

康橋國際學校林口校區 112年3月小學部菜單
Lunch and Snack Menu, March 2023

日期 Date	午餐 Lunch Menu's Detail							下午點心 Afternoon Snack	營養成分分析 Nutritional Ingredient Analysis						
	全穀 類(份)	豆 類 (份)	蔬 菜 (份)	油 脂 及 堅 果 類 (份)	水 果 (份)	奶 類 (份)	熱 量 (Kcal)		全穀 類(份)	豆 類 (份)	蔬 菜 (份)	油 脂 及 堅 果 類 (份)	水 果 (份)	奶 類 (份)	熱 量 (Kcal)
3/1 (三)	五穀飯 Grain rice	紅燒肉丁 Braised Pork Diced	竹筍炒雞 Stir-fried Chicken and Bamboo Shoots	玉米炒蛋 Scrambled Eggs with Corn Kernels	履歷青菜 Fresh Vegetable	水果 Fruit	大黃瓜排骨湯 Cucumber and Pork Ribs Soup	糯米珍珠丸X3 Sticky Rice Pearl Ball	3.8	3.0	2.0	3.0	1.0	0.0	766
3/2 (四)	白飯 Rice	安東燉雞 Andong Braised Chicken	☆杏鮑菇炒花枝 Stir-fried Cuttlefish with King Oyster Mushrooms	南瓜豆腐煲 Pumpkin and Tofu Stew	有機青菜 Organic Vegetable	水果 Fruit	傳統花生甜湯 Sweet Peanut Soup	肉圓(65G)*1 Taiwanese Meat Ball	3.8	3.0	2.0	3.0	1.0	0.0	766
3/3 (五)	特餐	咖喱炒飯 Curry Fried Rice	迷迭香雞腿 Rosemary Chicken Drumstick	白菜炒年糕 Stir-fried Chinese Cabbage and Rice Cake	履歷青菜 Fresh Vegetable	水果 Fruit	玉米大骨湯 Corn and Pork ribs Soup	奶酥麵包*1 Milky Filling Bread	3.6	4.0	2.0	2.5	1.0	0.0	797
3/6 (一)	糙米飯 Brown rice	野菜炒豚肉 Stir-fried Assorted Vegetables and Pork Slices	和風醬燒雞 Braised Chicken with Japanese Sauce	鮮菇蒸蛋 Steamed Egg with Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	佛手瓜雞湯 Chayote Chicken Soup	蘋果派(30G)*2 Apple Pie	3.5	5.0	2.0	2.5	1.0	0.0	865
3/7 (二)	白飯 Rice	◎☆酥炸烏魚片 Deep-fried Fish Fillet	黃金泡菜炒肉片 Stir-fried Pork Slices with Golden Kimchi	肉末燒豆腐 Braised Tofu with Pork	有機青菜 Organic Vegetable	水果 Fruit	金針雞湯 Lily Chicken Soup	豆沙包*1 Red Bean Bun	3.5	3.8	1.5	4.0	1.0	0.1	865
3/8 (三)	五穀飯 Grain rice	●孜然羊肉炒小黃瓜 Stir-fried Lamb with Cumin	彩蔬炒雞丁 Stir-fried Assorted Vegetables and Chicken	蘿蔔燒海結 Braised Kelp and Radish	履歷青菜 Fresh Vegetable	水果 Fruit	薑絲冬瓜湯 White Gourd Soup	◎黃金地瓜QQ棒*2 Sweet Potato Sticks	3.8	2.5	1.3	3.5	1.0	0.0	741
3/9 (四)	白飯 Rice	三杯雞翅 3-cup Chicken Wing	☆奶香魚丁 Stir-fried Fish Dices with White Sauce	馬鈴薯燒豆角 Stir-fried Potato and Green Beans	有機青菜 Organic Vegetable	水果 Fruit	米苔目綠豆甜湯 Sweet Rice Noodles Soup	馬拉糕(50G) Cantonese sponge cake	3.8	4.0	2.0	3.0	1.0	0.0	841
