

康橋國際學校林口校區小學部 112年5月份菜單

KCIS Preschool Lunch and Snack Menu, May 2023

日期 Date	午餐 Lunch Menu's Detail						下午點心 Afternoon Snack		營養成分分析 Nutrient Content Analysis						
	飯類	主菜	副菜	湯類	蔬菜	水果	點心	點心	全日 總量 (kcal)	蛋白質 (g)	脂肪 (g)	碳水化合物 (g)	纖維 (g)	鈣 (mg)	鐵 (mg)
5/1 (一)	糙米飯	紅燒豬腳	蠔油鮮菇燻雞丁	枸杞冬瓜	履歷青菜	水果	金針排骨湯	香菇厚片土司(60G)	4.5	3.3	2.0	3.0	1.0	0.1	850
	Brown Rice	Braised Pork Knuckle	Stir-fried Diced Chicken and Mushrooms with Oyster Sauce	White Gourds with Goji	Fresh Vegetable	Fruit	Daylily and Pork Ribs Soup	Garlic Toast							
5/2 (二)	白飯	◎六△海苔魚排	玉米炒肉末	鹽水蔬菜	有機青菜	水果	青菜蛋花湯	肉圓(60G)X1	4.5	3.3	2.0	2.8	1.0	0.0	826
	Rice	Fish Fillet with Seaweed	Stir-fried Minced Pork and Corn Kernels	Stir-fried Vegetables	Organic Vegetable	Fruit	Vegetable and Egg Drop Soup	Steamed Meat Ball							
5/3 (三)	五穀飯	●沙茶空心菜炒羊肉(含芝麻)	腐乳燒雞	滑蛋焗南瓜	履歷青菜	水果	海芽豆腐湯	豬肉高麗菜水餃X3	4.5	3.3	1.5	2.6	1.0	0.0	801
	Grain Rice	Stir-fried Shacha Lamb with Water Spinach (contain sesame)	Steamed Chicken with Fermented Bean Curd	Steamed Pumpkin with Scrambled Eggs	Fresh Vegetable	Fruit	Kelp Sprouts and Tofu Soup	Dumplings							
5/4 (四)	白飯	咖哩雞肉	☆西芹筍片炒魷魚	蘿蔔燒海帶結	有機青菜	水果	銀耳蓮子湯	☆花旗丸X3	3.5	3.0	2.0	3.5	1.0	0.0	775
	Rice	Chicken Curry	Stir-fried Squid with Celery and Bamboo	Braised Kelp and Radish	Organic Vegetable	Fruit	White Fungus and Lotus Seed Sweet Soup	Cuttlefish Balls							
5/5 (五)	特餐	什錦肉燥炒肉絲	醬燒蹄膀	鮑菇雙花	履歷青菜	水果	薑絲冬瓜湯	傳統糯米腸+海山醬	3.7	2.9	2.0	3.0	1.0	0.0	748
	特餐	白麵+豬肉燥+豆芽菜+生香菇+韭菜+乾香菇	雞腿排	青花菜+白花菜+杏鮑菇	Fresh Vegetable	Fruit	White Gourd Soup with Shredded Ginger	Rice Sausage + Sweet Chili Bean Sauce							
5/8 (一)	糙米飯	番茄焗肉	馬鈴薯燒雞	鮮菇炒寬冬粉	履歷青菜	水果	大滷湯	墨西哥麵包X1	4.0	3.3	2.0	2.9	1.0	0.1	809
	Brown Rice	Braised Pork and Tomato	Braised Chicken and Potato	Stir-fried Mung Bean Noodles with Vegetables	Fresh Vegetable	Fruit	Assorted Vegetables Soup with Vegetables	Mexican Bread							
5/9 (二)	白飯	◎酥炸虱目魚條	桂竹筍炒肉絲	毛豆蒸蛋	有機青菜	水果	大黃瓜排骨湯	芋泥包(60G)X1	3.4	3.7	1.4	3.5	1.0	0.1	818
	Rice	Fried Milkfish Strips	Stir-fried Shredded Pork with Bamboo	Steamed Egg with Edamame	Organic Vegetable	Fruit	Cucumber and Pork Ribs Soup	Taro Bun							
