

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	養生雞湯 Chicken Soup	鮮肉包+冬瓜薏仁湯 Meat Buns + White Gourd and Job's Tears Soup	全穀類 豆類(份) Grain (Portion)		豆魚肉 蛋類(份) Protein (Portion)	蔬菜 類(份) Vegetable (Portion)	油脂及 堅果種 子類(份) Fat & Nuts (Portion)	水果 (份) Fruit (Portion)	奶類 (份) Dairy (Portion)	熱量 (Kcal) Calories	
1/2 (二)	玉米雞茸粥 Minced Chicken and Corn Congee	白飯 Rice	☆鮑菇炒魷魚 Stir-fried Squid with King Oyster Mushrooms	台式炒年糕 Stir-fried Rice Cake	有機青菜 Organic Vegetable	水果 Fruit	養生雞湯 Chicken Soup	鮮肉包+冬瓜薏仁湯 Meat Buns + White Gourd and Job's Tears Soup	5.8	2.0	2.0	1.0	1.0	0.0	711.0
1/3 (三)	芙蓉麵線 Thin Noodles Soup with Vegetables	五穀飯 Grain Rice	南洋咖哩豬 Curry Pork	玉米蒸蛋 Steamed Eggs and Corn	履歷青菜 Fresh Vegetable	水果 Fruit	山藥排骨湯 Yam and Pork Ribs Soup	鬆餅+無糖麥茶 Waffle + Sugar Free Barley Tea	6.0	2.2	1.9	1.0	1.0	0.0	737.5
1/4 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	小黃瓜炒雞丁 Stir-fried Diced Chicken and Cucumber	鐵板時蔬 Stir-fried Vegetables	有機青菜 Organic Vegetable	水果 Fruit	芋頭排骨湯 Taro and Pork Ribs Soup	古早味蘿蔔糕湯 Radish Cake Soup	5.9	2.1	1.9	1.2	1.5	0.5	817.5
1/5 (五)	燒肉時蔬刈包+四神湯 Gua Bao + Four-Herbal Soup	特餐	☆日式豬肉炒烏龍 Stir-fried Udon with Pork	竹筍燒雞 Braised Chicken and Bamboo Shoots	履歷青菜 Fresh Vegetable	水果 Fruit	☆味噌蔬菜湯 Vegetables Miso Soup	蜂蜜蛋糕+黑糖牛乳 Honey Cake + Brown Sugar Milk	6.2	2.0	2.1	1.0	1.0	0.0	741.5
1/8 (一)	焗烤馬鈴薯+黑豆漿 Baked Potato+ Black Soy Milk	糙米飯 Brown Rice	柚香蜜汁燒肉 Braised Pork with Honey and Pomelo Sauce	肉末炒豇豆 Stir-fried Minced Pork and Legumes	履歷青菜 Fresh Vegetable	水果 Fruit	南瓜雞湯 Pumpkin and Chicken Soup	粉紅蕃薯管麵 Penne with Tomato and Cream Sauce	6.1	2.2	1.9	1.2	1.0	0.2	780.5
1/9 (二)	高麗菜鹹粥 Cabbage and Pork Congee	白飯 Rice	◎☆酥炸烏魚片 Deep-fried Fish Fillet	紅片雙花 Stir-fried Cauliflower and Broccoli with Garlic	有機青菜 Organic Vegetable	水果 Fruit	肉骨茶湯 Bak Kut Teh	芝麻包+紅豆燕麥湯 Sesame Bun+ Red Bean and Oatmeal Soup	6.2	2.1	1.9	1.0	1.0	0.2	768.0
1/10 (三)	雞肉芹菜飯條湯 Chicken and Celery Flat Noodle Soup	五穀飯 Grain Rice	蔥爆豬肉片 Stir-fried Pork Slices with Scallion	番茄炒蛋 Scrambled Eggs with Tomato	履歷青菜 Fresh Vegetable	水果 Fruit	黃豆芽肉絲湯 Soy Sprouts and Shredded Pork Soup	芋泥包+薑汁豆花 Taro Bun + Soybean Pudding with Ginger	6.3	2.1	1.9	1.0	1.0	0.2	775.0
