

康橋國際學校林口校區113年11月小學部菜單  
Lunch and Snack Menu, November 2024

日期 Date	午餐 Lunch Menu's Detail						下午點心 Afternoon Snack	營養成分分析 Nutritional Ingredient Analysis							
	主食	主菜1	主菜2	副菜1	副菜2	水果		湯品	全穀類 類(份)	蛋 類(份)	蔬 菜 類(份)	油 類 (份)	水 果 類 (份)	奶 類 (份)	熱 量 (Kcal)
11/1 (五)	特餐	★古早味油飯 Steamed Sticky Rice	◎紅糟肉排 Pork Chop with Red Vinasse	三色鮑菇 Stir-fried King Oyster Mushroom	履歷蔬菜 Fresh Vegetable	水果 Fruit	薑絲冬瓜湯 White Gourd Soup with Shredded Ginger	牛奶餐包(30G)X2 Milk Bun	3.7	2.9	2.0	3.0	1.0	0.0	748
11/4 (一)	糙米飯 Brown Rice	青瓜雲耳炒肉片 Stir-fried Pork Slices and Black Fungus with Cucumber	◎雞絲雞丁 Sweet and Sour Diced Chicken	芹香炒豆干 Stir-fried Dried Tofu with Celery	履歷蔬菜 Fresh Vegetable	水果 Fruit	冬瓜洋蔥紅薯湯 Winter Melon and Onion Soup	糙米、蛋、奶	4.0	3.3	2.0	2.9	1.0	0.1	809
11/5 (二)	白飯 Rice	◎六△酥炸魚排 Deep-fried Fish Fillet	竹筍炒肉絲 Stir-fried Shredded Chicken with Bamboo Shoots	鮮菇炒青瓜 Stir-fried Cucumber and Mushroom	有機蔬菜 Organic Vegetable	水果 Fruit	椰香紫米露 Black Rice and Coconut Milk	蒸地瓜(70G) Steamed Sweet Potato	3.4	3.7	1.4	3.5	1.0	0.6	818
11/6 (三)	五穀飯 Grain rice	●孜然炒羊肉 Cumin Lamb	豆薯炒雞 Stir-fried Chicken and Yam Bean	蒜香菜豆 Stir-fried Legumes with Garlic	履歷蔬菜 Fresh Vegetable	水果 Fruit	梨菜羹湯 Faat Choy Thick Soup	季節水果 Fruit	3.1	3.2	2.0	3.0	1.0	0.0	732
11/7 (四)	白飯 Rice	小黃瓜炒雞片 Stir-fried Cucumber and Chicken	白芝麻魚捲 Spicy Steamed Fish Roll	●碧綠子捲蛋 Eggplant and Eggs with Basil	有機蔬菜 Organic Vegetable	水果 Fruit	培類菜排骨湯 Turnip and Pork Ribs Soup	優酪乳(125ml)+水果玉米粒(30G) Yogurt + Blended Corn	3.3	3.0	1.6	2.7	1.0	0.0	703
11/8 (五)	特餐	客家芥苳日 Hakka Thick Rice Noodles	五香滷雞腿 Braised Chicken Drumstick	南瓜豆腐煲 Pumpkin and Tofu Stew	履歷蔬菜 Fresh Vegetable	水果 Fruit	甜瓜雞湯 Cucumber and Chicken Soup	紅豆包(60G) Red Bean Bun	3.5	3.0	1.5	2.9	1.0	0.0	727
11/11 (一)	糙米飯 Brown Rice	咖哩雞肉 Curry Pork	冬瓜燒雞 Braised Chicken with White Gourd	紅糖高麗 Stir-fried Bottle Gourd with Shredded Carrot	履歷蔬菜 Fresh Vegetable	水果 Fruit	肉骨茶 Bak Kut Teh	日式醬油蛋+豆干(30G) Braised Egg and Dried Tofu	4.5	3.3	2.0	2.5	1.0	0.1	820
11/12 (二)	白飯 Rice	△△海鮮炒飯 Kabuyaki Sea Bream	青木瓜炒肉片 Stir-fried Pork Slices and Green Papaya	木耳白菜 Stir-fried Chinese Cabbage with Black Fungus	有機蔬菜 Organic Vegetable	水果 Fruit	紅豆紫米湯 Red Beans and Black Rice Soup	季節水果 Fruit	4.7	3.7	1.7	3.0	1.0	0.0	874
11/13 (三)	五穀飯 Grain rice	紅燒肉丁 Braised Diced Pork	◎日式香滑雞 Karage	毛豆菜羹 Steamed Egg with Edamame	履歷蔬菜 Fresh Vegetable	水果 Fruit	金針肉絲湯 Daylily and Shredded Pork Soup	自製蔓越莓蛋糕 Cranberry Cake	3.7	3.4	2.0	3.0	1.0	0.2	813
11/14 (四)	白飯 Rice	海茸燻雞翅 Seaweed Chicken Wing	☆三杯脆皮 3-Cup Squid	紅片雙花 Stir-fried Broccoli and Cauliflower with Carrot	有機蔬菜 Organic Vegetable	水果 Fruit	蘿蔔排骨湯 Radish and Pork Ribs Soup	優酪乳(125ml)+切奇地瓜泥(45G) Yogurt + Mashed Sweet Potato	3.5	3.0	2.0	3.5	1.0	0.1	787
11/15 (五)	特餐	☆☆☆打雞炒飯 Thai Basil Minced Pork Fried Rice	◎酥炸小酥肉 Deep-fried Pork Tenderloins	☆☆☆滷味年菜 Stir-fried Leaf Mustard with Corn	履歷蔬菜 Fresh Vegetable	水果 Fruit	竹筍排骨湯 Bamboo Shoots and Pork Ribs Soup	低糖奶油麵包(60G) Low Sugar Butter Bread	3.9	3.0	1.5	2.8	1.0	0.0	749
