

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							
		全穀粗澱粉類(份)	豆魚肉蛋類(份)	蔬菜類(份)	油脂及堅果種子類(份)	水果(份)		奶類(份)	熱量(Kcal)						
8/29 (二)	蜜蜂包+五穀漿 Sweet Potato Steamed Bun+ Grain Pulp	白飯 Rice	◎☆酥炸柳葉魚 Deep-fried Shishamo	古早味蒸蛋 Steamed Egg	有機青菜 Organic Vegetable	水果 Fruit	冬瓜排骨湯 White Gourd and Pork Ribs Soup	蘋果派+紅豆牛乳 Apple Pie+Red Beans Milk	6.2	2.2	1.5	2.5	1	0.2	856
8/30 (三)	芋頭米粉湯 Taro and Rice Vermicelli Soup	五穀飯 Grain rice	鮑菇炒肉片 Stir-fried Pork Slices with Mushrooms	白菜滷粉絲 Stir-fried Mung Bean Noodles and Chinese	履歷青菜 Fresh Vegetable	水果 Fruit	鳳梨苦瓜雞湯 Chicken Soup with Bitter Gourd and	黑糖小饅頭+青花菜湯 Brown Sugar Steamed Bun+ Broccoli Soup	5.8	2.1	1.5	3	1	0	826
8/31 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	安東燉雞 Andong Braised Chicken	清炒雙筍 Stir-fried Bamboo Shoots	有機青菜 Organic Vegetable	水果 Fruit	玉米海根湯 Kelp Sprouts and Corn Soup	豬肉絲瓜裸仔條湯 Flat Noodles Soup with Pork and Sponge Gourd	5.8	2	1.5	2.8	1	0.4	855
9/1 (五)	沙威瑪厚堡+黑豆漿 Shawarma+Black Soy Milk	特餐	肉絲炒飯 Fried Rice with Shredded Pork	迷迭香翅小腿 Rosemary Chicken Drumette	履歷青菜 Fresh Vegetable	水果 Fruit	胡瓜排骨湯 Cucumber and Pork Ribs Soup	芝麻包+枸杞紅棗茶 Sesame Bun+ Goji and Red Dates Soup	5.8	2.1	1.5	2.5	1	0	796
9/4 (一)	栗子玉米雞湯 Chicken Soup with Chestnuts and Corn	糙米飯 Brown rice	野菜炒豚肉 Stir-fried Assorted Vegetables and Pork	鮮菇蒸蛋 Steamed Eggs with Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	金針排骨湯 Daylily and Pork Ribs Soup	南瓜螺旋麵 Pumpkin Fusilli	5.8	2	2.0	2.5	1	0	801
9/5 (二)	滑蛋蔬菜粥 Porridge with Egg and Vegetables	白飯 Rice	☆港式蒜蓉蒸魚片 Hong Kong Style Fish Fillet with Garlic	肉末燒豆腐 Braised Tofu with Minced Pork	有機青菜 Organic Vegetable	水果 Fruit	四神湯 Four-Herbal Soup	鮮肉包+鮮菇肉絲湯 Steamed Meat Bun+ Mushrooms and Shredded	6	2	1.8	2.5	1	0	810
9/6 (三)	蔥燒雞肉麵 Chicken Noodles with Scallion	五穀飯 Grain rice	豉汁排骨 Braised Pork with Fermented Soybean	豆酥長豆 Stir-fried Legume with Crispy Beans	履歷青菜 Fresh Vegetable	水果 Fruit	青木瓜雞湯 Green Papaya and Chicken Soup	豬肉餡餅+小米粥 Pan-fried Pork Pie+Millet Porridge	6	2.1	1.6	2.2	1	0	795
9/7 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	三杯雞丁 3-cup Diced Chicken	蒜香扁蒲 Stir-fried Bottle Gourd with Garlic	有機青菜 Organic Vegetable	水果 Fruit	肉骨茶湯 Bak Kut Teh	什錦米粉湯 Assorted Vegetables Rice Noodles Soup	5.7	1.8	1.8	2	1	0.5	804