5/10 (三)	五穀飯	白菜菇炒肉片	◎糖醋雞丁	塔香海軍	履歷青菜	水果	黃豆芽肉燥湯	翡翠燒賣(20G)X3	3.1	3.2	2.0	3.0	1.0	0.0	732
	Grain Rice	Stir-fried Pork Slices with Mushrooms and Cabbage	Sweet and Sour Diced Chicken	Stir-fried Kelp with Basil	Fresh Vegetable	Fruit	Soybean Sprouts and Shredded Pork Soup	Shu Mai							
5/11 (四)	白飯	奶油洋蔥雞	☆五味魚丁	鮮菇燻雞	有機青菜	水果	椰香紫米露	珍珠丸X3	3.3	3.0	1.6	2.7	1.0	0.0	703
	Rice	Potato and Chicken Stew	Spicy Stir-fried Diced Fish	Stir-fried Spung Gourd and Mushroom	Organic Vegetable	Fruit	Black Glutinous Rice with Coconut Milk	Pearl Meat Ball							
5/12 (五)	特餐	夏威夷炒飯	蜜汁雞腿	黃金豆腐煲	履歷青菜	水果	青木瓜雞湯	烤地瓜X1+豆奶	3.5	3.0	1.5	2.9	1.0	0.0	727
	特餐	白飯+豬肉燥+玉米粒+紅蘿蔔+鳳梨	棒棒腿	板豆腐+紅蘿蔔+毛豆+蔥花	Fresh Vegetable	Fruit	Green Papaya and Chicken Soup	Roasted Sweet Potato+ Soy Milk							
5/15 (一)	糙米飯	◎椒鹽排骨酥	冬瓜燒雞	咖哩蔬餐	履歷青菜	水果	肉骨茶	瑞士捲蛋糕(50G)	4.5	3.3	2.0	2.5	1.0	0.1	820
	Brown Rice	Salt and Pepper Pork Ribs	Braised Chicken and White Gourd	Vegetables Curry	Fresh Vegetable	Fruit	Bak Kut Teh	Swiss Roll Cake							
5/16 (二)	白飯	☆蒲燒鯛魚	胡瓜炒肉片	番茄炒蛋	有機青菜	水果	玉米濃湯	奶皇包(65G)	4.7	3.7	1.7	3.0	1.0	0.0	874
	Rice	Kabayaki Sea Bream	Stir-fried Cucumber and Pork Slices	Scrambled Eggs with Tomato	Organic Vegetable	Fruit	Corn Soup	Sweet Custard Bun							
5/17 (三)	五穀飯	●韓式白菜炒牛肉	玉米炒雞	鐵板時蔬	履歷青菜	水果	金針肉燥湯	玉米香酥餅(30G)X2	3.7	3.4	2.0	3.0	1.0	0.2	813
	Grain Rice	Bulgogi	Stir-fried Chicken and Corn	Stir-fried Vegetables	Fresh Vegetable	Fruit	Daylily and Shredded Pork Soup	Corn Pancakes x2							
5/18 (四)	白飯	◎日式唐揚雞	☆蔥爆沙茶花枝(含芝麻)	紅燒扁扁	有機青菜	水果	綠豆薏仁湯	蔥肉餡餅(40G)X2	3.5	3.0	2.0	3.5	1.0	0.1	787
	Rice	Chicken Karage	Stir-fried Bottle Gourd with Shredded Carrot	Stir-fried Shredded Carrot	Organic Vegetable	Fruit	Mung Beans and Job's Tears Soup	Pork Pie							
5/19 (五)	特餐	金瓜肉燥炒米粉	五香滷味蹄腿	魚香豆腐	履歷青菜	水果	番茄蛋花湯	紫米豆皮壽司X2	3.9	3.0	1.5	2.8	1.0	0.0	749
	特餐	米粉+高麗菜+南瓜+豬肉燥+紅蘿蔔+香菇+芥菜	棒棒腿	板豆腐+豬絞肉+蔥花	Fresh Vegetable	Fruit	Tomato and Egg Drop Soup	Black Rice Bean Curd Sushi							
5/22 (一)	糙米飯	BBQ豬排	彩蔬雞丁	麻油高麗菜	履歷青菜	水果	海帶結蘿蔔湯	鬆餅X1+蘋果汁	4.0	3.3	2.0	2.8	1.0	0.1	803
