

康橋國際學校幼兒園(林口校區)

113年4月份菜單

KCIS Preschool Lunch and Snack Menu, April 2024

| 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 種類 (份) | 豆魚蛋 肉類(份) | 蔬菜 類 (份) | 油脂及 堅果種 子類(份) | 水果 (份) | 奶類 (份) | | 熱量 (Kcal) | | | | | | |
| 4/1 (一) | 山藥栗子排骨湯 Yam and Chestnut Soup | 糙米飯 Brown Rice | 薑燒豬肉 Braised Pork with Ginger | 茄汁鮮菇燴豆腐 Braised Tofu and Mushrooms with Tomato Sauce | 履歷蔬菜 Fresh Vegetable | 水果 Fruit | ☆吻仔魚紫菜羹 Anchovy and Seaweed Soup | 南瓜醬貝殼麵 Conchiglie with Pumpkin Sauce | 5.8 | 2.2 | 2.0 | 2.2 | 1 | 0.2 | 822 |
| 4/2 (二) | 地瓜蛋沙拉+黑糖牛乳 Sweet Potato Salad+ Brown Sugar Milk | 白飯 Rice | ☆鮑菇炒魷魚 Stir-fried Squid with King Oyster Mushrooms | 木須白菜 Stir-fried Chinese Cabbage with Black Fungus | 有機蔬菜 Organic Vegetable | 水果 Fruit | 養生雞湯 Chicken Soup | 古早味芋香飯 Taro and Pork Rice | 5.8 | 2 | 2.0 | 1 | 1 | 0 | 711 |
| 4/3 (三) 兒童節 | 芙蓉麵線 Thin Noodles Soup with Vegetables | 五穀飯 Grain Rice | 手作什錦披薩 Hand-made Pizza | ◎康橋炸雞翅+香料玉 米段 KCIS Fried Chicken Wings + Spiced Corn | 履歷蔬菜 Fresh Vegetable | 水果 Fruit | 紅豆牛乳 Adzuki Beans with Milk | 小豬造型芋頭包(60G) Pig-Shaped Taro Steamed Bun | 6 | 2.2 | 1.9 | 1 | 1 | 0.2 | 762 |
| 4/4 (四) | 清明假期愉快 | | | | | | | | | | | | | | |
| 4/5 (五) | | | | | | | | | | | | | | | |
| 4/8 (一) | 高麗菜鹹粥 Cabbage and Pork Congee | 糙米飯 Brown Rice | 柚香蜜汁燒肉 Braised Pork with Honey and Pomelo | 肉末炒菜豆 Stir-fried Minced Pork and Legumes | 履歷蔬菜 Fresh Vegetable | 水果 Fruit | 南瓜雞湯 Pumpkin and Chicken Soup | 蔥油拌菠菜麵 Dried Scallion Oil | 6.1 | 2.2 | 1.9 | 1.2 | 1 | 0.2 | 781 |
| 4/9 (二) | 焗烤馬鈴薯+黑豆漿 Baked Potato+ Black Soy Milk | 白飯 Rice | ◎☆酥炸烏魚片 Deep-fried Fish Fillet | 紅片雙花 Stir-fried Cauliflower and Broccoli with | 有機蔬菜 Organic Vegetable | 水果 Fruit | 肉骨茶湯 Bak Kut Teh | 吻仔魚蛋炒飯 Fish Roe Fried Rice | 6.2 | 2.1 | 1.9 | 1 | 1 | 0 | 744 |
| 4/10 (三) | 雞肉芹菜麵疙瘩湯 Chicken and Celery Gnocchi 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 | 履歷蔬菜 Fresh Vegetable | 水果 Fruit | 黃豆芽肉絲湯 Soybean Sprout and Shredded Pork Soup | 黑糖糕+黑芝麻牛乳 Brown Sugar Cake+ Black Sesame Milk | 6.3 | 2.1 | 1.9 | 1 | 1 | 0.2 | 775 |
| 4/11 (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 | 胡瓜焗菇 Stir-fried Cucumber with Mushrooms | 有機蔬菜 Organic Vegetable | 水果 Fruit | 芹香蘿蔔湯 Radish and Celery Soup | 紫米甜米糕 Black Sticky Rice Cake | 6 | 2.1 | 1.9 | 1.2 | 1.3 | 0.5 | 816 |
| 4/12 (五) | 香料豬口肉袋餅+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 | 履歷蔬菜 Fresh Vegetable | 水果 Fruit | 大油湯 Assorted Vegetables Thick Soup | 銀絲卷+四神湯 Silver Thread Rolls + Four- Herb Soup | 6.1 | 2.2 | 1.8 | 1 | 1 | 0 | 742 |
| 4/15 (一) | 芋頭豬肉糙米粥 Taro and Pork Congee | 糙米飯 Brown Rice | 照燒豬柳 Teriyaki Pork Tenderloin | 麻油高麗菜 Stir-fried Cabbage with Sesame Oil | 履歷蔬菜 Fresh Vegetable | 水果 Fruit | 青木瓜雞湯 Green Papaya and Chicken Soup | 沙茶蛋花湯麵 Egg Drop Noodle Soup | 6.1 | 2 | 1.7 | 3 | 1 | 0.2 | 869 |
| 4/16 (二) | 南瓜沙拉+風味花椰菜燉湯 Pumpkin Salad + Broccoli Stew | 白飯 Rice | ◎☆醋溜魚丁 Sweet and Sour Fish | 塔香海茸 Stir-fried Kelp and Basil | 有機蔬菜 Organic Vegetable | 水果 Fruit | 蔬菜肉絲湯 Vegetables and Shredded Pork Soup | 雞肉野菇炊飯 Rice with Chicken and Mushroom | 6 | 2.1 | 2.0 | 3 | 1 | 0.2 | 877 |
