

康橋國際學校幼兒園(林口校區)
111-1 學期一月份餐點表
KCIS Preschool Lunch and Snack Menu, January 2022

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							
		白飯 Rice	有機青菜 Organic Vegetable	水果 Fruit	酸辣湯 Chinese Hot and Sour Soup	芋泥包+米漿 Taro Bun+Peanut Rice Milk		全日 總能量 (Kcal)	全日 蛋白質 (g)	全日 脂肪 (g)	全日 碳水化合物 (g)	全日 纖維 (g)	全日 鈣 (mg)		
1/3 (二)	菠菜瘦肉粥 Spinach and Pork Congee	白飯 Rice	☆蔥爆魷魚 Stir-fried Squid	塔香海茸 Stir-fried Kelp with Basil	有機青菜 Organic Vegetable	水果 Fruit	酸辣湯 Chinese Hot and Sour Soup	芋泥包+米漿 Taro Bun+Peanut Rice Milk	6.1	2.2	1.9	1	2.2	0	799
1/4 (三)	雞茸韭菜米粉湯 Minced Chicken and Vegetables with Rice Noodles	五穀飯 Grain rice	麻油豬肉片 Sesame oil Curd Stir-fried Pork Slices	紅絲結頭菜 Stir-fried Turnip	履歷青菜 Fresh Vegetable	水果 Fruit	味噌蔬菜湯 Miso Vegetable Soup	生煎包+鮮蔬湯 Pan Fried Bun+Fresh Vegetable Soup	6.1	2	1.7	1	2	0.4	818
1/5 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	芋香雞球 Stir-Fried Chicken with Taro	海芽蒸蛋 Steamed Egg and Seaweed	有機青菜 Organic Vegetable	水果 Fruit	薑絲冬瓜湯 White Gourd Soup	肉絲炒飯 Fried Rice with Shredded Pork	6.2	2	1.7	1.2	2	0.4	837
1/6 (五)	起司地瓜蛋三明治+黑豆漿 Toast+ Fried Egg+Cheese+Black Soy Milk	特餐	炸醬麵 Noodles With Minced Pork	蔥油翅小腿 Braised Drummette	履歷青菜 Fresh Vegetable	水果 Fruit	金針排骨湯 Lily Ribs Soup	鬆餅+無糖麥茶 Waffle+ Barley Tea	6.1	2.2	1.8	1	2.1	0.4	840
1/7 (六)	菇菇海苔小飯糰+低糖豆漿 Mushrooms Onigiri+Soy Milk	特餐	高麗肉絲炒飯 Cabbage and Pork Shreds Fried Rice	◎古早味鹽酥雞 Fried Chicken	履歷青菜 Fresh Vegetable	水果 Fruit	芹香蘿蔔湯 Radish Soup	小籠包+薑汁地瓜湯 Xiao Long Bao+Potato Soup	6.2	2.2	1.9	1.2	2.1	0.4	861
1/9 (一)	焗烤馬鈴薯+黑糖牛乳 Baked Potato+ Brown Sugar	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, Seaweed Soup	粉紅醬貝殼麵 Trapani Pesto Conchiglie	6.2	2.2	1.9	1.2	2.1	0.4	861
1/10 (二)	滑蛋雞蓉粥 Chicken and Egg Congee	白飯 Rice	☆◎砂鍋魚丁 Braised Fish Dices	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+Pork Ribs Soup with Huanren	6.2	2	2.0	1	2.1	0.4	837
1/11 (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	牛奶饅頭+青菜肉絲湯 Milk Bun+Vegetable and Pork Soup	6.1	2.2	1.9	1	1.9	0	785
1/12 (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
1/13 (五)	燒肉時蔬刈包+薏仁漿 Pork Belly Bun+ Mixed Grain Milk	特餐	日式豬肉炒烏龍 Japanese Stir-fried Oolong	味噌燒雞 Miso Chicken	履歷青菜 Fresh Vegetable	水果 Fruit	南瓜濃湯 Pumpkin Soup	杯子蛋糕+100%果汁 Low Sugar +Juice	6.2	2	2.1	1	2.1	0	791
