康橋國際學校幼兒園(林口校區)

113年3月份菜單

KCIS Preschool Lunch and Snack Menu, March 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						
									全穀雜糧類(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)
3/1 (五)	起司丹麥燒餅+黑糖牛乳 Cheese Danish + Brown Sugar Milk	特餐	蘑菇醬鐵板麵 Sitr-fried Noodles with Mushroom Sauce	迷迭香翅小腿 Rosemary Chicken Drumette	履歷蔬菜 Fresh Vegetable	水果 Fruit	結頭菜排骨湯 Turnip and Pork Ribs Soup	玉兔包+枸杞紅棗茶 Rabbit Steamed Bun + Goji and Dates Tea	5.8	2.1	1.5	2.5	1	0	796
3/4 (一)	義式南瓜+番茄濃湯 Italian Spices Pumpkin + Tomato Soup	糙米飯 Brown Rice	野菜炒豚肉 Stir-fried Vegetables and Pork Slices	鮮菇蒸蛋 Steamed Eggs with Mushrooms	履歷蔬菜 Fresh Vegetable	水果 Fruit	金針雞湯 Daylily and Chicken Soup	菠菜奶油螺旋麵 Spinach Fusilli	5.8	2	2.0	2.5	1	0	801
3/5 (二)	滑蛋蔬菜粥 Porridge with Silky Egg and Vegetables	白飯 Rice	☆港式蒜蓉蒸魚片 Hong Kong Style Steamed Fish Fillet with Garlic	銀芽豆包 Stir-fried Bean Sprouts with Aromatic Bean Curd	有機蔬菜 Organic Vegetable	水果 Fruit	四神湯 Four-Herbal Soup	自製地瓜燕麥餅+薑汁撞奶 Sweet Potato Oatmeal Pancake + Ginger Milk	6	2	1.8	2.5	1	0	810
3/6 (三)	蔥燒雞肉麵 Scallion Braised Chicken Noodles	五穀飯 Grain Rice	豉汁排骨 Fermented Black Bean Sauce Spare Ribs	紅絲高麗菜 Stir-fried Cabbage	履歷蔬菜 Fresh Vegetable	水果 Fruit	青木瓜雞湯 Green Papaya and Chicken Soup	和風燉飯 Japanese-style Mushrooms Rissoto	6	2.1	1.6	2.2	1	0	795
3/7 (四)	2種新鮮水果+麥片+鮮奶 Fresh Fruits, Cereal, and Milk	白飯 Rice	三杯雞丁 3-cup Diced Chicken	蒜香扁蒲 Garlic-Flavored Stir-fried Bottle Gourd with Shrimps	有機蔬菜 Organic Vegetable	水果 Fruit	玉米濃湯 Corn Soup	粿仔條湯 Rice Noodles Soup	5.7	1.8	1.8	2	1	0.5	804
3/8 (五)	鮮蔬雞蛋塔+混漿 Fresh Vegetable Potato Tart + Mixed Milk	特餐	咖哩肉絲炒飯 Curry Shredded Pork Fried Rice	五香油雞翅 Five-Spice Braised Chicken Wings	履歷蔬菜 Fresh Vegetable	水果 Fruit	☆味噌豆腐湯 Miso Soup with Tofu	養生饅頭+肉絲蔬菜湯 Steamed Bun + Shredded Pork Soup with Vegetables	5.5	2	1.7	2.2	1	0.2	779
3/11 (一)	桂花芋頭+薏仁漿 Osmanthus-Flavored Taro + Job's Tears Milk	糙米飯 Brown Rice	柚香蜜汁燒肉 Pomelo-Honey Glazed Pork	白菜滷 Stir-fried Chinese Cabbage	履歷蔬菜 Fresh Vegetable	水果 Fruit	黃豆芽肉絲湯 Soybean Sprout and Shredded Pork Soup	白醬起司水管麵 Cheese Penne in Béchamel Sauce	6	2	1.8	2	1	0	780
