

康橋國際學校林口校區 112年1月素食菜單

Lunch and Snack Menu, January 2023

日期 Date	午餐 Lunch Menu's Detail									下午點心 Afternoon Snack	營養成分分析						
	主菜1	主菜2	副菜1	副菜2	副菜3	副菜4 (僅供食物)	水果	湯品	全日 總量		蛋白質 (g)	碳水化合物 (g)	脂肪 (g)	纖維 (g)	熱量 (kcal)		
1/3 (二)	白飯 Rice	素沙茶炒鴨腿 Sacha Vegetarian Duck	紅燒豆包 Braised Tofu Skin	鮮菇扁蒲 Stir-fried Bottle Gourd	梅乾菜筍絲 Braised Bamboo Shoots	有機青菜 Organic Vegetable	◎炸素鍋貼*2 Pan-fried Dumplings	水果 Fruit	酸辣湯 Chinese Hot and Sour Soup	芝麻包X1 Sesame Bun	3.3	3.0	2.0	3.0	1.0	0.0	701.0
1/4 (三)	五穀飯 Grain Rice	豆薯烘蛋 Frittata with Yam Bean	麻油麵絲炒豆腸 Sesame oil with Bean Curd	紅燒四季豆 Stir-fried Green Beans and Carrots	鮮菇炒丁干 Stir-fried Dried Tofu and Vegetables	履歷青菜 Fresh Vegetable	清蒸臭豆腐 Stinky Tofu	水果 Fruit	味噌蔬菜湯 Miso Vegetable Soup	原味鬆餅X1+柳橙汁 Plain Waffle+Orange Juice	3.5	3.0	2.0	3.0	1.0	0.0	715.0
1/5 (四)	白飯 Rice	糖醋麵輪 Dough Wheel in Sweet and Sour Sauce	◎山藥捲X2 Yam Roll	海芽蒸蛋 Kelp and Steamed Egg	紅片花椰 Stir-fried Broccoli with Carrots	有機青菜 Organic Vegetable	油油細麵 Braised Tofu	水果 Fruit	綠豆薏仁湯 Mung Bean and Job's Tears Soup	素糯米珍珠丸X3 Sticky Rice Pearl Ball	5.0	3.2	2.0	3.0	1.0	0.0	835.0
1/6 (五)	特餐	素炸醬麵 Noodles with Minced Dried Tofu	醬油豆腐 Braised Oily Tofu	茄汁白花椰 Cauliflower in Tomato Sauce	三絲豆芽 Stir-fried Bean Sprouts	履歷青菜 Fresh Vegetable	田園時蔬捲 Vegetables Roll	水果 Fruit	綠豆薏仁湯 Lily Flower Soup	烤三角薯餅X2 Triangle Hash Browns	4.5	3.0	2.0	2.5	1.0	0.0	762.5
1/7 (六)	特餐	高麗素肉炒飯 Cabbage and Vegetarian Shredded Pork Fried Rice	◎古早味炸素雞排 Taiwanese Fried Vegetarian Chicken Chop	鮮菇炒綠花 Stir-fried Mushrooms and Broccoli	佃煮時蔬 Simmered Vegetable	履歷青菜 Fresh Vegetable	宮保麵腸 Kung Pao Bean Curd	水果 Fruit	芹香蘿蔔湯 Radish Soup	南瓜餡餅(60G)*1 Pumpkin Pie	4.5	3.0	2.0	2.5	1.0	0.0	762.5
1/9 (一)	糙米飯 Brown Rice	素雞塊*3 Vegetarian Chicken Nuggets	四鍋千片 Doubled Cooked Vegetarian Pork Slices	木須白化粉 Stir-fried Cauliflower and Black Fungus	金菇黃瓜 Enoki and Cucumber	有機青菜 Organic Vegetable	油味拼盤 Taiwanese Braised Dish	水果 Fruit	紫菜豆腐羹 Seaweed Soup	馬拉糕(50G)X1 Cantonese Sponge Cake	4.0	2.5	1.3	3.6	1.0	0.0	667.5
1/10 (二)	白飯 Rice	南洋咖哩豆腐 Curry Tofu	毛豆炒乾丁 Stir-fried Dried Tofu and Edamame	清炒扁蒲 Stir-fried Bottle Gourd	筍片炒什錦 Stir-fried Assorted Cabbage	履歷青菜 Fresh Vegetable	四季豆炒豆包捲 Stir-fried Chicken Fillet and Vegetables	水果 Fruit	養生蘿蔔湯 Radish Soup	銀絲卷(70G)X1 Silver-thread Bun	4.0	3.0	2.0	3.0	1.0	0.0	750.0
1/11 (三)	五穀飯 Grain Rice	泰式檸檬排 Thai Style Lemon Vegetarian Steak	滷大溪黑干 Braised Dried Tofu	紅蘿蔔炒蛋 Scrambled Eggs with Carrot	塔香素雞丁 Stir-fried Vegetarian Chicken	有機青菜 Organic Vegetable	小黃瓜拌海苔 Cucumber Mixed with Sea Sprouts	水果 Fruit	山藥香菇湯 Yam Soup	鮮蔬菜包X1 Vegetable Bun	4.0	3.3	2.0	3.2	1.0	0.0	781.5
