

康橋國際學校幼兒園(林口校區)

111-1學期3月份菜單

KCIS Preschool Lunch and Snack Menu, March 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(份)	豆魚 內(份)	蔬菜 (份)	肉類 (份)	水果 (份)	奶類 (份)	熱量 (Kcal)
3/1 (三)	芋頭米粉湯 Flat Noodle with Pork and Taro	五穀飯 Grain rice	蠔油芥蘭炒豬肉 Stir-fried Lamb and Kale	玉米炒蛋 Scrambled Eggs with Corn Kernels	履歷青菜 Fresh Vegetable	水果 Fruit	大黃瓜排骨湯 Cucumber and Pork Ribs Soup	烤地瓜+綠豆西米露 Sweet Potato+ Mung Bean Sago Soup	7.5	2.7	2.1	3.2	1.0	0.0	1017
3/2 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	安東嫩雞 Andong Braised Chicken	南瓜豆腐煲 Pumpkin and Tofu Stew	有機青菜 Organic Vegetable	水果 Fruit	六午芥小魚湯 Burdock and Bonito Soup	肉絲炒麵 Shredded Pork in Fried Noodles	7.5	2.7	2.1	3.2	1.0	0.0	1017
3/3 (五)	沙威瑪+黑豆漿 Shawarma+Black Soy Milk	特餐	咖哩炒飯 Curry Fried Rice	迷迭香炒雞丁 Rosemary Chicken Drumstick	履歷青菜 Fresh Vegetable	水果 Fruit	玉米大骨湯 Corn and Pork ribs Soup	豆沙包+花豆甜湯 Red Bean Bun+ Kidney Beans Soup	8.0	2.7	1.5	3.5	1.0	0.0	1055
3/6 (一)	栗子山藥雞湯 Chicken Soup with Chestnuts and Yam	糙米飯 Brown rice	野菜炒雞肉 Stir-fried Assorted Vegetables and Pork Slices	鮮菇蒸蛋 Steamed Egg with Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	佛手瓜雞湯 Chayote Chicken Soup	田園蔬菜燉飯 Vegetable Risotto	7.3	3.0	2.4	3.6	1.0	0.5	1117
3/7 (二)	滑蛋蔬菜粥 Porridge with Egg and Vegetable	白飯 Rice	◎酥炸炸魚片 Deep-fried Fish Fillet	肉末燒豆腐 Braised Tofu with Pork	有機青菜 Organic Vegetable	水果 Fruit	金針雞湯 Lily Chicken Soup	鮮肉包+芥菜仁湯 Meat Bun+ Mustard Green Soup	7.7	2.8	2.1	3.2	1.0	0.1	1051
3/8 (三)	蔥燒雞肉麵 Chicken Noodles with Scallion	五穀飯 Grain rice	豉汁排骨 Pork Ribs with Fermented Soya Beans	蘿蔔燒海蜆 Braised Kelp and Radish	履歷青菜 Fresh Vegetable	水果 Fruit	薑絲冬瓜湯 White Gourd Soup	豬肉餡餅+小米粥 Pork Pie+Millet Porridge	7.5	3.1	1.5	3.5	1.0	0.0	1050
3/9 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	三杯雞丁 3-cup Chicken	馬鈴薯炒豆角 Stir-fried Potato and Green Beans	有機青菜 Organic Vegetable	水果 Fruit	肉骨茶湯 Bak Kut The	金瓜豬肉米粉湯 Pumpkin and Pork Rice Noodle Soup	7.3	3.2	2.2	5.0	1.0	0.0	1151
3/10 (五)	鮮蔬洋芋塔+米漿 Fresh Vegetable Potato Tower+ Peanut and Rice Milk	特餐	古早味板條 Fried Rice Noodles with Shredded Pork	五香油雞翅 Braised Chicken Wing	履歷青菜 Fresh Vegetable	水果 Fruit	味噌豆腐湯 Vegetables Miso Soup	紫米珍珠丸+餛飩湯 Black Rice Pearl Ball+ Wonton Soup	6.5	3.5	1.7	4.0	1.0	0.0	1045