1/16 (一)	烤地瓜+紫菜蛋花湯 Sweet Potato + Seaweed and Egg Drop Soup	糙米飯 Brown rice	◎炸排骨酥 Deep Fried Pork Ribs	鮮菇增芥菜 Stir-fried Mustard Green	履歷青菜 Fresh Vegetable	水果 Fruit	玉米海根湯 Corn and Kelp 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
1/17 (二)	毛豆南瓜小米粥 Porridge with Pumpkin and Green Soybean	白飯 Rice	☆蒜蓉醬蒸魚捲 Steamed Fish with Garlic Sauce	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+紅豆薏仁湯 Sesame Bao+ Red Bean and Job's Tears Soup	6.1	2.2	1.8	1	2	0	787
1/18 (三)	雞肉芹香飯條湯 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 Stir-fried Eggplant with Basil	履歷青菜 Fresh Vegetable	水果 Fruit	黃豆芽肉絲湯 Soy Sprouts and Pork Soup	蔓越莓餐包+燒仙草 Bread+Grass Jelly	6.3	2.1	1.9	1	2.2	0.4	853
1/19 (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	大黃瓜炒金針菇 Stir-fried Gherkin and Enoki Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	什錦蛋花湯 Assorted Egg Drop Soup	鮮蔬肉絲炒米苔目 Thick Rice Noodles with Meat	6.2	2.2	1.9	1.2	2.1	0.4	861
 1/20-1/27 春節假期愉快															
1/30 (一)	南瓜沙拉+風味花椰菜燉湯 Pumpkin Salad + Flavored Cauliflower Stew	糙米飯 Brown rice	柚香蜜汁燒肉 Pork with Yuzu Sauce	紅蘿蔔蒸蛋 Steamed Eggs with Carrot	履歷青菜 Fresh Vegetable	水果 Fruit	玉米豆腐湯 Corn and Tofu Soup	薑黃雞肉燉飯 Chicken Rice with Curcumin	6.3	2.2	1.7	3	0.8	0	865
1/31 (二)	雞茸玉米燕麥粥 Chicken and Corn Oatmeal Porridge	白飯 Rice	☆破布子蒸魚捲 Steamed Fish With Cordia Dichotoma	蒜香四季豆 Stir-fried Green Beans	有機青菜 Organic Vegetable	水果 Fruit	蔬菜肉絲湯 Vegetable and Pork Soup	筍香肉包+黑豆漿 Bamboo shoot and pork buns+Rice Milk	6.1	2.1	2.0	3	0.8	0	851
2/01 (三)	☆吻仔魚豆腐麵線 Anchovy Noodles	五穀飯 Grain rice	醬爆豬肉絲 Stir-fried Shredded Pork	滑蛋燴南瓜 Steamed Pumpkin with Eggs	履歷青菜 Fresh Vegetable	水果 Fruit	海芽排骨湯 Kelp Sprouts and Pork Rib Soup	翡翠燒賣+低糖豆漿 Shu Mai+ Soy Milk	6.1	2.0	1.2	3.0	0.8	0.0	823
2/02 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	咖哩雞肉 Chicken Curry	蛋酥白菜 Stir-fried Bok Choy	有機青菜 Organic Vegetable	水果 Fruit	☆味噌蔬菜湯 Vegetables Miso Soup	台式肉燥拌飯 Braised Pork Rice	5.4	2.2	2.0	3.0	1.5	0.5	901
2/03 (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	醬燒翅小腿 Braised Drummette	履歷青菜 Fresh Vegetable	水果 Fruit	薑絲冬瓜湯 White Gourd Soup	紅豆餐包+花椰菜濃湯 Red Beans Bun+ Cauliflower Soup	6.0	2.5	1.8	2.0	0.8	0.0	809

☆表魚類 Fish
★表帶殼海鮮 Shrimp and Shelled Seafood
幼兒園飲品糖度6以下
幼兒園食材一律使用國產豬
幼兒園未使用無耐污染食品
沙茶醬使用含防腐劑的全蛋沙茶醬，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：鄧涵之(康橋國際學校林口校區營養師)