3/12 (二)	番茄青菜鮮肉粥 Tomato, Vegetable, and Pork Porridge	白飯 Rice	☆蒲燒鯛魚 Kabayki Sea Bream	肉末燒豆腐 Braised Tofu with Minced Pork	有機蔬菜 Organic Vegetable	水果 Fruit	芥菜雞湯 Mustard Greens and Chicken Soup	什錦豬肉麵線羹 Assorted Pork and Noodle Thick Soup	5.8	1.8	1.8	2.4	1	0	775
3/13 (三)	蔥油雞絲拌麵 Scallion Oil Shredded Chicken Noodles	五穀飯 Grain Rice	沙茶鐵板肉柳 Satay Sauce Pork Tenderloin Teppanyaki	玉米炒蛋 Scrambled Eggs with Corn Kernels	履歷蔬菜 Fresh Vegetable	水果 Fruit	菠菜吻魚羹 Spinach and Anchovy Thick Soup	自製蒸布丁+無糖麥茶 Homemade Steamed Pudding + Sugar-free Barley Tea	6	2	1.8	2.2	1	0.2	816
3/14 (四)	2種新鮮水果+麥片+鮮奶 Fresh Fruits, Cereal, and Milk	白飯 Rice	雞肉筑前煮 Chicken Chikuzen-ni	媽蟻上樹 Stir-fried Mung Bean Noodles with Pork and Vegetables	有機蔬菜 Organic Vegetable	水果 Fruit	針菇胡瓜湯 Enoki Mushroom and Cucumber Soup	★上海菜飯 Shanghai Rice	5.8	1.8	2.0	2.1	1	0.5	822
3/15 (五)	沙威瑪亨堡+黑豆漿 Shawarma Burger + Black Soybean Milk	特餐	什錦肉絲炒米苔目 Stir-fried Taiwanese Rice Noodles with Mixed Shredded Meat	◎豆乳雞丁 Deep-fried Chicken with Fermented Tofu	履歷蔬菜 Fresh Vegetable	水果 Fruit	牛蒡排骨湯 Burdock and Pork Rib Soup	黑麥小餐包+椰汁西米露 Rye Mini Bun + Coconut Milk Sago Dessert	6	1.6	2.0	2.2	1	0.2	791
3/18 (一)	蒸地瓜+ 低糖豆漿 Sweet Potato + Low Sugar Soybean Milk	糙米飯 Brown Rice	照燒豬肉片 Teriyaki Pork Slices	鮮菇炒雙花 Stir-fried Cauliflower and Broccoli with Mushrooms	履歷蔬菜 Fresh Vegetable	水果 Fruit	紫菜蛋花湯 Seaweed Egg Drop Soup	田園蔬菜燉飯 Vegetable Risotto	6	1.6	2.0	2	1	0.4	803
3/19 (二)	菠菜瘦肉粥 Spinach and Pork Congee	白飯 Rice	☆◎椒鹽魚丁 Salt and Pepper Deep-fried Fish Bites	焗烤茄子 Baked Eggplant	有機蔬菜 Organic Vegetable	水果 Fruit	冬瓜雞湯 White Gourd Chicken Soup	木須炒麵 Moo Shu Stir-Fried Noodles	5.8	1.8	2.0	2.2	1	0	768
3/20 (三)	白菜麵疙瘩 Cabbage Noodle Dumplings	五穀飯 Grain Rice	紅燒豬腳 Braised Pork Knuckles	金沙豆薯炒蛋 Scrambled Eggs with Jicama	履歷蔬菜 Fresh Vegetable	水果 Fruit	扁蒲排骨湯 Bottle Gourd and Pork Rib Soup	自製芋泥紫米糕+桂花飲 Taro Purple Rice Cake + Osmanthus Drink	5.8	2.0	2.0	2.0	1.0	0.0	771
