organic Vegetable	水果 Fruit	肉骨茶湯 Bak Kut The		肉絲炒麵 Shredded Pork in Fried Noodles	全糖 糖量 (份)	正糖 內含 糖量 (份)	油質 或鹽 質糖 子類 (份)	水果 糖份 (份)	鈣質 (份)	熱量 (Kcal)
12/1 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk							白飯 Rice		安東燉雞 Andong Braised Chicken	南瓜豆腐煲 Pumpkin and Tofu Stew	有機青菜 Organic Vegetable	水果 Fruit	肉骨茶湯 Bak Kut The	肉絲炒麵 Shredded Pork in Fried Noodles
12/2 (五)	沙威瑪堡+豆漿 Shawarma+Soy Milk	特餐	咖哩炒飯 Curry Fried Rice	迷迭香雞丁 Rosemary Chicken Drumstick	履歷青菜 Fresh Vegetable	水果 Fruit	金針雞湯 Lily Chicken Soup	豆沙包+花豆甜湯 Red Bean Bun+ Kidney Beans Soup	8.0	2.7	1.5	3.5	1.0	0.0	1055
12/5 (一)	栗子山藥雞湯 Chicken Soup with Chestnuts and Yam	糙米飯 Brown rice	野菜炒豚肉 Stir-fried Assorted Vegetables and Pork Slices	鮮菇蒸蛋 Steamed Egg with Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	羅宋湯 Russian Soup	田園蔬菜燉飯 Vegetable Risotto	7.3	3.0	2.4	3.6	1.0	0.5	1117
12/6 (二)	滑蛋蔬菜粥 Porridge with Egg and Vegetable	白飯 Rice	◎☆酥炸巴沙魚片 Deep-fried Fish Fillet	肉末燒豆腐 Braised Tofu with Pork	有機青菜 Organic Vegetable	水果 Fruit	玉米大骨湯 Corn and Pork ribs Soup	鮮肉包+鮮菇湯 Meat Bun+ Mushrooms Soup	7.7	2.8	2.1	3.2	1.0	0.1	1051
12/7 (三)	蔥燒雞肉麵 Chicken Noodles with Scallion	五穀飯 Grain rice	豉汁排骨 Pork Ribs with Fermented Soya Beans	蘿蔔燒海結 Braised Kelp and Radish	履歷青菜 Fresh Vegetable	水果 Fruit	薑絲胡瓜湯 Cucumber Soup	豬肉餡餅+小米粥 Pork Pie+Millet Porridge	7.5	3.1	1.5	3.5	1.0	0.0	1050
12/8 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	三杯雞丁 3-cup Chicken	馬鈴薯燒豆角 Stir-fried Potato and Green Beans	有機青菜 Organic Vegetable	水果 Fruit	☆芋蓉小魚湯 Burdock and Bonito Soup	金瓜豬肉米粉湯 Pumpkin and Pork Rice Noodle Soup	7.3	3.2	2.2	5.0	1.0	0.0	1151
12/9 (五)	鮮蔬洋芋塔+義式燉湯 Fresh Vegetable Potato Tower+ Italian Stew Soup	特餐	古早味板條 Fried Rice Noodles with Shredded Pork	五香油雞翅 Braised Chicken Wing	履歷青菜 Fresh Vegetable	水果 Fruit	味噌豆腐湯 Vegetables Miso Soup	紫米珍珠丸+餛飩湯 Black Rice Pearl Ball+ Wonton Soup	6.5	3.5	1.7	4.0	1.0	0.0	1045
12/12 (一)	粉蒸芋頭+薏仁漿 Taro+ Job's Tears Milk	糙米飯 Brown rice	柚香蜜汁燒肉 Braised Pork with Honey Sauce	枸杞雙花 Stir-fried Cauliflower, Broccoli and Goji	履歷青菜 Fresh Vegetable	水果 Fruit	紫菜蛋花湯 Kelp Sprouts and Egg Drop Soup	南瓜螺旋麵 Pumpkin Fusilli	7.2	2.9	2.0	3.0	1.0	0.0	997
12/13 (二)	菠菜瘦肉粥 Spinach Lean Pork Congee	白飯 Rice	☆蒲燒鯛魚 Kabayaki Sea Bream	茄汁豆腐 Braised Tofu with Tomato Sauce	有機青菜 Organic Vegetable	水果 Fruit	黃金鮮菇雞湯 Chinese Mushrooms Soup	筍香包+肉絲蔬菜湯 Bamboo Bun +Shredded pork soup	7.6	3.2	1.5	2.9	1.0	0.1	1041
12/14 (三)	韭菜雞肉米苔目 Chicken Rice noodles	五穀飯 Grain rice	什錦炒肉絲 Stir-fried Assorted Vegetables and Pork	蛋酥白菜 Stir-fried Chinese Cabbage and Egg	履歷青菜 Fresh Vegetable	水果 Fruit	枸杞山藥湯 Goji Yam Soup	葡萄乾小圓麵包+鄉村田園湯 Raisin Bun+Assorted Vegetables Soup	7.3	2.6	1.3	3.3	1.0	0.0	982
12/15 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	雞肉筍前煮 Chicken Chikuzen	螞蟻上樹 Stir-fried Mung Bean Noodles	有機青菜 Organic Vegetable	水果 Fruit	番茄蛋花湯 Tomato and Egg Drop Soup	沙茶什錦炒麵 Sacha Fried Noodles	7.4	2.8	2.0	3.2	1.0	0.5	1075
