

康橋國際學校林口校區 美食街111年9月菜單

日期 Date		9/12	9/13	9/14	9/15	9/16
星期 Day		(一)	(二)	(三)	(四)	(五)
早餐 Break-fast	中式	主食	水餃*6 Dumplings*6	蘑菇鑊板麵 Stir-fried Noodles with Mushroom Sauce	醬燒小肉包(30G)*2 Pork Stuffed Bun*2	蔥油餅 Scallion Bread
		副食1	△卡啦雞排 Chicken Chop	香烤豬排 Pork Chop	照燒翅小腿*2 Teriyaki Drumette	菇菇炒肉絲 Stir-fried Shredded Pork and Mushrooms
		副食2	玉米濃湯 Corn Soup	荷包蛋 Pan-fried Egg	洋蔥炒蛋 Scrambled Egg with Onion	玉米起司炒蛋 Scrambled Egg with Cheese and Corn
	副食3	香烤時蔬 Roasted Vegetables	履歷青菜 Fresh Vegetables	履歷青菜 Fresh Vegetables	履歷青菜 Fresh Vegetables	
	西式	內容物	藍莓麵包、洋芋烘蛋、BBQ烤雞排、香烤時蔬 Blueberry Bread, Potato Frittata, BBQ Chicken Chop, Roasted Vegetables	全麥吐司*2、香烤豬排+起司、△炸薯條、苜蓿芽+小黃瓜 Whole Wheat Toast*2, Pork Chop+ Cheese, Potato Fries, Alfalfa+Cucumber	口袋餅、照燒豬肉片、洋蔥炒蛋、和風水果沙拉 Pita, Teriyaki Pork Brisket, Takoyaki, Fruit Salad	大亨堡、肉絲炒麵、玉米起司炒蛋、履歷青菜 Big Bite, Shredded Pork with Fried Noodles, Scrambled Egg with Cheese and Corn, Fresh Vegetables
		飲品	100%果汁/豆漿紅茶 100% juice/ Soy Milk Tea	蜂蜜綠茶/米漿 Honey Green Tea/ Peanut Rice Milk	低糖豆漿/古早味冬瓜茶 Soy Milk/ White Gourd Drink	熱可可/薏仁漿 Hot Cocoa/ Job's Tears Milk
熱量		750	711.0	692	707.0	
套餐	BBQ肉排套餐	鐵路大排套餐	特製醬肉排套餐	孜然燒雞套餐	炸醬麵套餐	
主食	黑米飯 Black Rice	糙米飯 Brown Rice	五穀飯 Grain Rice	白飯 Rice	炸醬麵 Fried Sauce Noodles	
主菜	BBQ烤雞腿 BBQ Pork Chop	△鐵路大排 Pork Chop	特製醬肉排 Pork with Donkatsu Sauce	孜然燒雞排 Cumin Chicken Thigh		
副主菜	蜜汁燒肉 Braised Pork with Honey Sauce	瓜仔炒雞茸 Stir-fried Minced Chicken and Pickled Cucumber	彩蔬炒雞丁 Stir-fried Assorted Vegetables and Chicken	◎酥炸虱目魚條*2 Deep-fried Milkfish Sticks*2	五香滷雞腿 Braised Chicken Drumstick	
副菜1	枸杞甘藍 Stir-fried Cabbage and Goji	茄汁豆腐 Braised Tofu with Tomato Sauce	蛋酥白菜 Stir-fried Chinese Cabbage and Egg	螞蟻上樹 Stir-fried Glass Noodles	菜脯炒蛋 Stir-fried Egg and Dried Radish	
副菜2	履歷青菜 Fresh Vegetables	有機青菜 Organic Vegetables	履歷青菜 Fresh Vegetables	有機青菜 Organic Vegetables	履歷青菜 Fresh Vegetables	
湯品	紫菜蛋花湯 Kelp Sprouts and Egg Drop Soup	鳳梨苦瓜雞湯 Pineapple and Bitter Gourd Chicken Soup	枸杞山藥湯 Goji Yam Soup	芋頭椰汁西米露 Taro Coconut Milk Sago Soup	海芽蛋花湯 Kelp Sprouts Egg Drop Soup	
水果	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	