3/13 (一)	蒸地瓜+杏仁漿 Sweet Potato+ Job's Tears Milk	糙米飯 Brown rice	柚香蜜汁燒肉 Braised Pork with Honey Sauce	蒜炒雙花 Stir-fried Cauliflower, Broccoli and Goji	履歷青菜 Fresh Vegetable	水果 Fruit	紫菜蛋花湯 Kelp Sprouts and Egg Drop Soup	南瓜螺旋麵 Pumpkin Fusilli	7.2	2.9	2.0	3.0	1.0	0.0	997
3/14 (二)	★菠菜蛤蜊粥 Spinach and Clams Congee	白飯 Rice	☆蒲燒鯛魚 Kabayaki Sea Bream	茄汁豆腐 Braised Tofu with Tomato Sauce	有機青菜 Organic Vegetable	水果 Fruit	黃金草鮮菇雞湯 Chinese Mushrooms Soup	筍香包+肉絲菜湯 Bamboo Bun +Shredded pork soup	7.6	3.2	1.5	2.9	1.0	0.1	1041
3/15 (三)	韭菜雞肉芥苳目 Chicken Rice noodles	五穀飯 Grain rice	什錦炒肉片 Stir-fried Assorted Vegetables and Pork	塔香茄子 Stir-fried Eggplant and Basil	履歷青菜 Fresh Vegetable	水果 Fruit	枸杞山藥湯 Goji Yam Soup	葡萄乾小圓麵包+椰村田園湯 Raisin Bun+Assorted Vegetables Soup	7.3	2.6	1.3	3.3	1.0	0.0	982
3/16 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	雞肉筑前煮 Chicken Chikuzen	螞蟻上樹 Stir-fried Mung Bean Noodles	有機青菜 Organic Vegetable	水果 Fruit	番茄蛋花湯 Tomato and Egg Drop Soup	沙茶什錦炒麵 Sacha Fried Noodles	7.4	2.8	2.0	3.2	1.0	0.5	1075
3/17 (五)	豬肉堡+豆漿 Hamburger+soy milk	特餐	炸醬麵 Fried Sauce Noodles	◎糖醋雞丁 Sweet and Sour Chicken	履歷青菜 Fresh Vegetable	水果 Fruit	海芽薑絲湯 Kelp Sprouts Soup	特選小饅頭+芋頭椰汁西米露 Steam Bun+Taro Coconut Milk Sago Soup	7.2	3.0	2.0	3.8	1.0	0.5	1112
3/20 (一)	義大利南瓜+黑豆漿 Italian Spices Pumpkin+Black Soy Milk	糙米飯 Brown rice	照燒豬肉片 Teriyaki Pork	香菇高麗菜 Stir-fried Cabbage and Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	麻油雞湯 Sesame Oil Chicken Soup	白醬起司水餃麵 Cheese Macaroni	7.6	3.0	2.0	3.0	1.0	0.0	1032
3/21 (二)	鮮菇青菜雞肉粥 Porridge with Mushroom and Vegetable and Pork	白飯 Rice	☆港式蒜蓉蒸魚片 Hong Kong Style Fish Fillet	番茄炒蛋 Scrambled Egg with Tomato	有機青菜 Organic Vegetable	水果 Fruit	黃豆芽肉絲湯 Soy Sprouts and Pork Soup	水煎包+紫米紅豆湯 Stuffed Bun+ Black Rice and Red Beans Soup	7.4	2.7	1.5	2.9	1.0	0.0	977
3/22 (三)	白菜油吃卷 Cabbage Braised Gnocchi	五穀飯 Grain rice	荷葉粉蒸肉 Steamed Pork With Lotus Leaf	胡瓜煨時蔬 Stir-fried Cucumber and Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	芥菜雞湯 Mustard Leaf and Chicken Soup	肉絲醬油蛋炒飯 Egg Fried Rice	7.5	3.1	1.3	3.1	1.0	0.0	1021