3/21 (四)	2種新鮮水果+麥片+鮮奶 Fresh Fruits, Cereal, and Milk	白飯 Rice	和風醬燒雞 Braised Chicken with Japanese-style Sauce	南瓜豆腐煲 Pumpkin and Tofu Hotpot	有機蔬菜 Organic Vegetable	水果 Fruit	蓌鬚排骨湯 Ginseng and Pork Rib Soup	日式炒烏龍 Stir-fried Udon with Shredded Pork	5.8	1.8	1.8	2.0	1.0	0.5	811
3/22 (五)	燒肉時蔬刈包+玉米排骨湯 Gua Bao + Corn and Pork Ribs Soup	特餐	麻油雞油飯 Chicken Sticky Rice with Sesame Oil	◎鐵路風味豬排 Railway-Style Pork Chop	履歷蔬菜 Fresh Vegetable	水果 Fruit	番茄蛋花湯 Tomato and Egg Drop Soup	小黃金捲+紅棗銀耳湯 Golden Thread Roll + Reds Dates and White Fungus Soup	5.5	2	1.8	2.5	1	0.4	823
3/25 (一)	蜜汁芋頭+黑芝麻豆漿 Sweet Taro+ Black Sesame Soy Milk	糙米飯 Brown Rice	粉蒸肉 Steamed Pork	☆吻仔魚燴絲瓜 Stir-fried Loofah with Anchovies	履歷蔬菜 Fresh Vegetable	水果 Fruit	山藥排骨湯 Yam and Pork Ribs Soup	什錦肉絲湯麵 Mushrooms and Shredded Pork Noodles	6	1.8	1.8	2.2	1	1	837
3/26 (二)	紫菜滑蛋雞蓉粥 Seaweed and Silky Egg Porridge with Minced Chicken	白飯 Rice	☆樹子蒸魚捲 Steamed Fish Roll with Cordia Seeds	高麗菜炒年糕 Stir-fried Cabbage and Rice Cake	有機蔬菜 Organic Vegetable	水果 Fruit	大滷湯 Assorted Vegetables Thick Soup	★客家鹹湯圓 Hakka Rice Balls	6.2	1.5	1.5	2.0	1.0	0.2	773
3/27 (三)	芽菜肉絲湯麵 Bean Sprout and Pork Shredded Soup Noodles	五穀飯 Grain Rice	壽喜燒豬肉 Sukiyaki Pork	鮮菇燴芥菜 Stir-fried Mustard Greens with Mushrooms	履歷蔬菜 Fresh Vegetable	水果 Fruit	☆苦瓜小魚湯 Bitter Gourd and Anchovy Soup	黑糖薑汁地瓜湯 Sweet Potato Soup	5.8	2.0	2.0	2.0	1.0	0.0	771
3/28 (四)	2種新鮮水果+麥片+鮮奶 Fresh Fruits, Cereal, and Milk	白飯 Rice	紅燒雞肉燜馬鈴薯 Braised Chicken with Potato	紅燒豆干 Braised Dried Tofu	有機蔬菜 Organic Vegetable	水果 Fruit	白菜蛋酥湯 Chinese Cabbage and Egg Crisp Soup	味噌鍋燒拉麵 Miso Udon	5.7	1.8	1.8	2.0	1.0	0.5	804
3/29 (五)	海苔小飯糰+日式豆腐蛋花湯 Onigiri + Japanese-style Tofu Egg Drop Soup	特餐	義式南瓜螺旋麵 Fusilli with Pumpkin Sauce	◎鹽酥雞丁 Salt and Pepper Deep-fried Diced Chicken	履歷蔬菜 Fresh Vegetable	水果 Fruit	羅宋湯 Borscht	芝麻包+仙草牛乳 Sesame Bun + Grass Jelly Milk	5.8	1.5	2.0	2.2	1	0.2	770

◎表油炸物 Deep-fried Food

☆表魚類 Fish

★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素沙茶醬，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)