

康橋國際學校林口校區幼兒園 112年4月份菜單
KCIS Preschool Lunch and Snack Menu, April 2023

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						
									全穀類 穀類 (份)	豆類 蛋類 (份)	蔬菜類 (份)	水果 或 漿類 子類 (份)	水果 (份)	奶類 (份)	熱量 (Kcal)
4/6 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	豆瓣燒雞 Braised Chicken	海芽蒸蛋 Steamed Egg and Seaweed	有機青菜 Organic Vegetable	水果 Fruit	薑絲冬瓜湯 Ginger White Gourd Soup	肉絲炒飯 Fried Rice with Shredded Pork	6.2	2	1.7	1.2	2	0.4	837
4/7 (五)	菇菇海苔小飯糰+黑豆漿 Mushroom Onigiri+Black Soy Milk	特餐	台南乾麵 Noodles with Minced Pork	蔥雞肉柳 Braised Chicken Loins	履歷青菜 Fresh Vegetable	水果 Fruit	金針排骨湯 Lily Ribs Soup	鬆餅+無糖麥茶 Waffle+Sugar-free Barley Tea	6.1	2.2	1.8	1	2.1	0.4	840
4/10 (一)	焗烤馬鈴薯+黑糖牛乳 Baked Potato+Brown Sugar Milk	糙米飯 Brown Rice	豚肉壽喜燒 Sukiyaki Pork	彩蔬炒豆薯 Stir-fried Yam Bean	履歷青菜 Fresh Vegetable	水果 Fruit	☆吻仔魚紫菜羹 Anchovy and Seaweed Soup	粉紅醬貝殼麵 Trapani Pesto Conchiglie	6.2	2.2	1.9	1.2	2.1	0.4	861
4/11 (二)	滑蛋雞蓉粥 Chicken and Egg Congee	白飯 Rice	☆破布子蒸魚捲 Steamed Fish with Cordia Dichotoma	木耳白花 Stir-fried Cauliflower and Black Fungus	有機青菜 Organic Vegetable	水果 Fruit	養生雞湯 Healthy Chicken Soup	鮮肉包+冬瓜薏仁湯 Fresh Meat Buns+ Winter Melon Soup with Job's Tears	6.2	2	2.0	1	2.1	0.4	837
4/12 (三)	芙蓉麵線 Thin Noodles Soup	五穀飯 Grain Rice	南洋咖哩豬 Coconut Curry Pork	麻油高麗菜 Stir-fried Cabbage with Sesame Oil	履歷青菜 Fresh Vegetable	水果 Fruit	山藥排骨湯 Yam Pork Rib Soup	特選小饅頭+青菜肉絲湯 Milk Bun+Vegetable and Pork Strips Soup	6.1	2.2	1.9	1	1.9	0	785
4/13 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	醬爆雞丁 Stir-fried Chicken with Soy Sauce	紅蘿蔔炒蛋 Scrambled Eggs with Carrot	有機青菜 Organic Vegetable	水果 Fruit	番茄豆腐湯 Tomato and Tofu Soup	古早味蘿蔔糕湯 Traditional Flavor Carrot Cake Soup	6	2.1	1.9	1.2	2	0.4	835
4/14 (五)	燒肉時蔬刈包+薏仁漿 Pork Belly Bun+Job's Tears Milk	特餐	☆日式豬肉炒烏龍 Japanese Stir-fried Pork Udon	照燒雞翅 Teriyaki Chicken Wing	履歷青菜 Fresh Vegetable	水果 Fruit	☆味噌蔬菜湯 Vegetables Miso Soup	杯子蛋糕+低糖豆漿 Cup Cake + Low Sugar Soy Milk	6.2	2	2.1	1	2.1	0	791
4/17 (一)	烤地瓜+☆紫菜吻魚湯 Sweet Potato + Seaweed and Anchovy Soup	糙米飯 Brown Rice	◎炸排骨酥 Deep Fried Pork Ribs	鐵板時蔬 Stir-fried Bean Sprouts	履歷青菜 Fresh Vegetable	水果 Fruit	什錦蛋花湯 Assorted Egg Drop Soup	奶油雞肉野菇筆管麵 Chicken and Mushroom Fusilli with Cream Sauce	6.2	2.3	2.1	1	2.3	0	823
4/18 (二)	毛豆南瓜小米粥 Porridge with Pumpkin and Edamame	白飯 Rice	☆◎避風塘魚丁 Deep-fried Fish Dices	海結燒豆腐 Braised Kelp and Tofu	有機青菜 Organic Vegetable	水果 Fruit	番茄金針菇湯 Tomato and Enoki Mushroom Soup	芝麻包+紅豆燕麥湯 Sesame Bao+ Red Bean and Oats Soup	6.1	2.2	1.8	1	2	0	787
