

**康橋國際學校幼兒園(林口校區)**  
**110-1學期九月份菜單**  
**KCIS Preschool Lunch and Snack Menu, September 2021**

日期 Date	早餐 Breakfast	午餐 Lunch Menu's Detail					下午點心 Afternoon Snack	營養成分分析 Nutrient Content Analysis							
								全穀根 莖類 (份)	豆魚 肉蛋類 (份)	蔬菜類 (份)	油脂及 堅果類 子類 (份)	水果 (份)	奶類 (份)	熱量 (Kcal)	
9/1 (三)	蛋香鮮蔬麵疙瘩湯 Egg and vegetable gnoccci	糙米飯 Brown Rice	養生菇肉片 Stir-fried mushroom with pork	清炒花椰 Stir-fried broccoli	履歷青菜 Fresh Vegetable	水果 Fruit	青菜豆腐湯 Vegetable & tofu soup	鬆餅+現打果汁 Pancake and fresh juice	4.5	2.3	2	1.8	2	0.3	728.5
9/2 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	五穀飯 Grain Rice	塔香椰奶咖哩雞 Coconut milk with curry chicken and barsil	醬燒杏鮑菇 king oyster mushroom stew	有機青菜 Organic Vegetable	水果 Fruit	蘿蔔排骨湯 Radish with ribs soup	豆皮烏龍麵 Tofu Udon	4.5	2	1.8	1.8	2	1.3	827
9/3 (五)	DIY沙拉麵包+薏仁漿 DIY salad bread and Job's tear	茄汁筆管麵 Tomato sauce Penne	照燒醬豬 Teriyaki Pork	義式鮮蔬南瓜 Pumpkin and vegetable	履歷青菜 Fresh Vegetable	水果 Fruit	玉米濃湯 Creamy corn soup	香蕉戚風蛋糕+米漿 Banana chiffon cake and rice milk	5	1.8	2.5	2.3	1.2	0.3	723
9/6 (一)	日式煮南瓜+紅豆牛奶 Stewed pumpkin and red bean milk	白飯 Rice	蜜汁烤雞翅 Chicken wing with Sweet Sauce	菌菇小炒 Stir-fried mushroom	履歷青菜 Fresh Vegetable	水果 Fruit	酸辣湯 Hot and sour soup	關東煮 Oden	5	1.5	1.7	1.8	1	1.1	748
9/7 (二)	海芽蛋花豆腐粥 Seaweed egg tofu congee	紫米飯 Purple Rice	☆綠炒魚丁 Stir-fried fish with vegetable	芹香麵腸 Stir-fried celery and Gluten	有機青菜 Organic Vegetable	水果 Fruit	羅宋湯 Borscht	小鮮肉包+薏仁漿 Pork bao and Job's tear	5	2.3	2	1.8	1.2	0	679.5
9/8 (三)	雞肉蘑菇醬拌麵 Mushroom and chicken noodles	糙米飯 Brown Rice	番茄燉肉 Stewed pork with tomato	彩繪金針 Stir-fried Flammulina Velutipes	履歷青菜 Fresh Vegetable	水果 Fruit	味噌海帶芽湯 Seaweed in miso soup	泡芙+現打果汁 Puff and fresh juice	4.5	1.8	2.3	1.8	2	0.3	708.5
9/9 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	五穀飯 Grain Rice	豆薯丁燒雞 Stir-fried chicken with potato	三杯鮮蔬茼蒿 Stir-fried Konjac with Basil and Sesame Oil	有機青菜 Organic Vegetable	水果 Fruit	麻油豬肉湯 Sesame oil and pork soup	豬肉焗烤飯 Gratin rice with pork	4.5	2.5	1.5	1.8	2	0.8	787
9/10 (五)	☆DIY捲餅+燕麥飲 DIY burrito and Oatmeal drink	客家炒麵條 Fried Flat Noodle	蜜汁叉燒 Prok with sweet sauce	菇香空心菜 Water spinach with mushroom	履歷青菜 Fresh Vegetable	水果 Fruit	黃金翡翠羹湯 Spinach thickened soup with egg	黑糖杯子蛋糕+黑豆漿 Cup cake and black soy milk	6	2.5	1.5	1.8	1.3	0.3	790
9/11 (六)	焗烤馬鈴薯+薏仁漿 Gratin potato and Job's tear	白飯 Rice	台式滷翅小腿 Braised drumstick	枸杞高麗菜 Cabbage with lycium	履歷青菜 Fresh Vegetable	水果 Fruit	玉米蘿蔔湯 Corn and Radish Soup	日式味噌拉麵 Miso ramen	5	1	2	1.8	1.3	0.3	650
9/13 (一)	烤地瓜+芝麻牛奶 Grilled sweet potato and sesame milk	白飯 Rice	烤雞翅 Grilled chicken wing	白菜滷 Braised cabbage	履歷青菜 Fresh Vegetable	水果 Fruit	紫菜蛋花湯 Seaweed & egg soup	香料蔬菜炒飯 Stir-fried Rice with spices	4.5	1.5	2	2.3	1	0.8	707