1/12 (四)	白飯 Rice	日式菇菇炒烏龍 Japanese Stir-fried Udon	香酥味噌豆包 Miso Bean Curd	彩蔬炒豆薯 Stir-fried Vegetables and Yambean	醬拌黃瓜 Glass Noodles Mixed with Peanut Sauce	履歷青菜 Fresh Vegetable	芋香素肚 Stir-fried Taro and Bean Curd	水果 Fruit	黑糖地瓜甜湯 Sweet Potato Soup	蛋黃芋泥丸X3 Egg Yolk and Taro Balls	3.8	3.0	2.0	2.5	1.0	0.0	713.5
1/13 (五)	特餐	◎炸素排骨酥 Deep Fried Vegetarian Pork Ribs	菜膽炒蛋 Scrambled Eggs with Dried Radish	紅燒冬瓜 Braised White Gourd and Goji	家常炒冬粉 Fried Glass Noodles	履歷青菜 Fresh Vegetable	◎鹽酥珍菇 Crispy Fried Oyster Mushroom	水果 Fruit	南瓜濃湯 Pumpkin Soup	六牛芽御手卷X1 Burdock Hand Roll	3.8	3.2	1.5	4.0	1.0	0.1	795.5
1/16 (一)	糙米飯 Brown Rice	日式味噌燻花干 Steamed Bean Curd in Miso Sauce	素沙茶炒千片 Sacha Vegetarian Pork Slices	紅片胡瓜 Stir-fried Cucumber and Carrot	薑絲綠豆 Stir-fried Kidney Bean with Carrots	有機青菜 Organic Vegetable	涼拌千絲 Tofu Noodles	水果 Fruit	玉米海椒湯 Corn and Kelp Soup	墨西哥麵包X1 Mexican Bread	4.2	2.5	1.3	3.5	1.0	0.0	731.5
1/17 (二)	白飯 Rice	香菇素炒豆腐 Tofu and Mushrooms with Tofu Sauce	年糕炒素腸 Chinese Stir-Fried Sticky Rice Cake with Bean Curd	和風蒸蛋 Japanese Style Steamed Eggs	鹹蛋苦瓜 Stir-fried Bitter Gourd	履歷青菜 Fresh Vegetable	酸辣土豆絲 Spicy and Sour Potato	水果 Fruit	番茄金針菇湯 Tomato and Enoki Mushroom Soup	豆沙包(60G)X1 Red Beans Bun	3.8	3.0	2.0	4.0	1.0	0.0	781.0
1/18 (三)	五穀飯 Grain Rice	照燒豆包 Teriyaki Tofu Skin	豆薯乾丁 Stir-fried Dried Bean Curd with Yam Bean	◎玉米可樂餅 Corn Croquette	麻油素腰花 Sesame Oil and Vegetarian Kidneys	有機青菜 Organic Vegetable	客家小炒 Hakka-style Fries	水果 Fruit	黃豆芽海芽湯 Soy Sprouts and Kelp Sprouts Soup	玉米可樂餅(30G)X1+蘋果汁 Croquette+Apple Juice	4.1	2.7	2.5	2.0	1.0	0.0	702.0
1/19 (四)	白飯 Rice	◎素炸雞排 Fried Vegetarian Chicken Chop	酸菜炒麵腸 Stir-fried Bean Curd	◎薯餅 Hash Brown	紅燒蘿蔔筒竹 Braised Radish	履歷青菜 Fresh Vegetable	素食大阪燒 Okonomiyaki	水果 Fruit	QQ圓甜湯 QQ Yuan Sweet Soup	素水餃X3 Cabbage Dumplings	3.8	2.7	2.5	2.0	1.0	0.0	681.0
1/20 (五)											4.2	2.7	2.5	2.0	1.0	0.0	709.0
1/23 (一)											4.0	2.7	2.5	2.0	1.0	0.0	695.0
1/24 (二)											3.8	2.7	2.5	2.0	1.0	0.0	681.0
1/25 (三)											4.0	2.7	2.5	2.0	1.0	0.0	695.0
1/26 (四)											3.8	2.7	2.5	2.0	1.0	0.0	681.0
1/27 (五)											4.2	3.2	1.5	4.0	1.0	0.1	823.5
1/30 (一)	糙米飯 Brown Rice	柚香蜜汁素肉排 Vegetarian Steak with Yuzu Sauce	滑蛋燴南瓜 Pumpkin with Scrambled Eggs	麻油紫米糕 Purple Sticky Rice Cake	大黃瓜炒金針菇 Stir-fried Gherkin and Enoki Mushrooms	履歷青菜 Fresh Vegetable	蘭皮三色捲 Bean Curd Roll	水果 Fruit	玉米豆腐湯 Corn and Tofu Soup	低糖卡士達麵包X1 Custard Bread	4.2	3.2	1.5	4.0	1.0	0.1	823.5
1/31 (二)	白飯 Rice	◎咖哩豆腐 Curry Tofu with Vegetables	素肉絲炒豆芽 Stir-fried Bean Sprouts and Vegetarian Meat	福菜燻苦瓜 Braised Bitter Gourd	椒鹽四季豆 Stir-fried Green Beans	有機青菜 Organic Vegetable	糖醋素排骨 Sweet and Sour Vegetarian Meat	水果 Fruit	蔬菜蛋花湯 Vegetable and Egg Drop Soup	切包X1 Steamed Creamy Custard Bun	4.2	3.2	1.5	4.0	1.0	0.1	823.5
	白飯	凍豆腐馬鈴薯紅蘿蔔	豆芽菜素肉絲芹菜	苦瓜福菜枸杞	四季豆		素排骨 青椒 黃椒 紅椒 鳳梨	水果	小白菜 雞蛋								



春節假期愉快

◎表油炸物Deep-fried Food
食材未使用輻射污染食品

菜單開立：陳曦、邱筱涵(新北食品股份有限公司營養師)