

康橋國際學校林口校區素食 112年5月份菜單
KCIS Preschool Lunch and Snack Menu, May 2023

日期 Date	午餐 Lunch Menu's Detail								營養成分分析 Nutrient Content Analysis							
	菜名	菜名	菜名	菜名	菜名	菜名	菜名	水果	菜名	總份數 (份)	總能量 (Kcal)	蛋白質 (g)	脂肪 (g)	碳水化合物 (g)		
5/01 (一)	糙米飯 Brown Rice	時蔬烘蛋 Vegetables Frittata	小黃瓜炒麵筋 Stir-fried Cucumber and Bean Curd	紅絲扁扁 Stir-fried Bottle Gourd with Shredded Carrot	◎黃金香芋捲 Taro Roll	履歷青菜 Fresh Vegetable	降鹽毛豆筍 Edamame	水果 Fruit	猴菇牛蒡湯 Burdock and Mushroom Soup	4.7	3.4	1.3	2.9	1.0	0.0	807.0
5/2 (二)	白飯 Rice	素排骨酥 Vegetarian Pork Ribes	玉米粒豆腐 Stir-fried Tofu and Corn	鹽水蔬菜 Stir-fried Vegetables	什錦炒筍 Stir-fried Bamboo	有機青菜 Organic Vegetable	香茅烤時蔬 Roasted Vegetables	水果 Fruit	青菜蛋花湯 Vegetables and Egg Drop Soup	4.6	3.0	1.3	2.5	1.0	0.0	752.0
5/3 (三)	五穀飯 Grain Rice	滑蛋增南瓜 Steamed Pumpkin with Scrambled Eggs	三杯油腐 3-cup Oily Tofu	毛豆炒干丁 Stir-fried Dried Tofu and Edamame	味噌胡瓜 Miso Bottle Gourd	履歷青菜 Fresh Vegetable	◎玉米可樂餅 Corn Pancakes	水果 Fruit	海芽豆腐湯 Kelp Sprouts and Tofu Soup	4.6	2.9	1.2	2.5	1.0	0.0	742.0
5/4 (四)	白飯 Rice	彩椒炒凍豆腐 Stir-fried Firm Tofu with Bell Pepper	茄汁豆包 Bean Curd with Tomato Sauce	茄汁豆包 Braised Kelp Sprouts and Radish	香菇燒蹄腿 Braised Bean Curd and Mushroom	有機青菜 Organic Vegetable	鮮菇冬菇煲 Mung Bean Noodles Stew with Mushrooms	水果 Fruit	銀耳蓮子湯 White Fungus and Lotus Seed Sweet Soup	4.7	3.4	1.2	2.4	1.0	0.0	782.0
5/5 (五)	特餐 Rice	什錦菜肉炒米苔目 Stir-fried Thick Rice Noodles with Vegetarian Meat and Vegetables	醬燒扁豆 Braised Bean Curd	鮮菇炒鮮菇 Stir-fried Broccoli and Cauliflower with King Oyster Mushroom	鮑菇雙花 Stir-fried Broccoli and Cauliflower with King Oyster Mushroom	履歷青菜 Fresh Vegetable	十張蔬菜捲 Vegetables Roll	水果 Fruit	薑絲冬瓜湯 White Gourd Soup with Shredded Ginger	4.2	3.3	1.3	2.3	1.0	0.0	737.5
5/8 (一)	糙米飯 Brown Rice	古早味蒸蛋 Steamed Egg	鮮菇炒黑干 Stir-fried Black Dried Tofu with Vegetables	鮮菇燻絲瓜 Stir-fried Sponge Gourd with Enoki Mushrooms	香椿牛肉丸 Vegetarian Meat Balls with Chinese Toona Sauce	履歷青菜 Fresh Vegetable	辣炒桂竹筍 Stir-fried Spicy Bamboo Shoots	水果 Fruit	大黃瓜香菇丸湯 Cucumber and Mushroom Ball Soup	4.8	3.5	1.4	2.5	1.0	0.0	806.0
5/9 (二)	白飯 Rice	日式味噌素肉排 Miso Vegetarian Steak	素炒茶炒麵筋 Stir-fried White Gluten with Vegetarian Shacha	毛豆蒸蛋 Steamed Egg with Edamame	魚香茄子 Braised Eggplants	有機青菜 Organic Vegetable	香菇水蓮 Stir-fried White Water Snowflake and Mushrooms	水果 Fruit	素香芋燒豆腐 Stir-fried White Water Snowflake and Mushrooms	4.7	2.8	2.1	2.1	1.0	0.0	###
