

康橋國際學校林口校區 112年12月小學部菜單
Lunch and Snack Menu, December 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)	豆魚 肉蛋 類 (份)	蔬 菜 類 (份)	油 脂 及 堅 果 類 (份)	奶 類 (份)		糖 類 (份)	熱 量 (Kcal)						
12/1 (五)	特餐	蘑菇醬麵 Stir-fried Noodles with Mushroom Sauce	酥炸腿排 Fried Chicken Thigh	蘿蔔燒麵 Braised Radish and Sliced Wheat Gluten	履歷青菜 Fresh Vegetable	胡瓜排骨湯 Cucumber and Pork Rib Soup	肉鬆麵包(60G)X1 Pork Floss Bun	5.0	3.3	2.0	3.0	1.0	0.0	873
12/4 (一)	糙米飯 Brown rice	野菜炒豚肉 Stir-fried Vegetables and Pork	蓮藕燒雞 Braised Chicken and Lotus Roots	鮮菇蛋羹 Steamed Egg with Mushrooms	履歷青菜 Fresh Vegetable	金針雞湯 Daylily and Chicken Soup	◎大三角薯餅X2 Large Triangle Hash Browns	5.5	4.5	1.7	3.0	1.0	0.0	990
12/5 (二)	白飯 Rice	樹子蒸魚片 Hungarian-Style Braised Pork with Vegetables	匈牙利蒸嫩肉 Hungarian-Style Braised Pork with Vegetables	芽香豆包 Stir-fried Bean Curd with Aromatic Celery	有機青菜 Organic Vegetable	四神湯 Four-Herbal Soup	芋泥包(60G) Taro Steamed Bun	4.9	4.0	1.8	3.8	1.0	0.0	961
12/6 (三)	五穀飯 Grain rice	孜然羊肉炒小黃瓜 Stir-fried Lamb with Cumin and Cucumber	彩蔬炒雞丁 Stir-fried Assorted Vegetables and Chicken	紅燒高麗菜 Stir-fried Cabbage	履歷青菜 Fresh Vegetable	青木瓜雞湯 Green Papaya Soup	蔥花麵包(60G)X1 Scallion Bread	4.8	3.8	1.6	3.4	1.0	0.0	910
12/7 (四)	白飯 Rice	三杯雞丁 3-cup Diced Chicken	★☆☆☆☆ Stir-fried Mixed Seafood with Cauliflower	蒜香扁豆 Garlic-Flavored Stir-fried Bottle Gourd with Shrimps	有機青菜 Organic Vegetable	米苔目綠豆甜湯 Sweet Rice Noodles Soup	雞蛋牛奶捲(70G)X1 Egg and Milk Steamed Bun	4.9	3.7	2.0	3.3	1.0	0.0	914
12/8 (五)	特餐	咖喱肉絲炒飯 Curry Shredded Pork Fried Rice	五香滷雞腿 Five-Spice Braised Chicken Drumstick	芹香海椒 Stir-fried Celery Flavored Kelp	履歷青菜 Fresh Vegetable	☆☆☆☆☆ Miso Soup with Tofu	糯米腸(90G)X1+蒜味醬 Sticky Rice Roll + Garlic Sauce	5.1	3.3	1.5	3.9	1.0	0.0	921
12/11 (一)	糙米飯 Brown rice	柚香蜜汁燒肉 Braised Pork with Honey Sauce	醬油鮮菇雞丁 Stir-fried Chicken with Oyster Sauce and Mushrooms	白菜炒年糕 Stir-fried Chinese Cabbage and Rice Cakes	履歷青菜 Fresh Vegetable	海芽薯絲湯 Kelp Sprouts Soup with Shredded Ginger	豬肉餡餅(60G) Pan-fried Pork Pie	5.5	3.7	1.7	3.1	1.0	0.0	936
12/12 (二)	白飯 Rice	◎☆☆☆☆ Deep-fried Cuttlefish	麻油高麗菜炒肉片 Stir-fried Pork Slices with Cabbage in Sesame Oil	肉末燒豆腐 Braised Tofu with Minced Pork	有機青菜 Organic Vegetable	芥菜雞湯 Mustard Green Chicken Soup	鮮肉包(60G)X1 Steamed Bun	4.6	4.5	1.8	3.7	1.0	0.1	984
12/13 (三)	五穀飯 Grain rice	鐵板肉柳 Teppanyaki Pork Tenderloin	栗子燒雞 Braised Chicken and Chestnuts	玉米炒蛋 Scrambled Eggs with Corn Kernels	履歷青菜 Fresh Vegetable	菠菜肉魚羹 Spinach and Anchovy Thick Soup	★蝦蝦河粉 Shrimp Rice Noodle Roll	4.8	4.5	1.7	3.5	1.0	0.0	971
12/14 (四)	白飯 Rice	咖喱雞肉 Chicken Curry	◎☆☆☆☆ Deep-fried Milkfish Sticks	蠔皇上樹 Stir-fried Mung Bean Noodles	有機青菜 Organic Vegetable	紫米紅豆湯 Black Rice and Azuki Beans Soup	傳統米血糕(75G)+味噌醬 Sticky Rice Cake + Miso Sauce	4.9	3.5	1.6	3.8	1.0	0.0	919
