

康橋國際學校林口校區 112年4月素食菜單

Lunch and Snack Menu, April 2023

日期 Date	午餐 Lunch Menu's Detail								下午點心 Afternoon Snack	營養成分分析						
	主菜1	主菜2	副菜1	副菜2	副菜3	水果	湯品	全穀類 麵類 (g)		豆魚肉 蛋類 (g)	蔬菜類 (g)	油類及 油脂類 (g)	水類 (g)	鈣質 (g)	熱量(Kcal)	
																全穀類 麵類 (g)
4/6 (四)	白飯 Rice	糖醋麵輪 Dough Wheel in Sweet and Sour Sauce	◎山藥捲X2 Yam Roll	海芽蒸蛋 Kelp and Steamed egg	紅片花椰 Stir-fried Broccoli with Carrots	有機青菜 Organic Vegetable	水果 Fruit	綠豆薏仁湯 Mung Bean and Job's tears Soup	素糯米珍珠丸X3 Sticky Rice Pearl Ball	5.0	3.0	2.0	2.9	1.0	0.0	815.5
4/7 (五)	特餐	素炸醬麵 Noodles with Minced Dried Tofu	酸菜炒麵腸 Stir-fried Bean Curd with Pickles	茄汁白花椰 Cauliflower in Tomato Sauce	三絲豆芽 Stir-fried Bean Sprouts	履歷青菜 Fresh Vegetable	水果 Fruit	金針鮮菇湯 Lily Flower Soup	原味鬆餅 Plain Waffle	4.3	2.9	2.0	2.4	1.0	0.0	736.5
4/10 (一)	糙米飯 Brown Rice	香滷素雞 Braised Vegetarian Chicken	馬鈴薯炒蛋 Scrambled Eggs with Corn	腐皮白菜 Stir-fried Chinese Cabbage	三杯茄子 Three-cup Eggplant	履歷青菜 Fresh Vegetable	水果 Fruit	薑絲紫菜羹 Seaweed Soup	椰子塔 Coconut Tart	3.2	3.5	1.9	2.9	1.0	0.0	724.5
4/11 (二)	白飯 Rice	素雞塊*3 Vegetarian Chicken Nuggets	回鍋千片 Doubled Cooked Dried Tofu Slices	木須白花 Stir-fried Cauliflower and Black Fungus	金菇黃瓜 Enoki Mushroom and Cucumber	有機青菜 Organic Vegetable	水果 Fruit	養生蘿蔔湯 Healthy Radish Soup	鮮蔬菜包(65G)X1 Vegetable Bun	4.0	2.4	1.2	3.5	1.0	0.0	707.5
4/12 (三)	五穀飯 Grain Rice	南洋咖哩豆腐 Curry Tofu	毛豆炒乾丁 Stir-fried Dried Tofu and Edamame	清炒扁蒲 Stir-fried Bottle Gourd	筍片炒什錦 Stir-fried Assorted Cabbage	履歷青菜 Fresh Vegetable	水果 Fruit	山藥栗子湯 Yam Chestnut Soup	烤三角薯餅X2 Triangle Hash Browns	4.0	2.9	1.9	3.0	1.0	0.0	740.0
4/13 (四)	白飯 Rice	泰式檸檬排 Thai-styled Lemon Vegetarian Steak	滷大溪黑干 Braised Dried Tofu	紅蘿蔔炒蛋 Scrambled Eggs with Carrot	塔香素雞丁 Stir-fried Vegetarian Chicken	有機青菜 Organic Vegetable	水果 Fruit	黑糖地瓜甜湯 Brown Sugar Sweet Potato Soup	◎蛋黃芋泥丸X3 Egg Yolk and Taro Balls	4.0	3.3	1.8	3.2	1.0	0.0	776.5
4/14 (五)	特餐	日式菇菇炒烏龍 Japanese Stir-fried Udon with Mushroom	香酥味噌豆包 Miso Bean Curd	彩蔬炒豆薯 Stir-fried Vegetables and Yambean	醬拌黃瓜 Glass Noodles Mixed with Peanut Sauce	履歷青菜 Fresh Vegetable	水果 Fruit	味噌蔬菜湯 Vegetables Miso Soup	牛蒡御手卷X1 Burdock Hand Roll	3.7	2.9	2.0	2.4	1.0	0.0	694.5
4/17 (一)	糙米飯 Brown Rice	◎炸素排骨酥 Deep Fried Vegetarian Pork Ribs	菜脯炒蛋 Scrambled Eggs with Dried Radish	紅燒冬瓜 Braised White Gourd and Goji	家常炒冬粉 Fried Glass Noodles	履歷青菜 Fresh Vegetable	水果 Fruit	什錦蛋花湯 Assorted Egg Drop Soup	墨西哥麵包X1 Mexican Bread	3.7	3.2	1.4	4.0	1.0	0.1	786.0