5/10 (三)	五穀飯 Grain Rice	香茅馬鈴薯炒蛋 Scrambled Eggs with Potato	糖醋素肚 Sweet and Sour Bean Curd	塔香海耳 Stir-fried Kelp with Basil	彩繪胡瓜 Stir-fried Bottle Gourd with Vegetables	履歷青菜 Fresh Vegetable	△素燒賣 Vegetarian Shu Mai	水果 Fruit	黃豆芽蘿蔔湯 Soy Sprouts and Radish Soup	4.7	3.0	1.4	2.6	1.0	0.0	766.0
5/11 (四)	白飯 Rice	茄油芋香嫩豆腐 Tofu Stew with Taro	紅燒豆包 Braised Bean Curd	鮮菇炒寬冬粉 Stir-fried Mung Bean Noodles with Vegetables	荷塘小炒 Stir-fried Vegetables	有機青菜 Organic Vegetable	鍋燒白菜油 Braised Chinese Cabbage	水果 Fruit	椰香紫米露 Black Glutinous Rice with Coconut Milk	4.5	3.4	1.4	2.3	1.0	0.0	768.5
5/12 (五)	特餐 Rice	夏威夷炒飯 Hawaiian Fried Rice	△素煎餃 Pan-fried Vegetarian Dumplings	素蟹黃豆腐煲 Vegetarian Golden Tofu Stew	薑絲炒龍蝦 Stir-fried Gracilaria and Shredded Ginger	履歷青菜 Fresh Vegetable	海帶拌干絲 Kelp Strips and Tofu Strips	水果 Fruit	枸杞青木瓜湯 Green Papaya Soup with Gogi	4.0	3.5	1.3	2.7	1.0	0.0	756.5
5/15 (一)	糙米飯 Brown Rice	咖哩凍豆腐 Firm Tofu Curry	三色蛋 Three-colored Steamed Egg	椒鹽紫茄 Braised Eggplants	素佛跳牆 Vegetarian Stew	履歷青菜 Fresh Vegetable	甜薯洋芋條 Sweet Potato Fries	水果 Fruit	青木瓜+枸杞 White Gourd and Job's Tears Soup	4.8	2.8	1.3	2.3	1.0	0.0	742.0
5/16 (二)	白飯 Rice	素沙茶燻燒豆腐 Braised Vegetarian Shacha Tofu	回鍋干片 Twice-cooked Dried Tofu	鮮菇黃瓜 Stir-fried Cucumbers with Mushrooms	紅蘿蔔炒蛋 Scrambled Eggs with Carrot	有機青菜 Organic Vegetable	素苔瓜封 Vegetarian Stuffed Bitter Gourd	水果 Fruit	玉米濃湯 Corn Soup	4.6	2.8	1.3	2.4	1.0	0.0	732.5
5/17 (三)	五穀飯 Grain Rice	糖醋豆包 Sweet and Sour Bean Curd	筍絲炒蛋 Scrambled Eggs with Bamboo	紅燒干丁 Braised Dried Tofu	鐵板時蔬 Stir-fried Bean Sprouts and Blank Fungus	履歷青菜 Fresh Vegetable	塔香茄子 Stir-fried Eggplants with Basil	水果 Fruit	日鮮豆腐湯 Daily and Mushroom Soup	4.7	2.6	1.6	2.5	1.0	0.0	736.5
5/18 (四)	白飯 Rice	木耳炒素雞 Vegetarian Oden with Sweet Chili Bean Sauce	海山醬園素雞 Chinese Cabbage with White Sauce	椒鹽紫茄 Braised Eggplants	素佛跳牆 Vegetarian Stew	履歷青菜 Organic Vegetable	椒鹽紫茄 Stir-fried Eggplants with Basil	水果 Fruit	綠豆薏仁湯 Mung Bean Curd and Job's Tears Soup	4.4	2.7	1.1	2.1	1.0	0.2	716.5
5/19 (五)	特餐 Rice	金瓜素肉絲炒米粉 Stir-fried Rice Noodles with Pumpkin and Vegetarian Shredded Pork	◎日式唐揚素雞塊 Vegetarian Karaage	白苦瓜 Stir-fried Bitter Melon	和風油時蔬 Japanese Braised Vegetables	履歷青菜 Fresh Vegetable	BBQ紫米飯 BBQ Black Rice Cake	水果 Fruit	蕃茄蛋花湯 Tomato and Egg Drop Soup	4.3	3.4	1.3	3.0	1.0	0.0	783.5