9/14 (二)	雞茸糙米粥 Chicken brown congee	紫米飯 Purple Rice	☆蒲燒鯛 Kabayaki tillapia	酒釀海帶結 Braised seaweed and radish	有機青菜 Organic Vegetable	水果 Fruit	蔬菜肉絲湯 Fresh Vegetable Shredded Meat Soup	小叉燒包+豆漿 Steamed BBQ Pork Bao and soybean milk	4.5	3	2	1.5	1	0	657.5
9/15 (三)	日式味噌烏龍麵 Miso udon	糙米飯 Brown Rice	素沙茶肉片 Stir-fried pork with vegan BBQsauce	紅絲高麗菜 Fried cabbage with carrots	履歷青菜 Fresh Vegetable	水果 Fruit	什錦珍菇湯 Green mushroom soup	紅豆果子燒+100%果汁 Dorayaki with Red Bean 100% juice	4.5	0.8	2	1.8	2	0.3	646
9/16 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	五穀飯 Grain Rice	和風雞丁 Fried chicken with japanese sauce	清炒鮮筍 Stir-fried bamboo shoot	有機青菜 Organic Vegetable	水果 Fruit	番茄肉片湯	鍋燒豬肉麵 Pork pot noodles	4.5	2	2	1.8	2	0.8	772
9/17 (五)	DIY沙威瑪+黑豆漿 DIY Shawurma and black soybean milk	台式炒麵 Pan-fried Noodle	◎日式豬排 Japanese style pork chop	木耳炒黃瓜 Stir-fried Black fungus and cucumber	履歷青菜 Fresh Vegetable	水果 Fruit	法式洋蔥濃湯 French onion soup	小蘇式月餅+綠豆湯 Sweet bean mooncake and green bean soup	5.5	1.5	1.8	2	1.3	0.8	776.5
<b>中秋連假</b>															
9/22 (三)	◎土魷魚紅麵線 Mullet vermicelli	糙米飯 Brown Rice	梅醬豬肉 Pork with purple plum	毛豆炒菇 Stir-fried Edamame and mushroom	履歷青菜 Fresh Vegetable	水果 Fruit	番茄蔬菜湯 Tomato vegetable soup	布丁塔+豆漿 Pudding Tart and soybean milk	4.5	2.5	1.6	2	1	0.3	678.5
9/23 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	五穀飯 Grain Rice	三杯雞 Fried chicken with wine, sesame oil and soy sauce	◎地瓜薯條 Deep-fried Sweet Potato	有機青菜 Organic Vegetable	水果 Fruit	清燉香茅豬骨湯 Stewed cymbopogon citratius and ribs	豚骨豬拉麵 Pork ramen	4.5	2	2	1.8	2	0.8	772
9/24 (五)	DIY雞排漢堡+薏仁飲 DIY chicken steak hamburger and Job's tear	蒜香奶油螺旋麵 Garlic creamy Rotini	義式香草豬排 Italian pork chop	鮮炒四季豆 Stir-fried String Beans	履歷青菜 Fresh Vegetable	水果 Fruit	蘑菇濃湯 Cream mushroom soup	芝麻蛋糕捲+100%果汁 Sesame cake roll and 100% juice	5	2.1	2	1.8	2.3	0.3	770.5
9/27 (一)	奶油玉米+黑豆漿 Creamy corn and black soybean milk	白飯 Rice	烤雞腿 Grilled drumstick	紅絲青花菜 Stir-fried broccoli with carrots	履歷青菜 Fresh Vegetable	水果 Fruit	四神湯 Sishen Soup	雞肉時蔬拌飯 Chicken and vegetable rice	4.5	2.3	1.8	2.3	1	0	650
9/28 (二)	南瓜蔬菜粥 Pumpkin vegetable congee	紫米飯 Purple Rice	☆紅燒魚塊 Baried Fish with Soy sauce	起司風味馬鈴薯 Cheese potato	有機青菜 Organic Vegetable	水果 Fruit	蓮藕排骨湯 Lotus Root in Rib Soup	高麗菜包+自製芝麻糊 Cabbage Bao and sesame paste	4.5	1.8	2.3	2.3	1	0	635
9/29 (三)	肉骨茶麵 Bak kut the noodles	糙米飯 Brown Rice	鳳梨豬排 Pork chop with pineapple	薑絲海根 Stir-fried sea root with ginger	履歷青菜 Fresh Vegetable	水果 Fruit	古早味蘿蔔湯 Radish soup	烤蘋果千層派+薏仁漿 Old fashioned apple pie and Job's tear	5	1.5	1.8	2	1.1	0.2	657.5
9/30 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	五穀飯 Grain Rice	◎香酥雞丁 Deep-fried chicken	三絲黃芽 Stir-fried vegetable	有機青菜 Organic Vegetable	水果 Fruit	冬瓜薏仁湯 Winter Melon and Barley Soup	麻油豬麵線 Sesame oil pork vermicelli	4.5	1.5	2	1.7	2	0.8	740

◎表油炸物 Fried Food  
 ☆表魚類 Fish  
 ★表帶殼海鮮 Shrimp and Shelled Seafood  
 幼兒園食材一律使用國產豬

菜單開立：張珺婷(尊爵團膳營養師)

菜單審核：羅婕(康橋國際學校林口校區營養師)