1/11 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	◎糖醋雞丁 Sweet and Sour Diced Chicken	胡瓜煨時蔬 Stir-fried Cucumber with Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	芹香蘿蔔湯 Radish and Celery Soup	紫米甜米糕 Black Sticky Rice Cake	6.0	2.1	1.9	1.2	1.5	0.5	824.5
1/12 (五)	香料豬肉口袋餅+低糖豆漿 Pork Pita with Spices+ Low Sugar Soybean Milk	特餐	肉絲炒飯 Shredded Pork Fried Rice	蜜汁翅小腿 Drumette with Honey Sauce	履歷青菜 Fresh Vegetable	水果 Fruit	大油湯 Assorted Vegetables Thick Soup	蔓越莓餐包+燒仙草 Cranberry Bun + Grass Jelly	6.1	2.2	1.8	1.0	1.0	0.0	742.0
1/15 (一)	南瓜沙拉+風味花椰菜燉湯 Pumpkin Salad + Broccoli Stew	糙米飯 Brown Rice	照燒豬柳 Teriyaki Pork Tenderloin	麻油高麗菜 Stir-fried Cabbage with Sesame Oil	履歷青菜 Fresh Vegetable	水果 Fruit	青木瓜雞湯 Green Papaya and Chicken Soup	焗烤奶油燉飯 Baked Risotto with Cream Sauce	6.3	2.2	1.7	3.0	1.0	0.0	873.5
1/16 (二)	雞茸玉米燕麥粥 Minced Chicken and Corn Oatmeal Porridge	白飯 Rice	◎☆椒鹽魚丁 Salt and Pepper Fish Dices	塔香海茸 Stir-fried Kelp and Basil	有機青菜 Organic Vegetable	水果 Fruit	蔬菜肉絲湯 Vegetables and Shredded Pork Soup	地瓜包+枸杞小米粥 Sweet Potato Bun + Goji and Millet Soup	6.1	2.1	2.0	3.0	1.0	0.0	859.5
1/17 (三)	芋頭米粉湯 Rice Noodle Soup with Taro	五穀飯 Grain Rice	香鮑菇炒肉片 Stir-fried King Oyster Mushrooms and Pork Slices	紅燒茄子 Stir-fried Eggplants	履歷青菜 Fresh Vegetable	水果 Fruit	薑絲海芽湯 Kelp Sprouts Soup with Shredded Ginger	翡翠燒賣+混漿 Vegetables Shu Mai + Mixed Soymilk	6.3	2.2	1.7	3.0	1.0	0.0	873.5
1/18 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	奶香雞丁 Creamy Chicken Dices	古早味蒸蛋 Steamed Eggs	有機青菜 Organic Vegetable	水果 Fruit	冬瓜肉片湯 White Gourd and Pork Slices Soup	台式肉燥拌飯 Braised Pork Rice	5.4	1.8	1.8	2.0	1.5	0.5	805.5
1/19 (五)	起司炒蛋吐司+黑芝麻豆漿 Cheese and Scrambled Eggs Toast + Black Sesame Soy Milk	特餐	南瓜貝殼麵 Pumpkin Conchiglie	◎酥炸雞翅 Deep-fried Chicken Wings	履歷青菜 Fresh Vegetable	水果 Fruit	美式雞湯 Chicken Soup	紅豆餐包+銀耳桂圓甜湯 Red Bean Bun + White Fungus and Longan Soup	6.0	2.5	1.8	2.0	1.0	0.0	817.5
1/22 (一)	烤地瓜+筒蒿蛋片湯 Roasted Sweet Potato + Crown Daisy and Egg Drop Soup	糙米飯 Brown Rice	豆豉芋頭燒肉 Braised Pork and Taro with Fermented Soy	大黃瓜炒金針菇 Stir-fried Cucumber and Enoki Mushroom	履歷青菜 Fresh Vegetable	水果 Fruit	豉汁結頭菜排骨湯 Pork Ribs Soup with Turnip and Ginseng	薑黃雞肉燉飯 Chicken Risotto with Turmeric	6.1	2.1	2.0	2.0	1.0	0.0	799.5
