

康橋國際學校林口校區 112年9月小學部菜單  
Lunch and Snack Menu, September 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 類 份	油 脂 及 堅 果 類 份	水 果 類 份	奶 類 份		熱 量 (Kcal)						
9/1 (五)	特餐 Fried Rice with Shredded Pork 白米 豬肉絲 洋葱 紅蘿蔔 毛豆	五香滷雞腿 Braised Spicy Chicken Drumstick	蘿蔔燒海蜇 Braised Kelp Sprouts and Radish	履歷青菜 Fresh Vegetable	水果 Fruit	葫瓜排骨湯 Cucumber and Pork Ribs Soup	肉鬆麵包(60G)X1 Pork Floss Bread	5.0	3.3	2.0	3.0	1.0	0.0	873
9/4 (一)	糙米飯 Brown rice	野菜炒豚肉 Stir-fried Vegetables and Pork	和風醬燒雞 Braised Chicken	鮮菇蒸蛋 Steamed Eggs with Mushrooms	履歷青菜 Fresh Vegetable	金針排骨湯 Daylily and Pork Ribs Soup	大三角薯餅X2 Hash Brown	5.5	4.5	1.7	3.0	1.0	0.0	990
9/5 (二)	白飯 Rice	豬肉柳 豆芽菜 紅蘿蔔 ◎☆☆☆☆炸花枝排 Deep-fried Cuttlefish	雞丁 馬鈴薯 洋葱 桂竹筍炒肉絲 Stir-fried Shredded Pork and Bamboo	雞蛋 香菇 金針菇 肉末燒豆腐 Braised Tofu with Minced Pork	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
9/6 (三)	五穀飯 Grain rice	●孜然羊肉炒小黃瓜 Stir-fried Lamb and Cucumber with Cumin	彩蔬炒雞丁 Stir-fried Assorted Vegetables and Diced Chicken	豆腐酥 Stir-fried Legume with Crispy Beans	履歷青菜 Fresh Vegetable	青木瓜雞翅湯 Green Papaya and Chicken Soup	★鮮蝦河粉 Shrimp Pho	4.8	3.8	1.6	3.4	1.0	0.0	910
9/7 (四)	白飯 Rice	三杯雞丁 3-cup Diced Chicken	☆青蔥豆豉燒魚丁 Stir-fried Fish Dices with Bean Sprouts and Scallion	蒜香扁扁 Stir-fried Bottle Gourd with Garlic	有機青菜 Organic Vegetable	米苔目綠豆甜湯 Thick Rice Noodles Sweet Soup with Mung Beans	菠蘿麵包(60G)X1 Pineapple Bun	4.9	3.7	2.0	3.3	1.0	0.0	914
9/8 (五)	特餐 Teppanyaki Noodles with Mushroom Sauce 烏龍麵 豬肉絲 洋葱 蘑菇 玉米 紅蘿蔔	◎酥炸腿排 Deep-fried Chicken Thigh	塔香海椒 Stir-fried Kelp Sprouts with Basil	履歷青菜 Fresh Vegetable	水果 Fruit	☆☆味噌豆腐湯 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
9/11 (一)	糙米飯 Brown rice	柚香蜜汁燒肉 Braised Pork with Honey Sauce	蠔油鮮菇滑雞丁 Stir-fried Diced Chicken and King Oyster Mushrooms with Oyster Sauce	白菜炒年糕 Stir-fried Chinese Cabbage and Rice Cake	履歷青菜 Fresh Vegetable	紫菜蛋花湯 Kelp Sprouts and Egg Drop Soup	豬肉餡餅(60G) Pan-fried Pork Pie	5.5	3.7	1.7	3.1	1.0	0.0	936
9/12 (二)	白飯 Rice	六福燒鰻魚 Kabayaki Sea Bream	麻油高麗菜炒肉片 Stir-fried Pork Slices with Cabbage in Sesame Oil	茄汁豆腐 Braised Tofu with Tomato Sauce	有機青菜 Organic Vegetable	苦瓜排骨湯 Bitter Gourd and Pork Ribs Soup	鮮肉包(60G)X1 Steamed Pork Bun	4.6	4.5	1.8	3.7	1.0	0.1	984
9/13 (三)	五穀飯 Grain rice	鐵板肉柳 Teppanyaki Pork Tenderloin	日式醬香雞肉串 Japanese Braised Chicken and Radish	豆薯炒蛋 Scrambled Eggs with Yam Bean	履歷青菜 Fresh Vegetable	枸杞山藥湯 Goji and Yam Soup	雞蛋牛奶捲(70G)X1 Egg and Milk Steamed Bun	4.8	4.5	1.7	3.5	1.0	0.0	971
9/14 (四)	白飯 Rice	雞肉筑前煮 Chicken Chikuzen-ni	◎☆☆☆☆炸虱目魚條 Deep-fried Milkfish Sticks	螞蟻上樹 Stir-fried Mung Bean Noodles	有機青菜 Organic Vegetable	紫米紅豆湯 Black Rice and Red 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
9/15 (五)	特餐 Fried Sauce Noodles	醬麵 Braised Chicken in Honey Sauce	蜜汁雞腿 Braised Chicken in Honey Sauce	紅絲高麗菜 Stir-fried Cabbage with Shredded Carrot	履歷青菜 Fresh Vegetable	竹筍排骨湯 Bamboo Shoots and Pork Ribs Soup	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