5/22 (一)	糙米飯 Brown Rice	BBQ蘭花干 BBQ Bean Curd	彩蔬炒蛋 Scrambled Eggs with Vegetables	麻油高麗菜 Stir-fried Cabbage with Sesame Oil	芋香素肚 Stir-fried Taro and Bean Curd	履歷青菜 Fresh Vegetable	△紅油水餃 Spicy Vegetarian Dumplings	水果 Fruit	海帶結蘿蔔湯 Kelp Sprouts and Radish Soup	4.6	3.1	1.4	2.7	1.0	0.0	771.0
5/23 (二)	白飯 Rice	雪菜干丁 Stir-fried Dried Tofu and Pickled Cabbage	塔香豆包 Bean Curd with Basil	胡瓜燻粉條 Stir-fried Mung Bean Noodles and Cucumber	鮮菇炒芥菜 Stir-fried Bean Sprouts and Vegetables	有機青菜 Organic Vegetable	綜合滷味 Braised Dishes	水果 Fruit	山藥薏仁湯 Yam and Job's Tears Soup	4.8	2.9	1.4	2.5	1.0	0.0	761.0
5/24 (三)	五穀飯 Grain Rice	辣油油腐 Braised Oily Tofu with Oyster Sauce	秋葵炒蛋 Stir-fried Leaf Mustard and Mushrooms	鮮菇燻芥菜 Stir-fried Mustard and Mushrooms	甜酸素雞 Sweet and Sour Vegetarian Chicken	履歷青菜 Fresh Vegetable	咖哩洋芋鷹嘴豆 Chickpeas and Potato Curry	水果 Fruit	鮮菇玉米湯 Mushroom and Corn Soup	4.7	2.9	1.4	2.6	1.0	0.0	758.5
5/25 (四)	白飯 Rice	香滑千層干 Braised Bean Curd	西芹筍片炒豆干 Stir-fried Dried Tofu and Celery	蛋酥扁扁 Bottle Gourd and Eggs	素炒空布豆 Stir-fried Lima Beans	有機青菜 Organic Vegetable	麻辣豆腐 Spicy Tofu	水果 Fruit	芋圓燒仙草 Taro Balls and Grass Jelly	4.6	3.3	1.2	2.4	1.0	0.0	767.5
5/26 (五)	特餐 Rice	素雞肉飯 Vegetarian Chicken Rice	孜然豆包 Cumin Bean Curd	菜脯蛋 Scrambled Eggs with Preserved Radish	滷海帶豆腐 Braised Kelp Sprouts and Bean Curd	履歷青菜 Fresh Vegetable	胡麻菠菜 Spinach with Sesame Sauce	水果 Fruit	綠豆蛋花湯 Sponge Gourd and Egg Soup	4.4	3.2	1.2	2.6	1.0	0.0	755.0
5/29 (一)	糙米飯 Brown Rice	鐵板豆腐 Stir-fried Tofu	蕃茄炒蛋 Scrambled Eggs with Tomato	咖哩蔬菜 Vegetables Curry	梅乾菜苔瓜 Stir-fried Bitter Gourd and Preserved Vegetables	履歷青菜 Fresh Vegetable	素蘿蔔糕 Vegetarian Radish Cake	水果 Fruit	蓮藕玉米湯 Long Throat Moss Thick Soup	4.7	2.7	1.2	2.5	1.0	0.0	734.0
5/30 (二)	白飯 Rice	蜜汁黑豆干 Black Dried Tofu in Honey Sauce	煎製素肉塊 Stir-fried Vegetarian Meat and Pineapple	古早味蒸蛋 Steamed Egg	什錦炒筍 Stir-fried White Gourd with Gogi	有機青菜 Organic Vegetable	麻油素腰花 Stir-fried Konjac	水果 Fruit	蓮藕玉米湯 Lotus Roots and Corn Soup	4.7	2.6	1.4	2.3	1.0	0.0	722.5
5/31 (三)	五穀飯 Grain Rice	翠炒素魷 Stir-fried Vegetarian Squid and Vegetables	馬鈴薯烘蛋 Potato Frittata	茄汁白花椰 Cauliflower in Tomato Sauce	白菜油粉絲 Stir-fried Chinese Cabbage and Mung Bean Noodles	履歷青菜 Fresh Vegetable	樹子煎豆腐 Stinky Tofu	水果 Fruit	苦瓜蔞瓜湯 Bitter Gourd and Preserved Gourd Soup	4.7	3.3	1.2	2.3	1.0	0.0	770.0

◎表油炸物 Deep Fried Food

本校未使用輻射污染食品

菜單獨立：邱筱涵(新北食品股份有限公司營養師)