3/10 (五)	特餐	古早味板條 Fried Rice Noodles with Shredded Pork	五香滷腿排 Braised Chicken Thigh	塔香海根 Stir-fried Kelp	履歷青菜 Fresh Vegetable	水果 Fruit	味噌豆腐湯 Vegetables Miso Soup	☆鱈魚手卷 Tuna Hand Roll	3.8	4.0	2.0	3.0	1.0	0.0	841
3/13 (一)	糙米飯 Brown rice	柚香蜜汁燒肉 Braised Pork with Honey Sauce	蠔油鮮菇燴雞丁 Stir-fried Chicken and King Oyster Mushrooms with Oyster Sauce	蒜炒雙花 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	紅豆麵包 Azuki Bean Bread	3.8	3.0	2.0	2.5	1.0	0.0	736
3/14 (二)	白飯 Rice	☆蒲燒鯛魚 Kabayaki Sea Bream	桂竹筍炒肉絲 Stir-fried Shredded Pork and Bamboo	茄汁豆腐 Braised Tofu with Tomato Sauce	有機青菜 Organic Vegetable	水果 Fruit	黃金草鮮菇雞湯 Chinese Mushrooms Soup	筒香包(70G) Bamboo Steamed Bun	3.5	3.2	1.5	4.0	1.0	0.1	820
3/15 (三)	五穀飯 Grain rice	豉汁排骨 Pork Ribs with Black Bean Sauce	糖醋雞丁 Sweet and Sour Chicken Dices	塔香茄子 Stir-fried Eggplant and Basil	履歷青菜 Fresh Vegetable	水果 Fruit	枸杞山藥湯 Goji Yam Soup	芝麻燕麥饅頭(90G)*1 Sesame and Oat Bun	3.5	2.5	1.3	3.5	1.0	0.0	720
3/16 (四)	白飯 Rice	雞肉筑煎煮 Chicken Chikuzen	◎☆酥炸虱目魚條 Deep-fried Milkfish Sticks	螞蟻上樹 Stir-fried Mung Bean Noodles	有機青菜 Organic Vegetable	水果 Fruit	紅豆湯圓 Red Beans and Rice Balls Soup	油蛋(55G)*1+蘋果汁 Braised Egg+Apple Juice	3.5	3.0	2.0	4.0	1.0	0.0	805
3/17 (五)	特餐	炸醬麵 Fried Sauce Noodles	五香滷腿排 Braised Chicken Thigh	蛋酥白菜 Stir-fried Chinese Cabbage and Egg	履歷青菜 Fresh Vegetable	水果 Fruit	海芽薑絲湯 Kelp Sprouts Soup	沖繩黑糖捲*1 Brown Sugar Roll	3.8	3.2	2.0	3.0	1.0	0.2	805
3/20 (一)	糙米飯 Brown rice	照燒里肌肉排 Teriyaki Pork Chop	栗子燒雞 Braised Chicken and Chestnuts	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	大三角薯餅*2 Hash Brown	3.5	3.0	2.0	2.5	1.0	0.0	715
3/21 (二)	白飯 Rice	★蒜蓉蒸蝦 Garlic Shrimp	沙茶彩椒豬柳(含芝 麻) Teppanyaki Pork Tenderloin	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	◎黃金水煎包(160G) Pan-fried Stuffed Bun	3.5	3.2	1.5	4.0	1.0	0.1	820
3/22 (三)	五穀飯 Grain rice	●高麗菜炒牛肉絲 Stir-fried Shredded Beef with Cabbage	豆瓣燒雞 Braised Chicken with Fermented Soy Sauce	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	香菇燒賣(30G)*2 Mushroom Shumai	4.0	2.5	1.3	3.5	1.0	0.0	755