9/18 (一)	糙米飯 Brown rice	照燒里肌肉排 Teriyaki Pork Chop	栗子燒雞 Braised Chicken and Chestnuts	鮮菇炒白花椰 Stir-fried Cauliflower with Mushrooms	履歷青菜 Fresh Vegetable	麻油雞湯 Sesame Oil and Chicken Soup	奶酥麵包(60G)X1 Milky Filling Bread	5.2	3.7	1.9	3.1	1.0	0.0	920
9/19 (二)	白飯 Rice	◎☆☆☆☆炸炸炸魚 Deep-fried Shishamo	沙茶彩椒豬柳(含芝麻) Stir-fried Pork Tenderloin and Bell Pepper in Shacha Sauce (contain Sesame)	絲瓜炒珍珠菇 Stir-fried Spange Gourd and Mushrooms	有機青菜 Organic Vegetable	黃豆芽肉絲湯 Soy Sprouts and Shredded 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
9/20 (三)	五穀飯 Grain rice	紅燒肉丁 Braised Diced Pork	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	佛手瓜雞湯 Chayote and Chicken Soup	★蘿蔔糕(50G)X2 Radish Cakes	4.9	4.5	1.6	3.6	1.0	0.0	982
9/21 (四)	白飯 Rice	蓮藕燒雞 Braised Chicken and Lotus Root	☆☆☆☆炸魷魚 Stir-fried Squid with King Oyster Mushrooms	南瓜豆腐煲 Pumpkin and Tofu Stew	有機青菜 Organic Vegetable	傳統花生甜湯 Sweet Peanut Soup	肉圓(65G)X1 Ba Wan	5.5	4.0	1.7	3.4	1.0	0.0	977
9/22 (五)	特餐 Curry Fried Rice	咖哩炒飯 Curry Fried Rice	迷迭香腿排 Rosemary Chicken Thigh	蛋酥白菜 Stir-fried Chinese Cabbage and Egg Crisp	履歷青菜 Fresh Vegetable	海帶薑絲湯 Kelp Sprouts Soup with Shredded Ginger	糯米珍珠丸X3 Rice Meat Ball x3	5.1	3.3	2.0	3.7	1.0	0.0	922
9/23 (六)	特餐 Pesto Penne with Mushroom	野菇青醬筆管麵 Braised Chicken Wings in Tomato Sauce	茄汁雞翅 Braised Chicken Wings in Tomato Sauce	奶油起司玉米 Creamed Corn with Cheese	履歷青菜 Fresh Vegetable	西式鮮菇清湯 Mushroom Soup	燒雞御飯糰 Smoked Chicken Onigiri	5.6	3.3	1.6	3.6	1.0	0.2	965
9/25 (一)	糙米飯 Brown rice	苧菜粉蒸肉 Steamed Pork With Lotus Leaf	蘿蔔燒雞 Braised Chicken and Radish	塔香茄子 Stir-fried Eggplant and Basil	履歷青菜 Fresh Vegetable	山藥排骨湯 Yam and Pork Ribs Soup	鬆餅X1+葡萄汁 Waffle+Grape Juice	5.3	3.7	2.0	3.1	1.0	0.0	930
9/26 (二)	白飯 Rice	★☆☆☆☆炸三鮮 Stir-fried Cuttlefish with Vegetables	◎鳳梨咕咾肉 Sweet and Sour Pork with Pineapple	香菇高麗菜 Stir-fried Cabbage and Mushrooms	有機青菜 Organic Vegetable	薑絲冬瓜湯 White Gourd Soup with Shredded Ginger	玉兔包(30G)X2 Jade Rabbit Steamed Bun	4.8	3.6	2.0	3.7	1.0	0.0	923
9/27 (三)	五穀飯 Grain rice	香茅燒豬肉 Sukiyaki Pork	奶油燻雞丁 Chicken Dices Butter Stew	枸杞胡瓜 Stir-fried Cucumber with Goji	履歷青菜 Fresh Vegetable	大滷湯 Assorted Vegetables Thick Soup	香油油豆腐(60G) Braised Oily Tofu	5.1	3.7	2.0	3.5	1.0	0.0	940
9/28 (四)	白飯 Rice	燒肉醬雞腿 Braised Chicken Leg	☆☆☆☆燒魚 Braised Fish and Bottle Gourd	家常蒸蛋 Steamed Egg	有機青菜 Organic Vegetable	桂花蝦耳薯仁湯 Sweet Olive and Job's Tears Soup with Snow Fungus	香菇燒賣(20G)X3 Mushroom Shu Mai*3	5.0	3.5	1.5	3.6	1.0	0.0	911
中秋節	白米	佛腿	帶皮鴨腿+南瓜+紅蘿蔔+芋	雞蛋										

◎表海物物 Deep-fried Food  
☆☆表魚類 Fish  
★表帶殼海鮮 Shrimp or Shelled Seafood  
△表加工品 Processed Product  
●表牛蒡製品  
☆表沙茶醬用全字型的台全沙茶醬，不含花生油

菜單開立：邱淑娟(新食品股份有限公司營養師)

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