熱量	7254	714	711	724	717	
麵食	魚酥羹麵	番茄雞肉烏龍麵	醬油拉麵	日式湯烏龍咖哩	紅燒牛肉麵	
主食	白麵 Noodles	烏龍麵 Udon	拉麵 Ramen	烏龍麵 Udon	家常麵 Noodles	
主菜	☆魚酥 Fish Crisps	大雞腿 Chicken Drumstick	里肌肉排 Pork Chop	豬肉片 Pork Brisket	●紅燒牛肉 Beef Stew	
副菜	竹筍+黑木耳+紅蘿蔔 Bamboo Shoots+Black Fungus+ Carrots	番茄+洋蔥 Tomato+Onion	醬香滷蛋 Braised Egg	油片 Fried Bean Curd	青蔥+白蘿蔔+紅蘿蔔 Scallion + Radish+ Carrot	
小菜	△☆五香滷味 (豆包切塊、甜不辣) Braised Dishes (Bean Curd, Tempura)	滷菇菇蛋 Braised King Oyster Mushroom and Eggs	◎△可樂餅 Croquette	蒜味拌豬頭皮 Garlic Pork Skin	香滷花干 Braised Bean Curd	
青菜	大白菜 Chinese Cabbage	綠花椰 Broccoli	玉米粒+木耳+筍片 Corn+Black Fungus+Bamboo	洋蔥+紅蘿蔔+青蔥 Onion+Carrots+ Scallion	履歷小白菜 Fresh Vegetable	
湯品	★沙茶羹湯底 Sacha Broth	雞高湯 Chicken Broth	蔥香醬油大骨湯 Scallion, Soy Sauce Ribs Broth	咖哩湯底 Curry Broth	紅燒湯底 Broth	
水果	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	
熱量	713	716	725	732	722	
套餐	椒鹽雞排套餐	日式燒肉套餐	韓式炸雞套餐	煙燻醬豬排套餐	燒烤腿排套餐	
主食	胚芽飯 Germ rice	小米飯 Setaria Italica Rice	白飯 Rice	糙米飯 Brown Rice	地瓜飯 Sweet Potato Rice	
主菜	◎椒鹽雞排 Deep-fried Chicken Thigh	☆日式燒肉片 Yakiniku (Japanese Grilled Brisket)	◎洋釀炸雞丁 Korean Fried Diced Chicken	煙燻醬豬排 Pork Chop with Smoked Sauce	燒烤雞翅 Grilled Chicken Wing	
副主菜	蒲瓜肉柳 Fried Pork Loin with Puqua	☆小黃瓜炒魷魚 Stir-fried Squid and Cucumber	馬鈴薯焗排骨 Pork Ribs and Potato Stew	洋蔥雞丁 Stir-fried Chicken and Onion	蔥爆肉絲 Stir-fried Shredded Pork and Scallion	
副菜1	大黃瓜燴菇菇 Stir-fried Cucumber and Mushrooms	烤時蔬南瓜(紅蘿蔔、南瓜、馬鈴薯) Roasted Seasonal Vegetables with Pumpkin	☆韓式醬炒甜不辣 Korean-styled Tempura	紅蘿蔔蒸蛋 Steamed Egg with Carrots	Stir-fried Gluten Dough with Mushroom and Bamboo Shoots	
副菜2	履歷青菜 Fresh Vegetables	履歷蔬菜 Fresh Vegetables	芝麻拌蔬菜 Vegetables with	履歷青菜 Fresh Vegetables	履歷青菜 Fresh Vegetables	
水果	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	
湯品	金針花排骨湯 Daylily Flower Pork Ribs Soup	綠豆薏仁湯 Mung Bean and Pearl Barley Soup	韓式海帶芽湯 Korean Kelp Sprouts Soup	杏鮑菇燉雞湯 Chicken and King Oyster Mushroom Soup	☆肉羹湯(柴魚) Pork Thick Soup with Bonito Base	
熱量	845.5	845.5	845.5	819	830.5	

△表加工品 Processed Food

◎表油炸物 Fried Food

☆表魚類 Fish

★表帶殼海鮮 Shrimp and Shelled Seafood

●表牛羊製品

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