	Brown Rice	BBQ Pork Chop	Stir-fried Diced Chicken and Vegetables	Stir-fried Cabbage with Sesame Oil	Fresh Vegetable	Fruit	Kelp Sprouts and Radish Soup	Waffles+Apple Juice							
5/23 (二)	白飯	☆酥炸水瓜片	馬鈴薯炒肉絲	胡瓜炒肉片	有機青菜	水果	山藥薏仁湯	蔥花捲(60G)X1	3.5	3.3	1.9	3.5	1.0	0.0	795
	Rice	Deep-fried Fish Slices	Stir-fried Shredded Pork and Potato	Stir-fried Cucumber and Mushrooms	Organic Vegetable	Fruit	Yam and Job's Tears Soup	Scallion Roll							
5/24 (三)	五穀飯	◎鳳梨咕咾肉	孜然雞翅	蒜炒雙花	履歷青菜	水果	鮮菇玉米雞湯	油油細筒(60G)X1	3.7	3.2	2.0	3.0	1.0	0.0	774
	Grain Rice	Sweet and Sour Pork with Pineapple	Cumin Chicken Wings	Stir-fried Broccoli and Cauliflower	Fresh Vegetable	Fruit	Mushroom and Corn Soup	Braised Oily Tofu							
5/25 (四)	白飯	豆瓣燒雞	☆味噌鯛魚片	家常豆腐	有機青菜	水果	芋圓燒仙草	鍋貼(20G)X3	4.0	3.0	1.3	3.0	1.0	0.0	763
	Rice	Braised Chicken with Fermented Soybean Sauce	Miso Sea Bream Fillet	Braised Tofu	Organic Vegetable	Fruit	Taro Balls and Grass Jelly	Pan-fried Dumplings							
5/26 (五)	特餐	雞肉飯	菜脯蛋	翠炒鮑菇	履歷青菜	水果	綠瓜肉片湯	奶油玉米段(3CM)X3	3.9	3.2	2.0	2.7	1.0	0.0	770
	特餐	白米 雞肉飯 紅蔥頭	雞蛋菜脯	杏鮑菇 佃豆 紅蘿蔔	Fresh Vegetable	Fruit	Sponge Gourd and Pork Slices Soup	Butter Corn							
5/29 (一)	糙米飯	鐵板豬排	麻油雞	紅燒紫茄	履歷青菜	水果	梨菜羹湯	藍莓餐包X1	4.0	3.2	2.0	2.5	1.0	0.1	777
	Brown Rice	Stir-fried Pork Tenderloin	Sesame Oil Chicken Soup	Braised Eggplants	Fresh Vegetable	Fruit	Long Thread Moss Thick Soup	Blueberry Bread							
5/30 (二)	白飯	◎酥炸柳葉魚	醬爆肉片	古早味蒸蛋	有機青菜	水果	冬瓜排骨湯	芝麻包X1	3.4	3.6	1.3	3.5	1.0	0.0	796
	Rice	Deep-fried Shishamo	Stir-fried Pork Slices	Steamed Egg	Organic Vegetable	Fruit	White Gourd and Pork Ribs Soup	Sesame Bun							
5/31 (三)	五穀飯	椰菜魚*2	豬肉片+小黃瓜+洋蔥	雞蛋	履歷青菜	水果	冬瓜+龍骨丁+薯條	麵、奶	3.3	3.2	1.8	3.5	1.0	0.0	771
	Grain Rice	Stir-fried Pork and Vegetable with Oyster Sauce	Deep-fried Diced Chicken	Stir-fried Chinese Cabbage and Mung Bean Noodles	Fresh Vegetable	Fruit	Chicken Soup with Bitter Gourd and Pineapple	Shredded Radish Roll							

◎裹油炸物 Deep Fried Food

☆裹魚類 Fish

★裹帶殼海鮮 Shrimp or Shelled Seafood

△裹加工品 Processed Product

●裹牛羊肉製品

菜單開立：邱筱蓮(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)

食材一律使用國產糧