12/15 (五)	特餐	什錦肉絲炒米苔目 Stir-fried Rice Noodles with Shredded Meat	蜜汁雞翅 Honey-glazed Chicken Wings	豆酥長豆 Stir-fried Legume	履歷青菜 Fresh Vegetable	羅宋湯 Borscht	黑糖小饅頭(20G)X2+蘋果汁 Brown Sugar Bun+Apple Juice	5.0	3.3	2.0	3.6	1.0	0.2	933
12/18 (一)	糙米飯 Brown rice	照燒里肌肉排 Teriyaki Pork Chop	冬瓜燒雞 Braised Chicken with Winter Melon	鮮菇炒雙花 Stir-fried Cauliflower and Broccoli with Mushrooms	履歷青菜 Fresh Vegetable	麻油雞湯 Sesame Oil Chicken Soup	養生饅頭(60G)X1 Steamed Bun	5.2	3.7	1.9	3.1	1.0	0.0	920
12/19 (二)	白飯 Rice	◎☆☆☆☆ Deep-fried Milkfish Fillet	沙茶彩椒豬柳(含芝麻) Satay Sauce Pork Tenderloin with Bell Peppers and Sesame	焗烤茄子 Baked Eggplant	有機青菜 Organic Vegetable	黃豆芽肉絲湯 Soy Sprouts and Pork Soup	黃金水煎包(60G)X1 Pan-fried Stuffed Bun	4.8	3.5	2.0	3.9	1.0	0.1	940
12/20 (三)	五穀飯 Grain rice	●高麗菜炒牛肉絲 Stir-fried Shredded Beef with Cabbage	芋頭燒雞 Braised Chicken with Taro	金沙豆薯炒蛋 Scrambled Eggs with Jicama	履歷青菜 Fresh Vegetable	青木瓜雞湯 Green Papaya Chicken Soup	★蘿蔔糕(50G)X2 Radish Cakes	4.9	4.5	1.6	3.6	1.0	0.0	982
12/21 (四)	白飯 Rice	和風鹽燒雞 Japanese-Style Braised Chicken	六青蔥豆芽燒魚丁 Braised Fish Cubes with Bean Sprouts and Green Onions	南瓜豆腐煲 Pumpkin and Tofu Stew	有機青菜 Organic Vegetable	紫菜蛋花湯 Kelp Sprouts and Egg Drop Soup	筍香包(65G)X1 Bamboo Shoots Steamed Bun	5.5	4.0	1.7	3.4	1.0	0.0	977
12/22 (五)	聖誕節/冬至 特餐	番茄肉醬貝殼麵 Spaghetti with Tomato Meat Sauce	義式香料雞腿 Italian Herb Roasted Drumstick	◎波浪薯條 Crisple Fries	香料溫沙拉 Salade Tiede	紅豆湯圓 Red Beans and Rice Balls	原味戚風杯子 Chiffon Cake	5.1	3.3	2.0	3.7	1.0	0.0	922
12/25 (一)	聖誕節快樂													
12/26 (二)	白飯 Rice	☆蒲燒鯛魚 Kabayaki Sea Bream	◎鳳梨咕咾肉 Sweet and Sour Pork Dices with Pineapple	香菇高麗菜 Stir-fried Cabbage and Mushrooms	有機青菜 Organic Vegetable	☆苦瓜小魚湯 Bitter Melon and Anchovy Soup	玉兔包(30G)X2 Rabbit Steamed Bun	4.8	3.6	2.0	3.7	1.0	0.0	923
12/27 (三)	五穀飯 Grain rice	香香燒豬肉 Sukiyaki Pork	蘿蔔炒雞 Stir-fried Chicken with Radish	鮮菇炒芥菜 Stir-fried Mustard Greens and Mushroom	履歷青菜 Fresh Vegetable	大滷湯 Assorted Vegetables Thick Soup	香菇燒賣X3 Mushroom Shu Mai*3	5.1	3.7	2.0	3.5	1.0	0.0	940
12/28 (四)	白飯 Rice	奶香雞丁 Diced Chicken in Cream Sauce	☆☆☆☆☆ Hakka-style Stir-fry	滑蛋大頭菜 Scrambled Eggs with Kohlrabi	有機青菜 Organic Vegetable	銀耳薏仁湯 White Fungus and Job's Tears Soup	奶油玉米段X2(共6CM)+黃豆奶 Butter Corn + Soy Milk	3.1	3.5	1.7	3.0	1.0	0.0	747
12/29 (五)	特餐	★古早味油飯 Traditional Taiwanese Steamed Sticky Rice	◎酥炸腿排 Taiwanese Fried Chicken Thigh	紅片雙花 Stir-fried Cauliflower and Broccoli	履歷青菜 Fresh Vegetable	薑絲冬瓜湯 White Gourd Soup with Shredded Ginger	香油油豆腐(60G) Oily Tofu	4.5	3.0	2.0	2.5	1.0	0.0	762.5

◎裹炸炸物 Deep Fried Food

☆大魚類 Fish

★大帶殼海鮮 Shrimp or Shelled Seafood

△夾加工品 Processed Product

●全年常設品

☆茶葉選用全茶葉的全茶沙茶醬，不含芥末成分

菜單開立：邱淑娟(新北食品股份有限公司營養師)

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