12/16 (五)	豬肉堡+豆漿 Hamburger+soy milk	特餐	炸醬麵 Fried Sauce Noodles	◎糖醋雞丁 Sweet and Sour Chicken	履歷青菜 Fresh Vegetable	水果 Fruit	海芽蘆絲湯 Kelp Sprouts Soup	奶香饅頭+芋頭椰汁西米露 Steam Bun+Taro Coconut Milk Sago Soup	7.2	3.0	2.0	3.8	1.0	0.5	1112
12/19 (一)	義式南瓜+黑豆漿 Italian Spices Pumpkin+Black Soy Milk	糙米飯 Brown rice	照燒豬肉片 Teriyaki Pork	香菇高麗菜 Stir-fried Cabbage and Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	麻油雞湯 Sesame Oil Chicken Soup	紅醬雞肉義大利麵 Spaghetti with Tomato Sauce	7.6	3.0	2.0	3.0	1.0	0.0	1032
12/20 (二)	鮮菇青菜鮮肉粥 Porridge with Mushroom and Vegetable and Pork	白飯 Rice	☆港式蒜蓉蒸魚片 Hong Kong Style Fish Fillet	番茄炒蛋 Scrambled Egg with Tomato	有機青菜 Organic Vegetable	水果 Fruit	黃豆芽肉絲湯 Soy Sprouts and Pork Soup	水煎包+紫米紅豆湯 Stuffed Bun+ Black Rice and Red Beans Soup	7.4	2.7	1.5	2.9	1.0	0.0	977
12/21 (三)	白菜油麵疙瘩 Cabbage Braised Gnocchi	五穀飯 Grain rice	荷葉粉蒸肉 Steamed Pork With Lotus Leaf	胡瓜增珍菇 Stir-fried Cucumber and Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	芥菜雞湯 Mustard Leaf and Chicken Soup	雞肉丸子+芹香蘿蔔湯 Chicken Meat Balls+ Radish Soup	7.5	3.1	1.3	3.1	1.0	0.0	1021
12/22 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	咖哩雞肉 Curry Chicken	椒鹽四季豆 Stir-fried Green Beans and Carrots	有機青菜 Organic Vegetable	水果 Fruit	芋頭排骨湯 Taro and Pork Ribs Soup	紅豆湯圓甜湯+無餡小餐包 Red Bean Rice Ball Soup+ Bun	7.2	2.9	2.0	3.0	1.0	0.5	1057
12/23 (五)	馬鈴薯起司炒蛋吐司+黑芝麻豆漿 Toast + Black Sesame Soy Milk	青醬豬肉筆管麵 Pesto Penne	茄汁起司翅小腿 Tomato Cheese Drumette	◎波浪薯條 Crinkle Fries	溫沙拉 Salade Tiede	水果 Fruit	奶油蘆筍湯 Mushrooms Soup	原味波士頓派+地瓜牛乳 Boston Cake+ Sweet Potato Milk	7.2	3.2	2.0	3.2	1.0	0.5	1091
12/26 (一)	水煮玉米段+米漿 Blanched Corn+ Peanut Rice Milk	糙米飯 Brown rice	特製燒肉 Pork with Donkatsu Sauce	奶香白菜 Stir-fried Cabbage with Cream Sauce	履歷青菜 Fresh Vegetable	水果 Fruit	山藥排骨湯 Yam and Pork Ribs Soup	和風菠菜野菇燉飯 Spinach and Mushrooms Rissoto	7.1	3.2	2.0	3.5	1.0	0.5	1102
12/27 (二)	鮑菇雞蓉粥 Porridge with Mushroom and Chicken	白飯 Rice	☆滷汁魚捲 Fish Fillet with Sauce	鮮菇炒白花椰 Stir-fried Cauliflower with Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	玉米濃湯 Corn Soup	高麗菜包+紅棗銀耳湯 Cabbage Bun+ Dates and Tremella Soup	7.4	3.1	1.5	3.4	1.0	0.1	1049
12/28 (三)	日式醬油拉麵 Japanese Soy Sauce Udon	五穀飯 Grain rice	芋頭燉豬肉 Braised Pork and Taro	蔥燒豆腐 Braised Tofu	履歷青菜 Fresh Vegetable	水果 Fruit	結頭菜雞湯 Kohlrabi Chicken Soup	玉兔包+低糖豆漿 Rabbit Steamed Bun+ Soy Milk	7.5	2.8	1.3	3.3	1.0	0.0	1011
12/29 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	紅燒雞肉燻馬鈴薯 Braised Chicken With Potato	翡翠蒸蛋 Steamed Egg with Spinach	有機青菜 Organic Vegetable	水果 Fruit	鮮菇玉米湯 Corn Kernels and Enoki Mushrooms Soup	味噌鍋燒烏龍麵 Miso Udon	7.2	3.5	2.0	3.0	1.0	0.0	1042
12/30 (五)	京醬燒肉堡+無糖麥茶 Pork Burger+Barley Tea	特餐	高麗菜肉絲炒麵 Stir-fried Noodles with Cabbage and Shredded Pork	蘑菇燉雞丁 Stir-fried Chicken and Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	芹香蘿蔔湯 Radish Soup	蜂蜜蛋糕+綠豆薏仁湯 Castella+Mung Bean Soup	7.5	2.8	1.3	3.5	1.0	0.0	1023

◎表油炸物 Fried Food

☆表魚類 Fish

★表帶殼海鮮 Shrimp and Shelled Seafood

幼兒園飲品甜度6以下

幼兒園食材一律使用國產豬、未使用輻射污染食品

菜單開立：蔡紫鳳(新北食品股份有限公司營養師)

菜單審核：鄧涵之(康橋國際學校林口校區營養師)