

康橋國際學校林口校區素食 112年11月份菜單
KCIS Preschool Lunch and Snack Menu, November 2023

日期 Date	午餐 Lunch Menu's Detail							水果 Fruit	下午茶點心 Afternoon Snack	營養成分分析 Nutrient Content Analysis							
	五穀飯 Grain Rice	九層塔烘蛋 Potato Frittata	三杯油豆腐 3-cup Oily Tofu	毛豆炒干丁 Stir-fried Dried Tofu	味噌胡瓜 Miso Bottle Gourd	履歷青菜 Fresh Vegetable	◎玉米可樂餅 Croquettes			金針豆腐湯 Lily and Tofu Soup	素水餃X3 Vegetarian Dumplings	全蛋 (個)	玉米 (個)	油質 (g)	糖類 (g)	熱量 (Kcal)	
11/1 (三)	五穀飯 Grain Rice	九層塔烘蛋 Potato Frittata	三杯油豆腐 3-cup Oily Tofu	毛豆炒干丁 Stir-fried Dried Tofu	味噌胡瓜 Miso Bottle Gourd	履歷青菜 Fresh Vegetable	◎玉米可樂餅 Croquettes	水果 Fruit	金針豆腐湯 Lily and Tofu Soup	素水餃X3 Vegetarian Dumplings	4.5	2.8	1.2	2.6	1.0	0.0	732.0
11/2 (四)	白飯 Rice	彩椒炒凍豆腐 Stir-fried Frozen Tofu with Bell Peppers	茄汁豆包 Bean Curd with Tomato Sauce	蘿蔔燒海帶結 Braised Kelp and Radish	香菇燒蹄膀 Braised Bean Curd	有機青菜 Organic Vegetable	鮮菇冬菇煲 Mushroom and Mung Bean Noodles Hot Pot	水果 Fruit	銀耳蓮子湯 White Fungus Sweet Siam	油素甜不辣片 Vegetarian Tempura	4.8	3.4	1.1	2.4	1.0	0.2	810.5
11/3 (五)	特餐 Vegetarian	古早味炒米粉 Stir-fried Rice Noodles	◎日式唐揚素雞塊 Vegetarian Karaage	豆豉苦瓜 Stir-fried Bitter Melon	家常豆腐 Braised Tofu	履歷青菜 Fresh Vegetable	BBQ紫菜糕 BBQ Rice Cake	水果 Fruit	薑絲冬瓜湯 White Gourd Soup	時令水果雙拼 Fruits	4.3	3.3	1.2	2.3	1.0	0.1	754.0
11/6 (一)	糙米飯 Brown Rice	毛豆蒸蛋 Steamed Egg with Edamame	蜜汁黑豆干 Stir-fried Dried Tofu	蒜炒雙花 Stir-fried Broccoli and Cauliflower	薑絲炒長年菜 Stir-fried Mustard Green	履歷青菜 Fresh Vegetable	辣炒桂竹筍 Spicy Stir-fried Bamboo Shoots	水果 Fruit	鳳梨苦瓜湯 Bitter Gourd and Pineapple Soup	墨西哥麵包 Mexican Bread	5.0	3.5	1.3	2.5	1.0	0.2	841.5
11/7 (二)	白飯 Rice	日式味噌素肉排 Miso Vegetarian Steak	素炒沙茶麵線 Sacha Wheat Gluten	素蟹黃豆腐煲 Golden Tofu Stew	煎香茄子 Braised Eggplants	有機青菜 Organic Vegetable	破布子水蓮 Stir-fried Water Lotus	水果 Fruit	海菜香菇丸湯 Turnip and Mushroom Ball Soup	芋泥包 Taro Bun	4.8	2.8	1.1	2.1	1.0	0.0	728.0
11/8 (三)	五穀飯 Grain Rice	香茅馬鈴薯炒蛋 Potato Scrambled Eggs	糖醋素肚 Sweet and Sour Bean Curd	塔香海菜 Stir-fried Kelp with Basil	鮮菇炒芽豆 Stir-fried Bean Sprouts	履歷青菜 Fresh Vegetable	△素燒香 Shiu Mai	水果 Fruit	黃豆芽肉燥湯 Soy Sprouts Soup	素雞捲 Radish Cake	4.8	3.0	1.4	2.6	1.0	0.0	773.0