3/23 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	咖哩雞肉 Curry Chicken	蔥燒豆腐 Braised Tofu	有機青菜 Organic Vegetable	水果 Fruit	青木瓜排骨湯 Green Papaya and Pork Ribs Soup	香菇燒賣+☆吻魚羹湯 Shu Mai+ Bonito Thick Soup	7.2	2.9	2.0	3.0	1.0	0.5	1057
3/24 (五)	馬鈴薯起司炒蛋+黑芝麻豆漿 Toast + Black Sesame Soy Milk	特餐	高麗菜肉絲炒麵 Stir-fried Noodles with Cabbage and Shredded Pork	蘑菇燻雞丁 Stir-fried Chicken and Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	芹香蘿蔔湯 Radish Soup	小泡芙+黑糖地瓜甜湯 Puff+ Sweet Potato Soup	7.2	3.2	2.0	3.2	1.0	0.5	1091
3/25 (六)	蔬菜豆腐粥 Vegetable and Tofu Congee	白飯 Rice	◎酥炸柳葉魚 Shishamo	紅絲扁蒲 Stir-fried Bottle Gourd	履歷青菜 Fresh Vegetable	水果 Fruit	番茄蛋花湯 Tomato Egg Drop Soup	豬肉水餃+味噌蔬菜湯 Pork Dumplings+ Vegetables Miso Soup	7.1	3.2	2.0	3.5	1.0	0.5	1102
3/27 (一)	水煮玉米段+米漿 Blanched Corn+ Peanut Rice Milk	糙米飯 Brown rice	豆瓣燒肉 Braised Pork with Yam Bean	★開陽白菜 Stir-fried Chinese Cabbage	履歷青菜 Fresh Vegetable	水果 Fruit	山藥排骨湯 Yam and Pork Ribs Soup	和風蘑菇燉飯 Mushrooms Risotto	7.1	3.2	2.0	3.5	1.0	0.5	1102
3/28 (二)	鮑菇雞蓉粥 Porridge with Mushroom and Chicken	白飯 Rice	☆醬爆花枝 Stir-fried Cuttlefish	香菇炒白花椰 Stir-fried Cauliflower with Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	玉米濃湯 Corn Soup	高麗菜包+紅棗銀耳湯 Cabbage Bun+ Dates and Tremella Soup	7.4	3.1	1.5	3.4	1.0	0.1	1049
3/29 (三)	日式醬油拉麵 Japanese Soy Sauce Udon	五穀飯 Grain rice	芋頭燻雞肉 Braised Pork and Taro	鮮菇燻芥菜 Stir-fried Mustard and Mushroom	履歷青菜 Fresh Vegetable	水果 Fruit	結頭菜雞湯 Kohlrabi Chicken Soup	玉兔包+低糖豆漿 Rabbit Steamed Bun+ Soy Milk	7.5	2.8	1.3	3.3	1.0	0.0	1011
3/30 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	紅燒雞肉馬鈴薯 Braised Chicken With Potato	翡翠蒸蛋 Steamed Egg with Spinach	有機青菜 Organic Vegetable	水果 Fruit	鮮菇玉米湯 Corn Kernels and Enoki Mushrooms Soup	味噌鍋燒烏龍麵 Miso Udon	7.2	3.5	2.0	3.0	1.0	0.0	1042
3/31 (五)	京醬肉堡+無糖麥茶 Pork Burger+Barley Tea	特餐	白醬奶油義大利麵 Alfredo Pasta	獵人燻腿+章魚燒 Cacciatore+Tacoyaki	蒜香綠花椰 Garlic Broccoli	水果 Fruit	冬瓜茶三兄弟 White Gourd Tea	小鴨包+黑糖珍珠牛乳 Sesame Bun+Tapioca with Brown Sugar Milk	7.5	2.8	1.3	3.5	1.0	0.0	1023

◎表油炸物 Fried Food

☆表魚類 Fish

★表帶殼海鮮 Shrimp and Shelled Seafood

幼兒園飲品甜度0以下

幼兒園食材一律使用國產豬、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

菜單單位：蔡紫鳳(新北食品股份有限公司營養師)

菜單審核：(康橋國際學校林口校區營養師)