| 4/17 (三) | 古早味米粉湯 Rice Noodle Soup | 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 | 履歷蔬菜 Fresh Vegetable | 水果 Fruit | 薑絲海芽湯 Young Kelp Soup with Shredded Ginger | 自製芝麻糊 Black Sesame Sweet Soup | 6.2 | 2.2 | 1.7 | 3 | 1 | 0 | 867 |
| 4/18 (四) | 2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk | 白飯 Rice | 咖哩雞肉 Chicken Curry | 古早味蒸蛋 Traditional Steamed Eggs | 有機蔬菜 Organic Vegetable | 水果 Fruit | 冬瓜肉片湯 White Gourd and Pork Slices Soup | 台式肉燥拌飯 Pork Rice | 5.5 | 2.0 | 1.8 | 2.0 | 1.3 | 0.5 | 819 |
| 4/19 (五) | 起司炒蛋吐司+混漿 Cheese and Scrambled Eggs Toast + Mixed Milk | 特餐 | ☆日式豬肉炒烏龍 Japanese Stir-fried Pork and Udon | 照燒雞翅 Teriyaki Chicken Wing | 履歷蔬菜 Fresh Vegetable | 水果 Fruit | 味噌蔬菜湯 Vegetable Miso 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 | 0.2 | 842 |
| 4/22 (一) | 玉米雞茸粥 Minced Chicken and Corn Congee | 糙米飯 Brown Rice | 豆豉芋頭燒肉 braise pork and taro with Fermented Black Beans | 大黃瓜炒金針菇 Stir-fried Cucumber and Enoki Mushrooms | 履歷蔬菜 Fresh Vegetable | 水果 Fruit | 蔘鬚結頭菜排骨湯 Pork Ribs Soup with Turnip and Ginseng | 肉燥湯麵 Pork Noodles | 6.1 | 2.1 | 2.0 | 2 | 1 | 0 | 800 |
| 4/23 (二) | 烤地瓜+綠瓜蛋片湯 Roasted Sweet Potato + Loofah and Egg Drop Soup | 白飯 Rice | ☆破布子蒸魚捲 Steamed Fish Roll | 和風雞蛋豆腐煲 Japanese Style Egg and Tofu Hotpot | 有機蔬菜 Organic Vegetable | 水果 Fruit | 白菜針菇雞湯 Chicken Soup with Cabbage and Enoki Mushrooms | 薑黃雞肉燉飯 Chicken Risotto with Tumeric | 6.1 | 2.2 | 1.8 | 1.8 | 1 | 0 | 790 |
| 4/24 (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 | 履歷蔬菜 Fresh Vegetable | 水果 Fruit | 金針排骨湯 Daylily and Pork Ribs Soup | 芋香豆花 Soybean Pudding with Taro | 6.0 | 2.0 | 1.2 | 2.5 | 1.0 | 0.2 | 819 |
| 4/25 (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 | 木耳白花 Stir-fried Cauliflower and Black Fungus | 有機蔬菜 Organic Vegetable | 水果 Fruit | ☆牛蒡小魚湯 Burdock and Anchovy Soup | 沙茶肉絲燴飯 Pork Fried Rice with Shacha Sauce | 5.8 | 1.8 | 2.0 | 2.0 | 1.3 | 0.5 | 830 |
| 4/26 (五) | 鮮蔬小飯糰+黑芝麻豆漿 Rice Balls with Vegetables+ Black Sesame Soy Milk | 特餐 | 雞肉飯 Chicken Rice | 菜脯蛋 Scrambled Eggs with Preserved Radish | 履歷蔬菜 Fresh Vegetable | 水果 Fruit | 鳳梨苦瓜排骨湯 Bitter Gourd and Pineapple Soup | 特選小饅頭+青菜豆腐湯 Steamed Bun + Vegetables and Tofu Soup | 6.1 | 1.8 | 1.2 | 2.5 | 1.0 | 0.2 | 811 |
| 4/29 (一) | 胡瓜肉絲鹹粥 Cucumber and Shredded Pork Congee | 糙米飯 Brown Rice | ◎炸排骨酥 Deep-fried Pork Ribs | ☆吻魚燴冬瓜 Stir-fried White Gourd and Anchovy | 履歷蔬菜 Fresh Vegetable | 水果 Fruit | 什錦蛋花湯 Assorted Vegetables with Egg Drop Soup | 青醬雞肉螺旋麵 Pesto Chicken Spiral Pasta | 5.9 | 2.1 | 2.1 | 2 | 1 | 0.3 | 788 |
| 4/30 (二) | 水煮玉米段+麵茶牛乳 Corn+ Roasted Wheat Flour Milk | 白飯 Rice | ◎☆砂鍋魚丁(含芝麻) Clay Pot Braised Diced Fish (with Sesame) | 紅蘿蔔蒸蛋 Steamed Eggs with Carrots | 有機蔬菜 Organic Vegetable | 水果 Fruit | 山藥肉片湯 Yam and Pork Slices Soup | 焗烤奶油燴飯 Risotto with Cream Sauce | 5.8 | 2.1 | 2.0 | 3.0 | 1.0 | 0.2 | 863 |

◎裹油炸物 Deep-fried Food

☆表魚類 Fish

★表帶殼海鮮 Shrimp and Shelled Seafood

幼兒園飲品溫度6以下

幼兒園食材一律使用國產產、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)