

康橋國際學校林口校區素食 111年11月份菜單
Lunch and Snack Menu, November 2022

| 日期 Date | 午餐 Lunch Menu's Detail | | | | | | | 下午點心 Afternoon Snack | 營養成分分析 | | | | | | | | |
|--------------|--|--|---|--|--|----------------------------|--|-------------------------|--|---|-----|-----|-----|-----|-----|-----|------|
| | 全日 總份數 (份) | 正菜 份數 (份) | 湯品 份數 (份) | 點心 份數 (份) | 水果 份數 (份) | 甜點 份數 (份) | 熱量 (Kcal) | | | | | | | | | | |
| 11/01 (二) | 白飯 Rice | 素拼香腸 Vegetarian Pork Dices | 玉米燻豆腐 Stir-fried Tofu and Corn | 紅綠絲頭菜 Stir-fried Turnip | 什絲炒筍 Stir-fried Bamboo | 有機青菜 Organic Vegetables | 香茅烤時蔬 Roasted Vegetables | 水果 Fruit | 青菜蛋花湯 Vegetable and Egg Drop Soup | 鮮蔬菜包 Vegetable Bun | 4.8 | 0.3 | 0.9 | 0.0 | 0.8 | 0.0 | 552 |
| 11/02 (三) | 五穀飯 Grain Rice | 水須炒蛋 Scrambled Eggs with Black Fungus | 三杯油豆腐 3-cup Oily Tofu | 毛豆炒干丁 Stir-fried Dried Tofu | 味噌燻瓜 Miso Bottle Gourd | 有機青菜 Fresh Vegetables | 玉米可樂餅 Croquettes | 水果 Fruit | 海芽豆腐湯 Kelp Sprouts and Tofu Soup | 素食餃子 Vegetarian Dumplings | 4.8 | 1.8 | 0.2 | 0.0 | 0.8 | 0.0 | 1004 |
| 11/03 (四) | 白飯 Rice | 黃金香芋捲 Taro Roll | 茄汁豆包 Bean Curd with Tomato Sauce | 蟹餅白菜 Stir-fried Bok Choy | 鮮菇燒烤翅 Braised Bean Curd | 有機青菜 Organic Vegetables | 鮮菇冬粉煲 Mung Bean Noodles Stew | 水果 Fruit | 蓮子QQ湯 Lotus seeds with QQ Yuan Sweet Soup | 地瓜芝麻球 Sweet Potato and Sesame Ball | 0.6 | 1.4 | 0.1 | 0.0 | 0.8 | 0.0 | 610 |
| 11/04 (五) | 特餐 Stir-fried Thick Rice Noodles | 什錦素肉炒麵 Braised Bean Curd | 醬燒扁花乾 Stir-fried Celery and Dried Tofu | 芹香木耳干片 Stir-fried Celery and Dried Tofu | 鮑菇雙花 Stir-fried Bocoili and Cauliflower with Tofu | 有機青菜 Fresh Vegetables | 蜜汁地瓜 Sweet Potato | 水果 Fruit | 薑絲冬瓜湯 White Gourd Soup | 素香鮑菇御飯糰 King Oyster Mushroom Onigiri | 1.3 | 1.3 | 0.5 | 0.0 | 0.8 | 0.0 | 492 |
| 11/07 (一) | 糙米飯 Brown Rice | 古早味蛋羹 Steamed Egg | 鮮蔬炒黑豆 Stir-fried Dried Tofu | 乾編四季豆 Stir-fried Green Beans | 香椿素肉丸 Vegan Meatballs with Chinese Tofu | 有機青菜 Fresh Vegetables | 田園甜豆 Stir-fried Green Beans | 水果 Fruit | 各式燻湯 Assorted Vegetables Soup | 墨西哥麵包 Mexican Bread | 5.0 | 0.0 | 0.6 | 0.0 | 0.8 | 0.0 | 976 |
| 11/08 (二) | 白飯 Rice | 日式味噌肉排 Miso Vegetarian Steak | 素沙茶炒麵 Sacha Wheat Gnocchi | 海帶芽炒蛋 Scrambled Eggs with Kelp Sprouts | 煎蛋餅 Braised Eggplants | 有機青菜 Organic Vegetables | 香菇水餃 Stir-fried White Water Snowflake with Tofu | 水果 Fruit | 大薯冬瓜丸湯 Cucumber and Mushroom Ball Soup | 芋泥包 Taro Bun | 4.8 | 0.8 | 0.0 | 0.0 | 0.8 | 0.0 | 1049 |