9/8 (五)	鮮蔬雞塔+米漿 Fresh Vegetable Potato Tart+ Peanut and Rice Milk	特餐	磨菇醬鐵板麵 Teppanyaki Noodles with Mushroom Sauce	五香雞翅 Braised Chicken Wings	履歷青菜 Fresh Vegetable	水果 Fruit	☆味噌豆腐湯 Miso Soup with Tofu	肉圓+紫菜肉絲湯 Meat Ball+Kelp Sprouts and Shredded Pork Soup	5.5	2	1.7	2.2	1	0.2	779
9/11 (一)	蒸地瓜+薏仁漿 Steamed Sweet Potato+ Job's Tears Milk	糙米飯 Brown rice	柚香蜜汁燒肉 Braised Pork with Honey Sauce	白菜炒年糕 Stir-fried Chinese Cabbage and Rice Cake	履歷青菜 Fresh Vegetable	水果 Fruit	紫菜蛋花湯 Kelp Sprouts and Egg Drop Soup	田園蔬菜燉飯 Vegetable Risotto	6	2	1.8	2	1	0	780
9/12 (二)	菜豆鹹粥 Legume and Pork Congee	白飯 Rice	☆蒲燒鯛魚 Kabayki Sea Bream	茄汁豆腐 Braised Tofu with Tomato Sauce	有機青菜 Organic Vegetable	水果 Fruit	苦瓜排骨湯 Bitter Gourd and Pork Ribs Soup	筍香包+肉絲蔬菜湯 Bamboo Bun +Shredded Pork Soup with Vegetables	5.8	1.8	1.8	2.4	1	0	775
9/13 (三)	韭菜雞肉米苔目 Chicken Thick Rice noodles with Chinese Chives	五穀飯 Grain rice	鐵板肉柳 Teppanyaki Pork Tenderloin	豆薯炒蛋 Scrambled Eggs with Yam Bean	履歷青菜 Fresh Vegetable	水果 Fruit	枸杞山藥湯 Goji and Yam Soup	牛奶餐包+鄉村田園湯 Milk Bun+Assorted Vegetables Soup	6	2	1.8	2.2	1	0.2	816
9/14 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	雞肉筍煎煮 Chicken Chikuzen-ni	螞蟻上樹 Stir-fried Mung Bean Noodles with Pork and	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 Shacha Fried Noodles	5.8	1.8	2.0	2.1	1	0.4	810
9/15 (五)	什錦蔬菜烏巢塔+米漿 Vegetables Tart+ Peanut and Rice Milk	特餐	炸醬麵 Fried Sauce Noodles	◎糖醋雞丁 Sweet and Sour Diced Chicken	履歷青菜 Fresh Vegetable	水果 Fruit	竹筍排骨湯 Bamboo Shoots and Pork Ribs Soup	奶香饅頭+椰汁綠豆西米露 Steamed Bun+Coconut Milk Sago Soup with Green Beans	6	1.6	2.0	2.2	1	0.2	791
9/18 (一)	義式南瓜+黑糖牛乳 Italian Spices Pumpkin+Brown Sugar Milk	糙米飯 Brown rice	照燒豬肉片 Teriyaki Pork Slices	鮮菇炒白花椰 Stir-fried Cauliflower with Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	麻油雞湯 Sesame Oil Chicken Soup	白醬起司水管麵 Cheese Macaroni with White Sauce	6	1.6	2.0	2	1	0.4	803
9/19 (二)	番茄青菜鮮肉粥 Porridge with Tomato and Vegetables and Pork	白飯 Rice	☆◎椒鹽魚丁 Deep-fried Fish Dices	絲瓜增珍菇 Stir-fried Sponge Gourd and Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	黃豆芽肉絲湯 Soy Sprouts and Shredded Pork Soup	水煎包+紫米紅豆湯 Pan-fried Stuffed Bun+ Black Rice and Red Beans Soup	5.8	1.8	2.0	2.2	1	0	768
