

康橋國際學校幼兒園(林口校區)

109-2學期暑期菜單

KCIS Preschool Lunch and Snack Menu, Summer Vacation 2021

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						
		水餃類 個(份)	豆魚 肉菜類 (份)	油鹽及 蛋果糖 子類 (份)	水果 (份)	奶類 (份)	麵食 (份)		熱量 (Cal)						
7/27 (二)	蒸烤地瓜+綠豆牛奶 Steamed Sweet Potato+Mung Bean Milk	麥片飯 Oatmeal Rice	蒜香烤雞腿 Roasted Drumsticks with Garlic	薑絲冬瓜 Braised Winter Melon with Ginger	有機青菜 Organic Vegetable	水果 Fruit	味噌菇菇湯 Mushroom Miso Soup	鮮蔬筆管麵 Vegetable Penne	4.7	2.6	2	4	0.5	0.7	816
7/28 (三)	水餃+紫菜蛋花湯 Dumplings+Seaweed and Egg Drop Soup	鮮蔬炒烏龍麵 Stir-fried Udon with Sliced Pork	日式照燒肉 Chashu Pork	契形薯塊 Potato Wedge	履歷青菜 Fresh Vegetable	水果 Fruit	胡瓜雞湯 Cucumber and Chicken Soup	泡芙+黑豆漿 Puffs+Black Soybean Milk	4.3	3.5	1.4	6	0.5	0.2	853
7/29 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	五穀飯 Mixed Grain Rice	蘑菇醬雞排 ChChop with Mushroom Sauce	彩繪小瓜 Stir-fried Cucumber	有機青菜 Organic Vegetable	水果 Fruit	蓮藕排骨湯 Lotus Root in Rib Soup	客家肉絲炒飯條 Stir-fried Rice Noodle with Shredded Pork	4.5	2.8	1.8	4	1	0.5	814
7/30 (五)	DIY雞排吐司+豆漿 Dit Chicken Toast+Soy Milk	紅藜麥飯 Red Quinoa Rice	茄汁肉片 Stir-fried Sliced Pork	香菇筍茸 Braised Bamboo with Mushroom	履歷青菜 Fresh Vegetable	水果 Fruit	鮮蔬豆腐湯 Pork and Tofu Soup	香草戚風蛋糕+新鮮現打果汁 Chiffon Cake+Fresh Juice	4.2	3.5	2.3	3.5	1.5	0.1	804
8/2 (一)	鮮蔬雞茸糙米粥 Congee with Minced Chicken and Vegetable	麥角飯 Ergot Rice	蔥爆肉絲 Stir-fried Shredded Pork with Scallion	醬燒杏鮑菇 Stir-fried Mushroom with Mushroom	履歷青菜 Fresh Vegetable	水果 Fruit	佛手瓜紅薑蔥湯 Chayote and Mushroom in Rib Soup	瑪格麗特披薩+新鮮現打果汁 Margherita Pizza+Fresh Juice	4	1.8	1.9	4	1	0.6	739
8/3 (二)	水煮玉米+豆漿 Corn+Taro Milk	綠豆仁飯 Mung Bean Kernels Rice	檸檬翅小腿 Drumette with Lemon Juice	腐皮白菜 Braised Cabbage with Bean Curd Sheet	有機青菜 Organic Vegetable	水果 Fruit	洋葱濃湯 Onion Soup	★蝦仁炒飯 Stir-fried Rice with Shrimp	4.8	2.8	1.9	4	0.5	0.2	772
8/4 (三)	日式豚肉烏龍麵 Pork Udon Soup	迷迭香鮮菇拌飯 Mixed Rice with Mushroom	義式里肌 Pork Chop	雙色花椰 Stir-fried Cauliflower	履歷青菜 Fresh Vegetable	水果 Fruit	海芽豆腐湯 Tofu Soup with Seaweed	洋芋鹹塔+優酪乳 Potato Tart+Yogurt	5	2.9	1.9	4	0.5	0.5	827
8/5 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	五穀飯 Mixed Grain Rice	燒烤三節翅 Roasted Chicken Wings	蒜香高麗菜 Stir-fried Cabbage with Shallot	有機青菜 Organic Vegetable	水果 Fruit	扁扁肉絲湯 Bottle Gourd and Shredded Pork Soup	奶香咖哩肉片蝴蝶麵 Curry Farfalle with Chicken	4.5	2.5	1.9	3.3	1	0.7	793
8/6 (五)	DIY雞肉捲餅+薏仁漿 Chicken Burrito+Pearl Barley Milk	白米飯 Rice	和風豬排 Pork Chop	彩椒小瓜 Stir-fried Cucumber with Bell Pepper	履歷青菜 Fresh Vegetable	水果 Fruit	山藥雞湯 Chicken Soup with Chinese Yam	蘿蔔糕+黑豆漿 Radish Cake+Black Soy Milk	4.5	3.8	2.1	5	0.5	0	832
8/9 (一)	香菇肉茸粥 Congee with Mushroom and Chicken	五穀飯 Mixed Grain Rice	BBQ雞丁 BBQ Chicken Cubes	芹香海椒 Stir-fried Seaweed with Celery	履歷青菜 Fresh Vegetable	水果 Fruit	蔬菜相撲湯 Sumo Soup	銀絲捲+優酪乳 Silver Thread Roll+Yogurt	5	2.9	2.8	3	0.5	0.5	805
8/10 (二)	紅豆包+燕麥牛奶 Red Bean Bun+Oat Milk	小米飯 Millet Rice	家常滷味 (豬肉+豆子) Braised Dish	毛豆炒蛋 Scrambled Eggs with Green Soy Bean	有機青菜 Organic Vegetable	水果 Fruit	酸辣湯 Sour and Spicy Soup	☆香醬吻仔魚焗烤飯 Roasted Whitebait Tuna Rice	4.5	2.8	1.7	3	0.5	1.3	833
8/11 (三)	芋頭米粉湯 Rice Noodle Soup with Taro	肉醬筆管麵 Penne with Meat Sauce	紐澳良雞排 Chicken Steak	迷迭香起司薯塊 Cheese Potato Wedge	履歷青菜 Fresh Vegetable	水果 Fruit	南瓜濃湯 Creamy Pumpkin Soup	原味鬆餅+新鮮現打果汁 Pancake+Fresh Juice	5.5	2.6	1.5	3.2	1.5	0.4	848
8/12 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白米飯 Rice	客家肉片 Stir-fried Sliced Pork	枸杞絲瓜 Stir-fried Luffa with Goji	有機青菜 Organic Vegetable	水果 Fruit	玉米雞湯 Corn and Chicken Soup	雞絲炒飯 Stir-fried Rice with Shredded Chicken	4.5	2.3	2.5	4.5	1	0.5	827
8/13 (五)	DIY豆皮壽司+味噌肉片湯 DIY Tofu-skin Sushi+Miso Soup	綠豆仁飯 Mung Bean Kernels Rice	紅燒雞腿排 Braised Chicken Thigh	蛋酥扁蒲 Stir-fried Bottle Gourd	履歷青菜 Fresh Vegetable	水果 Fruit	四神湯 Sishen Soup	香蕉蛋糕+薏仁漿 Banana Cake+Job's Tears Milk	4.5	3	2.3	4	0.6	0.3	790

◎表油炸物 Fried Food

☆表魚類 Fish

★表帶殼海鮮 Shrimp and Shelled Seafood

幼兒園飲品標標準準度

幼兒園食材一律使用國產豬

菜單開立：洪銘德(專科園膳營養師)

菜單審核：魏德君(康橋國際學校林口校區營養師)