11/9 (四)	白飯 Rice	薑燒豆腐 Ginger Braised Vegetarian Chicken	紅燒豆包 Braised Bean Curd	鮮菇炒寬冬粉 Stir-fried Wide Glass Noodles with Fresh	蹄膀小炒 Stir-fried Vegetables	有機青菜 Organic Vegetable	青蔥炒豆干 Stir-fried Green Pepper and Dried Tofu	水果 Fruit	椰香紫米露 Black Rice and Coconut Milk	地瓜包(60G)X1 Sweet Potato Bun	4.6	3.4	1.3	2.3	1.0	0.0	773.0
11/10 (五)	特餐 Vegetarian	夏威夷炒飯 Hawai Fried Rice	海帶拌干絲 Kelp Strips and Tofu Strips	蒸蛋 Steamed Egg	薑蔥炒鴨子炒山蘇 Stir-fried Bird-Nest Fern	履歷青菜 Fresh Vegetable	煎水餃 Pan-fried Dumplings	水果 Fruit	胡瓜+豆腐 Gourd Soup	烤地瓜X1+豆奶 Roasted Sweet Potato+ Soy Milk	4.1	3.5	1.2	2.7	1.0	0.0	761.0
11/13 (一)	糙米飯 Brown Rice	咖哩凍豆腐 Tofu Curry	三色蛋 3 Colored Eggs	◎地瓜薯條 Sweet Potato Fries	素佛跳牆 Vegetarian Stew	履歷青菜 Fresh Vegetable	紅燒紫茄 Braised Egg Plants	水果 Fruit	素肉骨茶 Bak Tui The	蜂蜜蛋糕(60G) Honey Cake	4.8	2.7	1.3	2.3	1.0	0.2	758.5
11/14 (二)	白飯 Rice	素沙茶蒸凍豆腐 Braised Sacha Tofu	回鍋干片 Twice-cooked Dried Tofu	鮮菇黃瓜 Stir-fried Cucumber	豆薯羹 Stir-fried Yam Bean and Asparagus	有機青菜 Organic Vegetable	素苦瓜封 Bitter Gourd Stuffing	水果 Fruit	玉米濃湯 Corn Soup	切夏包(65G) Custard Bun	4.7	2.8	1.2	2.4	1.0	0.1	749.0
11/15 (三)	五穀飯 Grain Rice	糖醋豆包 Sweet and Sour Bean Curd	紅蘿蔔炒蛋 Scrambled Eggs with Carrot	紅燒干丁 Braised Dried Tofu	鐵板時蔬 Stir-fried Bean Sprouts	履歷青菜 Fresh Vegetable	麻油素腰花 Stir-fried Vegetarian Konjac	水果 Fruit	金針香菇湯 Lily Flower and Mushroom Soup	滷油細麵(60G)X1 Braised Oily Tofu	4.8	2.6	1.5	2.6	1.0	0.0	745.5
11/16 (四)	白飯 Rice	木耳炒素雞 Stir-fried Vegetarian Chicken	海山醬開度東 Oily Tofu with Graciliana	奶香白菜 Milk-flavored Chinese Cabbage	鮮菇炒蹄膀 Stir-fried Kelp	有機青菜 Organic Vegetable	辣菜炒麵筋 Stir-fried Bean Curd and Pickles	水果 Fruit	綠豆薏仁湯 Mung Beans and Job's Tears Soup	南瓜盒子 Pumpkin Bun	4.4	2.6	1.1	2.2	1.0	0.2	713.5
11/17 (五)	特餐 Vegetarian	白醬奶油螺旋麵 Creamy Alfredo Fusilli	起司地瓜烘蛋 Sweet Potato Frittata	香料馬鈴薯 Baked Potato	鮮菇雙花 Stir-fried Broccoli and Cauliflower	履歷青菜 Fresh Vegetable	◎△素蝦餅 Vegetarian Shrimp Steak	水果 Fruit	羅宋湯 Borscht	紫米豆皮壽司X2 Chrashizushi	4.3	3.4	1.3	3.0	1.0	0.0	783.5