11/18 (一)	糙米飯 Brown Rice	蒙古烤肉(含芝麻) Mongolian Pork (contain Sesame)	彩蔬雞丁 Stir-fried Diced Chicken and Vegetables	番茄炒蛋 Scrambled Eggs with Tomato	履歷蔬菜 Fresh Vegetable	水果 Fruit	大湯湯 Assorted Vegetables Soup	☆☆日式關東煮 Oden	4.0	3.3	2.0	2.8	1.0	0.1	803
11/19 (二)	白飯 Rice	☆☆☆冬瓜菜片 Steamed Fish Slices with White Gourd	回鍋肉片 Double-Cooked Pork Slices	麻油高麗菜 Stir-fried Cabbage with Sesame Oil	有機蔬菜 Organic Vegetable	水果 Fruit	芋圓燒仙草 Taro Balls and Grass Jelly	蒸地瓜條(70G) Sweet Potato Sticks	3.5	3.3	1.9	3.5	1.0	0.0	795
11/20 (三)	五穀飯 Grain rice	●韓式白米炒牛肉 Bulgogi	三杯雞 3-Cup Chicken	三色豆包 Stir-fried Shredded Bean Curd with Vegetables	履歷蔬菜 Fresh Vegetable	水果 Fruit	鮮菇玉米雞湯 Chicken Soup with Mushroom and Corn	季節水果 Fruit	3.7	3.2	2.0	3.0	1.0	0.5	774
11/21 (四)	白飯 Rice	豆辦雞 Braised Chicken with Fermented Soy	☆★海鮮豆腐煲 Seafood and Tofu Stew	●碧綠子捲瓜 Braised White Gourd with Cordia	有機蔬菜 Organic Vegetable	水果 Fruit	山藥洋蔥仁湯 Yam and Job's Tears Soup	優酪乳(125ml)+炸薯條(30G) Yogurt + Deep-fried Potato	4.0	3.0	1.3	3.0	1.0	0.0	763
11/22 (五)	特餐	西西里義大利麵 Sicilian Pasta	裹式香茅椒包雞排 Wrapped Chicken Chop with Herbs	起司馬鈴薯蛋 Steamed Egg with Potato and Cheese	履歷蔬菜 Fresh Vegetable	水果 Fruit	胡蘿蔔濃湯 Carrot Soup	芋頭吐司(60G) Taro Toast	3.9	3.2	2.0	2.7	1.0	0.0	770
11/25 (一)	糙米飯 Brown Rice	醬燒肉排 Stir-fried Pork Tenderloin	◎豆乳雞丁 Chicken Dices with Fermented Bean Curd	鮮菇滑瓜 Stir-fried Bottle Gourd with Fresh Mushrooms	履歷蔬菜 Fresh Vegetable	水果 Fruit	黃豆芽肉絲湯 Soy Sprouts and Shredded Pork Soup	香滑油豆腐(60G) Braised Tofu	4.0	3.2	2.0	2.5	1.0	0.1	777
11/26 (二)	白飯 Rice	☆☆☆炒花枝(含芝麻) Stir-fried Cuttlefish with King Oyster Mushrooms (contain Sesame)	蘿蔔燻雞 Braised Pork and Radish	家常豆腐 Braised Tofu	有機蔬菜 Organic Vegetable	水果 Fruit	冬瓜山粉圓湯 White Gourd Soup with Chia Seeds	馬拉松(50G) Malaysian Cake	3.4	3.6	1.3	3.5	1.0	0.0	796
11/27 (三)	海苔香鬆飯 Furikake Seaweed Rice	毛豆菜羹 Steamed Egg with Edamame	茄汁豆包 Bean Curd with Tomato Sauce	燻烤時蔬 Vegetable Gratin	履歷蔬菜 Fresh Vegetable	水果 Fruit	玉米濃湯 Corn Soup	季節水果 Fruit	3.3	3.2	1.8	3.5	1.0	0.0	771
11/28 (四)	白飯 Rice	安東燻雞 Andong Braised Chicken	★白灼鮮蝦 Blanched Shrimps	醬炒海帶根 Stir-fried Kelp Sprouts	有機蔬菜 Organic Vegetable	水果 Fruit	雞骨香蒜湯 Chicken Soup with Bamboo Shoots and Mushrooms	鮮奶(125ml)+蜂蜜烤南瓜(45G) Fresh Milk + Roasted Pumpkin	3.3	3.2	1.8	3.5	1.0	0.0	771
11/29 (五)	特餐	☆☆☆風置飯 Japanese Vegetables Takikomi Rice	◎日式山風燒雞 Deep-fried Chicken Drumstick	蔬菜煎肉卷 Braised Vegetables	履歷蔬菜 Fresh Vegetable	水果 Fruit	番茄蛋花湯 Tomato and Egg Drop Soup	蜜汁黑干(60G) Dried Tofu with Honey Sauce	5.0	3.3	2.0	3.0	1.0	0.0	873

◎裹油炸物, 碎食類 Deep Fried Food, Contains gluten  
△表示魚類 Fish  
★表示帶殼海鮮 Shrimp or Shelled Seafood  
△表示加工品 Processed Product  
●表示半製品  
☆沙茶醬使用含防腐劑的全蛋沙茶醬, 不含花生成分  
食材一律選用國產  
本校未使用輻射污染食品

菜單開立: 林雨昕(新北食品股份有限公司營養師)