9/20 (三)	白菜麵疙瘩 Cabbage Gnocchi	五穀飯 Grain rice	紅燒豬腳 Braised Pork Knuckles	玉米炒蛋 Scrambled Eggs with Corn Kernels	履歷青菜 Fresh Vegetable	水果 Fruit	佛手瓜雞湯 Chayote and Chicken Soup	肉絲醬油蛋炒飯 Egg Fried Rice with Shredded Pork	5.8	2	2.0	2	1	0	771
9/21 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	蓮藕燒雞 Braised Chicken and Lotus Roots	南瓜豆腐煲 Pumpkin and Tofu Stew	有機青菜 Organic Vegetable	水果 Fruit	☆牛蒡小魚湯 Burdock and Anchovy Soup	日式炒烏龍 Stir-fried Udon with Shredded Pork	5.8	1.8	1.8	2	1	0.4	799
9/22 (五)	燒肉時蔬刈包+豆漿 Gua Bao+ Soy Milk	特餐	咖哩炒飯 Curry Fried Rice	◎鹽酥雞丁 Deep-fried Diced Chicken	履歷青菜 Fresh Vegetable	水果 Fruit	海芽薑絲湯 Kelp Sprouts Soup with Shredded Ginger	特選小饅頭+芋頭椰汁西米露 Steamed Bun+Taro Coconut Milk Sago Soup	5.5	2	1.8	2.5	1	0.3	811
9/23 (六)	馬鈴薯起司炒蛋吐司+黑芝麻 Toast with Scrambled Eggs, Cheese and Potato+ Black Sesame	特餐	野菇青醬筆管麵 Pesto Penne with Mushrooms	茄汁雞翅 Braised Chicken Wings in Tomato Sauce	履歷青菜 Fresh Vegetable	水果 Fruit	西式鮮菇清湯 Mushroom Soup	鬆餅+無糖麥茶 Waffle+ Sugar-free Barley Tea	5.8	2	2.0	2	1	0.3	807
9/25 (一)	蜜汁芋頭+米漿 Sweet Taro+ Peanut and Rice Milk	糙米飯 Brown rice	荷葉粉蒸肉 Steamed Pork with Lotus Leaf	塔香茄子 Stir-fried Eggplants and Basil	有機青菜 Organic Vegetable	水果 Fruit	山藥排骨湯 Yam and Pork Ribs Soup	和風燉飯 Mushrooms Rissoto	6	1.8	1.8	2.2	1	0.3	813
9/26 (二)	南瓜雞蓉粥 Porridge with Pumpkin and Minced Chicken	白飯 Rice	☆樹子蒸魚捲 Steamed Fish Roll with Cordia Seeds	香菇高麗菜 Stir-fried Cabbage and Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	薑絲冬瓜湯 White Gourd Soup with Shredded Ginger	玉兔包+低糖豆漿 Jade Rabbit Steamed Bun+ Low Sugar Soybean Milk	6.2	1.5	1.5	2	1	0.2	773
9/27 (三)	芽菜肉絲湯麵 Bean Sprouts Noodles	五穀飯 Grain rice	壽喜燒豬肉 Sukiyaki Pork	枸杞胡瓜 Stir-fried Cucumber with Goji	履歷青菜 Fresh Vegetable	水果 Fruit	大滷湯 Assorted Vegetables Thick Soup	金黃燒賣+紅棗銀耳湯 Shu Mai+ Reds Dates and White Fungus Soup	5.8	2	2.0	2	1	0	771
9/28 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	紅燒雞肉馬鈴薯 Braised Chicken With Potato	家常蒸蛋 Steamed Egg	有機青菜 Organic Vegetable	水果 Fruit	金菇絲瓜湯 Sponge Gourd and Enoki Mushrooms Soup	味噌鍋燒烏龍麵 Miso Udon	5.8	1.9	1.8	2	1	0.4	807

★表帶殼海鮮 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豬、牛肉  
 幼兒園未使用輻射污染食品  
 沙茶醬使用含芝麻的全蛋沙茶醬，不含花生成分

菜單開立：林辰芳(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)