3/23 (四)	白飯 Rice	咖哩雞肉 Chicken Curry	☆時蔬炒魷魚翅 Stir-fried Vegetables and Squid	蔥燒豆腐 Braised Tofu	有機青菜 Organic Vegetable	水果 Fruit	椰汁西米露 coconut Milk Sago Soup	蔥花捲(70G)*1 Scallion Roll	3.5	3.0	2.0	3.0	1.0	0.0	745
3/24 (五)	特餐	高麗菜肉絲炒麵 Stir-fried Noodles with Cabbage and Shredded Pork	醬香油雞翅 Braised Chicken Wings	滑蛋燴南瓜 Steamed Pumpkin with Egg	履歷青菜 Fresh Vegetable	水果 Fruit	芹香蘿蔔湯 Radish Soup	燻雞御飯糰 Smoked Chicken Onigiri	4.0	3.2	2.0	4.0	1.0	0.0	855
3/25 (六)	白飯 Rice	◎酥炸柳葉魚 Shishamo	鐵板豬柳 Teppanyaki Pork Tenderloin	紅絲扁蒲 Stir-fried Bottle Gourd	履歷青菜 Fresh Vegetable	水果 Fruit	番茄蛋花湯 Tomato Egg Drop Soup	雞肉捲*1(60G) Chicken Roll	3.8	3.0	2.0	2.5	1.0	0.0	736
3/27 (一)	糙米飯 Brown rice	豆薯燒肉 Pork with Donkatsu Sauce	香菇燒雞 Braised Chicken and Mushrooms	★開陽白菜 Stir-fried Chinese Cabbage	履歷青菜 Fresh Vegetable	水果 Fruit	山藥排骨湯 Yam and Pork Ribs Soup	鬆餅*2 Waffle	3.8	3.0	2.0	2.5	1.0	0.0	736
3/28 (二)	白飯 Rice	☆醬爆花枝 Stir-fried Cuttlefish	◎鳳梨咕咾肉 Sweet and Sour Pork Dices with Pineapple	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	蔥燒大肉包*1 Scallion and Pork Bao	3.5	3.2	1.5	4.0	1.0	0.1	820
3/29 (三)	五穀飯 Grain rice	芋頭燴豬肉 Braised Pork and Taro	奶油燴雞丁 Chicken Dices Butter Stew	鮮菇燴芥菜 Stir-fried Mustard and Mushroom	履歷青菜 Fresh Vegetable	水果 Fruit	結頭菜雞湯 Kohlrabi Chicken Soup	蘿蔔糕*2 Radish Cakes	3.7	2.5	1.3	3.5	1.0	0.0	734
3/30 (四)	白飯 Rice	紅燒翅小腿 Braised Chicken With Potato	☆五味魚丁 Stir-fried Fish with 5- flavor Sauce	翡翠蒸蛋 Steamed Egg with Spinach	有機青菜 Organic Vegetable	水果 Fruit	銀耳薏仁紅棗湯 Red Dates and Job's Tears Soup with Snow Fungus	玉兔包*1+葡萄汁 Rabbit Steamed Bun+Grape Juice	3.5	3.0	2.0	3.0	1.0	0.0	745
3/31 (五)	特餐	白醬奶油通心粉 Macaroni	△◎咔呷雞腿排 Crispy Chicken	△◎香酥脆薯 French Fries	蒜炒菠菜 Fried Spinach with Garlic	水果 Fruit	黑糖珍珠牛乳 Tapioca in Brown Sugar Milk	小鴨包 Sesame Bun	3.7	3.0	2.0	3.0	1.0	0.0	759

◎裹油炸物 Deen Fried Food

☆表魚類 Fish

★表帶殼海鮮 Shrimp or Shelled Seafood

△表加工品 Processed Product

●表牛羊製品

沙茶醬係用全麥麵的全香沙茶醬，不含花生成分

食材一律使用國產豬

本校未使用輻射污染食品

菜單開立：邱筱涵(新北食品股份有限公司營養師)

菜單審核：陳筱雯(康橋國際學校林口校區營養師)