1/23 (二)	毛豆南瓜小米粥 Millet Porridge with Pumpkin and Edamame	白飯 Rice	☆破布子蒸魚捲 Steamed Fish Roll	三寶干丁 Stir-fried Diced Dried Tofu and Vegetables	有機青菜 Organic Vegetable	水果 Fruit	白菜針菇雞湯 Chicken Soup with Cabbage and Enoki Mushrooms	☆鮭魚吐司披薩+薏仁飲 Tuna Toast Pizza+ Job's Tears Milk	6.1	2.2	1.8	1.5	1.0	0.0	772.0
1/24 (三)	★什錦豬肉湯麵 Pork and Vegetables Noodle Soup	五穀飯 Grain Rice	番茄炒肉片 Stir-fried Pork Slices and Tomato	鮮蔬炒寬粉 Assorted Vegetables and Mung Bean Noodles	履歷青菜 Fresh Vegetable	水果 Fruit	金針排骨湯 Daylily and Pork Ribs Soup	牛奶餐包+花椰菜濃湯 Milk Bun + Cauliflower Soup	6.1	2.0	1.2	3.0	1.0	0.0	832.0
1/25 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	豆瓣燒雞 Braised Chicken with Fermented Soybean Sauce	木耳白灼 Stir-fried Cauliflower and Black Fungus	有機青菜 Organic Vegetable	水果 Fruit	☆牛蒡小魚湯 Burdock and Anchovy Soup	沙茶肉絲燴飯 Shredded Pork Fried Rice with Shacha Sauce	5.8	1.8	2.0	2.0	1.5	0.5	838.5
1/26 (五)	鮮蔬小飯糰+低糖豆漿 Rice Balls with Vegetables+ Low Sugar Soybean Milk	特餐	雞肉飯 Chicken Rice	菜脯蛋 Scrambled Eggs with Preserved Radish	履歷青菜 Fresh Vegetable	水果 Fruit	鳳梨苦瓜雞湯 Chicken Soup with Bitter Gourd and Pineapple	特選小饅頭+青菜肉絲湯 Steamed Bun + Vegetables and Shredded Pork Soup	6.1	1.8	1.2	2.5	1.0	0.0	787.0
1/29 (一)	水煮玉米段+麵茶牛乳 Corn+ Roasted Wheat Flour Milk	糙米飯 Brown Rice	◎炸排骨酥 Deep-fried Pork Ribs	☆吻魚炒芥菜 Stir-fried Mustard and Anchovy	履歷青菜 Fresh Vegetable	水果 Fruit	什錦蛋花湯 Assorted Vegetables with Egg Drop Soup	奶油雞肉野菇筆管麵 Chicken and Mushroom Penne with Cream Sauce	6.1	2.1	2.1	2.0	1.0	0.0	802.0
1/30 (二)	胡瓜肉絲鹹粥 Cucumber and Shredded Pork Congee	白飯 Rice	◎☆砂鍋魚丁(含芝麻) Braised Diced Fish (contain Sesame)	紅蘿蔔蒸蛋 Steamed Eggs with Carrots	有機青菜 Organic Vegetable	水果 Fruit	菠菜肉片湯 Spinach and Pork Slices Soup	黑糖糕+黑芝麻牛乳 Brown Sugar Cake+ Black Sesame Milk	5.8	2.1	2.0	3.0	1.0	0.0	838.5
1/31 (三)	雞茸韭菜米粉湯 Rice Noodles Soup with Minced Chicken and Chinese Chives	五穀飯 Grain Rice	薑燒豬肉 Braised Pork and Ginger	彩蔬炒豆干 Stir-fried Dried Tofu and Bell Pepper	履歷青菜 Fresh Vegetable	水果 Fruit	番茄金針菇湯 Tomato and Enoki Mushrooms Soup	水煎包+鮮蔬湯 Pan-fried Bun+ Vegetables Soup	5.8	2.2	2.0	2.2	1.0	0.2	822.0

◎裹油炸物 Deep-fried Food

★表擊殼海鮮 Shrimp and Shelled Seafood

幼兒園飲品甜度6以下

幼兒園食材一律使用國產糖、牛肉

幼兒園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：林長芳(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)