4/19 (三)	雞肉芹菜飯條湯 Chicken and Celery Rice Noodle Soup	五穀飯 Grain Rice	蔥爆豬肉片 Stir-fried Pork Slices with Scallion	塔香茄子 Basil Eggplant	履歷青菜 Fresh Vegetable	水果 Fruit	黃豆芽肉絲湯 Soy Sprouts and Pork Strip Soup	蔓越莓餐包+燒仙草 Cranberry Bread+Grass Jelly	6.3	2.1	1.9	1	2.2	0.4	853
4/20 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	糖醋雞丁 Sweet and Sour Chicken	珍菇高麗菜 Stir-fried Cabbage with Enoki Mushroom	有機青菜 Organic Vegetable	水果 Fruit	芋頭排骨湯 Taro Rib Soup	★油飯 Oil Rice	6.2	2.2	1.9	1.2	2.1	0.4	861
4/21 (五)	紅絲蛋小亨堡+豆漿 Scrambled Eggs Bun with Carrot + Soy Milk	特餐	高麗肉絲炒飯 Fried Rice with Cabbage and Shredded Pork	蜜汁翅小腿 Drumette with Tomato Sauce	履歷青菜 Fresh Vegetable	水果 Fruit	玉米海根湯 Corn and Kelp Soup	蔥花捲+枸杞紅棗茶 Scallion Bun+Goji and Dates Tea	6.1	2.2	1.8	1	2.1	0.4	840
4/24 (一)	南瓜沙拉+風味花椰菜燉湯 Pumpkin Salad + Flavored Cauliflower Stew	糙米飯 Brown Rice	照燒豬柳 Teriyaki Pork Loin	★開陽白菜 Stir-fried Bok Choy	履歷青菜 Fresh Vegetable	水果 Fruit	青木瓜雞湯 Green Papaya Chicken Soup	薑黃雞肉燉飯 Chicken Stew Rice with Curcumin	6.3	2.2	1.7	3	0.8	0	865
4/25 (二)	雞茸玉米燕麥粥 Chicken and Corn Oatmeal Porridge	白飯 Rice	☆鮑菇炒花枝 Stir-fried Cuttlefish with King Oyster Mushroom	塔香海草 Stir-fried Kelp and Basil	有機青菜 Organic Vegetable	水果 Fruit	蔬菜肉絲湯 Vegetable and Pork Strips Soup	筍香肉包+黑豆漿 Bamboo Shoot and Pork Buns+Black Soy Milk	6.1	2.1	2.0	3	0.8	0	851
4/26 (三)	☆吻仔魚絲麵線 Anchovy Noodles with Loofah	五穀飯 Grain Rice	醬爆豬肉絲 Stir-fried Shredded Pork	番茄炒蛋 Scrambled Eggs with Tomato	履歷青菜 Fresh Vegetable	水果 Fruit	大滷湯 Assorted Vegetables Thick Soup	翡翠燒賣+低糖豆漿 Shu Mai+ Low Sugar Soy Milk	6.1	2.0	1.2	3.0	0.8	0.0	823
4/27 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	奶香雞丁 Cream Chicken Stew	紅絲扁蒲 Stir-fried Bottle Gourd with Carrots	有機青菜 Organic Vegetable	水果 Fruit	☆海芽小魚湯 Kelp Sprouts and Anchovy Soup	台式肉燥拌飯 Braised Pork Rice	5.4	2.2	2.0	3.0	1.5	0.5	901
4/28 (五)	日式燒肉小漢堡+米漿 Yakiniku Burger+Peanut and Rice Milk	特餐	什錦肉絲炒米苔目 Stir-fried Thick Rice Noodles with Pork Strips	茄汁雞丁 Chicken with Tomato Sauce	履歷青菜 Fresh Vegetable	水果 Fruit	芹香蘿蔔湯 Radish Soup with Celery	紅豆餐包+花椰菜濃湯 Red Bean Buns+ Cauliflower Thick Soup	6.0	2.5	1.8	2.0	0.8	0.0	809

◎裹油炸物 Fried Food

☆表魚類 Fish

★表帶殼海鮮 Shrimp and Shelled Seafood

幼兒園飲品甜度6以下，食材一律使用國產豬、牛肉，未使用輻射污染食品。

沙茶醬使用含芝麻的全素沙茶醬，不含花生成分

菜單開立：蔡紫鳳(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)