| 11/09 (三) | 五穀飯 Grain Rice | 香茅馬鈴薯蛋 Potato Frittata | 甜酸素排 Sweet and Sour Bean Curd | 鮮蔬炒黑豆 Stir-fried Kelp with Basil | 鮑菇雙花 Stir-fried Bottle Gourd | 有機青菜 Fresh Vegetables | 薑餅 Hash Browns | 水果 Fruit | 黃豆芽菜豆腐湯 Soy Sprouts and Radish Soup | 素霜糕 Radish Cake | 4.8 | 0.0 | 0.5 | 0.0 | 0.8 | 0.0 | 752 |
| 11/10 (四) | 白飯 Rice | 奶油芋香燻豆腐 Tofu Stew | 紅燒豆包 Braised Bean Curd | 鮮蔬炒寬冬粉 Stir-fried Mung Bean Noodles | 鍋燒白菜湯 Stir-fried Chinese Cabbage | 有機青菜 Organic Vegetables | 芝麻四季豆 Sesame Green Beans | 水果 Fruit | 椰香紫米露 Black Rice and Coconut Milk | 珍珠球 Pearl Ball | 1.8 | 1.4 | 0.3 | 0.0 | 0.8 | 0.0 | 457 |
| 11/11 (五) | 特餐 Hawaii Fried Rice | 夏威夷炒飯 Pan-fried Dumplings | 素煎餃 Golden Tofu Stew | 素煎餃 Golden Tofu Stew | 素煎餃 Golden Tofu Stew | 有機青菜 Fresh Vegetables | 海帶拌干絲 Kelp Strips and Tofu Strips | 水果 Fruit | 青木瓜湯 Green Papaya Soup | 烤地瓜+豆奶 Roasted Sweet Potato + Soy Milk | 4.0 | 1.5 | 0.4 | 0.0 | 1.1 | 0.0 | 813 |
| 11/14 (一) | 糙米飯 Brown Rice | 咖哩油豆腐 Oily Tofu Curry | 三色蛋 Three-colored Eggs | 四季豆炒香腸 Stir-fried Green Beans and King Oyster Mushrooms | 素佛手燻湯 Vegetarian Stew | 有機青菜 Fresh Vegetables | 甜薯薯條 Sweet Potato Fries | 水果 Fruit | 蓮藕玉米湯 Lotus Roots and Corn Soup | 瑞士蛋糕 Swiss Cake | 4.8 | 1.7 | 0.0 | 0.0 | 0.8 | 0.0 | 1006 |
| 11/15 (二) | 白飯 Rice | 小三角豆腐+馬鈴薯+紅蘿蔔 Braised Sacha Tofu | 彩蔬炒蛋 Scrambled Eggs with Vegetables | 四喜豆干 Twice-cooked Dried Tofu | 素宮芹封 Bitter Gourd Stuffing | 有機青菜 Organic Vegetables | 紅薯炒蛋 Scrambled Eggs with Tofu | 水果 Fruit | 海帶燻湯 Kelp and Tofu Strips | 素霜糕 Radish Cake | 7.1 | 2.1 | 0.0 | 0.0 | 0.8 | 0.0 | 935 |
| 11/16 (三) | 五穀飯 Grain Rice | 糖醋豆包 Sweet and Sour Bean Curd | 紅燒豆腐 Braised Dried Tofu | 鮮蔬炒蛋 Scrambled Eggs with Bamboo | 紅燒豆腐 Braised Dried Tofu | 有機青菜 Fresh Vegetables | 塔香茄子 Stir-fried Eggplants with Basil | 水果 Fruit | 金針鮮菇湯 Lily Flower and Mushroom Soup | 素香餅 Croquettes | 4.8 | 2.6 | 0.6 | 0.0 | 0.8 | 0.0 | 719 |
| 11/17 (四) | 白飯 Rice | 大耳炒素雞 Stir-fried Vegetarian Chicken | 海山醬鴨羹 Oily Tofu with Gracilaria | 紅燒豆腐 Braised Dried Tofu | 素宮芹封 Bitter Gourd Stuffing | 有機青菜 Organic Vegetables | 紅薯炒蛋 Scrambled Eggs with Tofu | 水果 Fruit | 海帶燻湯 Kelp and Tofu Strips | 素霜糕 Radish Cake | 1.4 | 1.6 | 0.1 | 0.0 | 0.8 | 0.0 | 583 |
| 11/18 (五) | 特餐 Stir-fried Rice Noodles with Pumpkin | 金瓜肉絲炒麵 Vegetarian Karage | 日式唐揚素雞塊 Stir-fried Broccoli and Cauliflower | 蟹餅白菜 Stir-fried Bok Choy | 和風燻湯 Japanese Braised Vegetables | 有機青菜 Fresh Vegetables | 豆豉苦瓜 Stir-fried Bitter Gourd | 水果 Fruit | 金蛋蛋湯 Tomato and Egg Drop Soup | 紫菜豆腐卷 Chirashizushi | 3.3 | 2.4 | 0.3 | 0.0 | 0.8 | 0.0 | 754 |