4/18 (二)	白飯 Rice	日式味噌蘭花干 Steamed Bean Curd in Miso Sauce	素沙茶炒干片 Sacha Dired Tofu Slices	紅片胡瓜 Stir-fried Cucumber and Carrot	薑絲菜豆 Stir-fried Kidney Bean with Carrots	有機青菜 Organic Vegetable	水果 Fruit	番茄金針菇湯 Tomato and Enoki Mushroom Soup	豆沙包(60G)X1 Red Bean Buns	4.0	2.4	1.3	3.5	1.0	0.0	710.0
4/19 (三)	五穀飯 Grain Rice	香椿香菇豆腐 Tofu and Mushrooms with Toon Sauce	年糕炒素腸 Chinese Stir-Fried Sticky Rice Cake with Bean Curd	塔香茄子 Basil Eggplant	鹹蛋苦瓜 Stir-fried Bitter Gourd with Salted Eggs	履歷青菜 Fresh Vegetable	水果 Fruit	黃豆芽海芽湯 Soy Sprouts and Kelp Sprouts Soup	◎玉米可樂餅 (30G)X1+蘋果汁 Croquette+Apple Juice	3.8	3.0	2.0	4.0	1.0	0.0	781.0
4/20 (四)	白飯 Rice	照燒豆包 Teriyaki Tofu Skin	栗子炒干丁 Stir-fried Chestnuts and Dried Tofu	◎玉米可樂餅 Corn Croquette	麻油素腰花 Sesame Oil and Veggie Gluten Kidneys	有機青菜 Organic Vegetable	水果 Fruit	QQ圓甜湯 QQ Yuan Sweet Soup	高麗菜水餃X3 Cabbage Dumplings	4.1	2.6	2.4	2.0	1.0	0.0	692.0
4/21 (五)	特餐	高麗菜肉炒飯 Fried Rice with Cabbage and Veggie Pork	古早味蒸蛋 Steamed Egg	鮮菇扁蒲 Stir-fried Bottle Gourd	梅乾菜筍絲 Braised Bamboo Shoots	履歷青菜 Fresh Vegetable	水果 Fruit	玉米海根湯 Corn and Kelp Soup	烤地瓜X2 Sweet Potatoes	3.7	2.9	2.0	2.3	1.0	0.0	690.0
4/24 (一)	糙米飯 Brown Rice	柚香蜜汁素肉排 Vegetarian Steak with Yuzu Sauce	滑蛋燴南瓜 Pumpkin with Scrambled Eggs	麻油紫米糕 Purple Sticky Rice Cake with Sesame Oil	大黃瓜炒金針菇 Stir-fried Cucumber and Enoki Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	青木瓜薑絲湯 Green Papaya Ginger Soup	蜂蜜蛋糕X1 Honey Cake	4.2	3.1	1.4	4.0	1.0	0.1	813.5
4/25 (二)	白飯 Rice	☆咖哩凍豆腐 Curry Tofu with Vegetables	素肉絲炒豆芽 Stir-fried Bean Sprouts and Vegetarian Meat	塔香海茸 Stir-fried Kelp and Basil	椒鹽四季豆 Stir-fried Green Beans	有機青菜 Organic Vegetable	水果 Fruit	蔬菜蛋花湯 Vegetable and Egg Drop Soup	奶皇包X1 Steamed Creamy Custard Bun	4.1	3.1	1.5	3.8	1.0	0.1	800.0
4/26 (三)	五穀飯 Grain Rice	彩蔬烘蛋 Vegetables Frittata	麻油薑絲炒豆腸 Sesame Oil with Bean Curd	◎薯餅 Hash Brown	木耳白菜 Stir-fried Bok Choy with Black Fungus	履歷青菜 Fresh Vegetable	水果 Fruit	大滷湯 Assorted Vegetables Thick Soup	馬拉糕X1 Cantonese Sponge Cake	3.5	2.8	2.0	3.0	1.0	0.0	700.0
4/27 (四)	白飯 Rice	百展雞 Vegetarian Chicken	醬滷油豆腐 Braised Oily Tofu	紅絲四季豆 Stir-fried Green Beans and Carrots	番茄炒蛋 Scrambled Eggs with Tomato	履歷青菜 Fresh Vegetable	水果 Fruit	銀耳薏仁湯 White Fungus and Job's Tears Soup	奶油玉米段X2(共 6CM)+黑豆奶 Butter Corn+Black Soy Milk	3.8	2.7	2.4	2.0	1.0	0.0	678.5
4/28 (五)	特餐	什錦素肉炒米苔目 Stir-fried Thick Rice Noodles	◎古早味炸素雞排 Taiwanese Fried Vegetarin Chicken Chop	鮮菇炒綠花 Stir-fried Mushrooms and Broccoli	佃煮時蔬 Simmered Vegetable	履歷青菜 Fresh Vegetable	水果 Fruit	芹香蘿蔔湯 Radish Soup with Celery	香滷油腐(60G) Oily Tofu	4.5	2.9	2.0	2.3	1.0	0.0	746.0

◎表油炸物Deep-fried Food
食材未使用輻射污染食品

菜單開立：陳曦、邱筱涵(新北食品股份有限公司營養師)