| 11/21 (一) | 糙米飯 Brown Rice | BBQ蘭花干 BBQ Bean Curd | 彩蔬炒蛋 Scrambled Eggs with Vegetables | 麻油高麗菜 Stir-fried Cabbage with Sesame Oil | 素香素排 Stir-fried Taro and Bean Curd | 有機青菜 Fresh Vegetables | 紅油水餃 Spicy Dumplings | 水果 Fruit | 海帶燻湯 Kelp and Radish Soup | 原味鬆餅 Waffles | 5.6 | 0.1 | 0.7 | 0.0 | 0.8 | 0.0 | 659 |
| 11/22 (二) | 白飯 Rice | 雪菜干丁 Stir-fried Dried Tofu | 塔香豆包 Bean Curd with Basil | 紅燒豆腐 Braised Dried Tofu | 素宮芹封 Bitter Gourd Stuffing | 有機青菜 Organic Vegetables | 綜合燻湯 Braised Vegetables | 水果 Fruit | 山藥芋仁湯 Yam and Job's Tears Soup | 酥油細圓+玉米粒 Braised Oily Tofu and Corn | 4.8 | 4.5 | 0.0 | 0.0 | 0.8 | 0.0 | 815 |
| 11/23 (三) | 五穀飯 Grain Rice | 榨油油豆腐 Braised Oily Tofu | 秋葵炒蛋 Scrambled Eggs with Okra | 鮮菇燻湯 Stir-fried Leaf Mustard | 甜酸素雞 Sweet and Sour Vegetarian Chicken | 有機青菜 Fresh Vegetables | 咖哩洋芋燻湯 Chick Peas and Potato Curry | 水果 Fruit | 鮮菇玉米湯 Mushroom and Corn Soup | 沖繩黑糖捲 Black Sugar Roll | 4.8 | 0.8 | 0.4 | 0.0 | 0.9 | 0.0 | 852 |
| 11/24 (四) | 白飯 Rice | 迷迭香素肉排 Rosemary Vegetarian Steak | 西芹香片炒豆干 Stir-fried Dried Tofu and Celery | 三杯香腸菇 3-Cup King Oyster Mushroom | 金針燻湯 Stir-fried Leaf Mustard | 有機青菜 Organic Vegetables | 麻辣豆腐 Spicy Tofu | 水果 Fruit | 芋圓燒仙草 Taro Balls and Grass Jelly | 素鍋貼 Vegetarian Pan-fried Dumplings | 5.6 | 1.3 | 0.2 | 0.0 | 0.8 | 0.0 | 796 |
| 11/25 (五) | 特餐 Stir-fried Thick Rice Noodles | 什錦素肉炒麵 Braised Bean Curd | 孜然豆包 Cumin Bean Curd | 紅薯燻湯 Stir-fried Bitter Gourd | 海帶燻湯 Braised Eggplants | 有機青菜 Fresh Vegetables | 山藥捲 Yam Roll | 水果 Fruit | 綠豆菜湯 Turnip Soup | 牛蒡御手捲 Burdock Hand Roll | 0.0 | 2.0 | 0.1 | 0.0 | 0.8 | 0.0 | 761 |
| 11/28 (一) | 糙米飯 Brown Rice | 椒鹽豆腐 Black Pepper Tofu | 蕃薯炒蛋 Scrambled Eggs with Tofu | 咖哩蔬菜 Vegetable Curry | 梅乾菜豆腐 Stir-fried Bitter Gourd | 有機青菜 Fresh Vegetables | 素霜糕 Radish Cake | 水果 Fruit | 蟹羹湯 Fat Choy Thick Soup | 藍莓餐包 Blueberry Bread | 4.8 | 0.0 | 0.2 | 0.0 | 0.8 | 0.0 | 797 |
| 11/29 (二) | 白飯 Rice | 蜜汁黑豆干 Braised Dried Tofu in Sweet Sauce | 鳳梨素肉塊 Stir-fried Vegetarian Meat and Pineapple | 焗烤地瓜 Roasted Sweet Potato | 梅乾菜豆腐 Stir-fried Chinese Cabbage | 有機青菜 Organic Vegetables | 麻油素腰花 Stir-fried Konjac | 水果 Fruit | 冬瓜薏仁湯 Whites Gourd and Job's Tears Soup | 芝麻包 Sesame Bun | 4.8 | 2.6 | 0.4 | 0.0 | 0.9 | 0.0 | 968 |
| 11/30 (三) | 五穀飯 Grain Rice | 豆豉素雞 Stir-fried Vegetarian Chicken | 韓式醬燒馬鈴薯 Korean Braised Potato | 茄汁白花捲 Cauliflower in Tomato Sauce | 涼拌四季豆 Green Beans | 有機青菜 Fresh Vegetables | 素餅不辣 Vegetarian Tempura | 水果 Fruit | 黃豆芽菜豆腐湯 Soy Sprouts and Tofu Soup | 大三角薯餅 Hash Browns | 4.8 | 3.2 | 0.2 | 0.0 | 0.8 | 0.0 | 905 |

◎表油炸物 Deep-fried Food 本校未使用輻射污染食品 菜單開立：邱淑涵(新北食品股份有限公司營養師) 菜單審核：鄭滿之、劉有麟(康橋國際學校林口校區營養師)