11/20 (一)	糙米飯 Brown Rice	BBQ素鴨 BBQ Bean Curd	彩蔬炒蛋 Scrambled Eggs with Vegetables	黑菌炒素肉 Black Fungus with Cilantro	Basil-flavored Bean Curd	履歷青菜 Fresh Vegetable	Spicy Dumplings	水果 Fruit	海帶結蘿蔔湯 Kelp and Radish Soup	鬆餅X1+蘋果汁 Waffles+Apple Juice	4.6	3.1	1.4	2.7	1.0	0.1	783.0
11/21 (二)	白飯 Rice	素鴨 Stir-fried Dried Tofu	茄汁豆包 Bean Curd with Basil	Stir-fried Gourd and Mung Bean Noodles	Lo-mei	有機青菜 Organic Vegetable	鮮菇三絲 Stir-fried Bean Sprouts	水果 Fruit	山藥仁湯 Yam and Job's Tears Soup	黑糖芋圓 Black Sugar Roll	4.8	3.0	1.3	2.5	1.0	0.0	766.0
11/22 (三)	五穀飯 Grain Rice	蠔油油豆腐 Braised Oily Tofu	生豆包+九層塔 Bean Curd with Basil	大薯瓜粉條枸杞 Stir-fried Mustard Greens with Fresh Mushrooms	鮮菇蹄膀 Sweet and Sour Vegetrain Chicken	履歷青菜 Fresh Vegetable	咖哩洋芋鷹嘴豆 Chick Peas and Potato Curry	水果 Fruit	鮮菇玉米湯 Mushroom and Corn Soup	◎玉米素酥餅 Croquettes	4.8	2.8	1.4	2.6	1.0	0.0	758.0
11/23 (四)	白飯 Rice	香油芹芹干 Braised Bean Curd	西芹茼蒿炒豆干 Stir-fried Dried Tofu and Celery	麻油高麗菜 Stir-fried Cabbage with Sesame Oil	素炒皇帝豆 Stir-fried Lima Beans	有機青菜 Organic Vegetable	Spicy Tofu	水果 Fruit	芋圓燒仙草 Taro Balls and Grass Jelly	素鍋貼 Vegetarian Pan-fried Dumplings	4.6	3.3	1.2	2.4	1.0	0.0	767.5
11/24 (五)	特餐 Vegetarian	香椿拌飯 Vegetarian Rice	孜然豆包 Cumin Bean Curd	Scrambled Eggs with Dried Radish	Braised Kelp and Dried Tofu	履歷青菜 Fresh Vegetable	Spinach with Sesame Sauce	水果 Fruit	芥菜地瓜湯 Mustard Soup	金絲捲 Golden thread buns	4.5	3.2	1.1	2.6	1.0	0.0	759.5
11/27 (一)	糙米飯 Brown Rice	糖醋豆腐 Black Pepper Tofu	茄汁炒蛋 Scrambled Eggs with Tomato	咖哩蔬菜 Vegetables Curry	薑絲麻油炒麵筋 Stir-fried Wheat Gluten Roll	履歷青菜 Fresh Vegetable	麻油蒜苔 Stir-fried Mushrooms with Sesame Oil	水果 Fruit	梨菜羹湯 Fruit Choy Thick Soup	藍莓餐包X1 Blueberry Bread	4.8	2.7	1.2	2.5	1.0	0.0	741.0
11/28 (二)	白飯 Rice	香油黑豆干 Black Dried Tofu in Sweet Sauce	鳳梨素肉塊 Stir-fried Vegetarian Meat and Pineapple	紅糖凍豆腐 Red Yeast Rice and Frozen Tofu	鮑菇雙花 Stir-fried Broccoli and Cauliflower with	有機青菜 Organic Vegetable	塔香茄子 Stir-fried Eggplants with Basil	水果 Fruit	枸杞冬瓜湯 White Gourd Soup	芝麻包 Sesame Bun	4.8	2.6	1.4	2.3	1.0	0.0	729.5
11/29 (三)	五穀飯 Grain Rice	翠炒素鮑 Stir-fried Vegetarian	馬鈴薯烘蛋 Potato Frittata	茄汁白胡椒 Cauliflower in Tomato Sauce	白菜油時蔬 Stir-fried Chinese Cabbage	履歷青菜 Fresh Vegetable	樹子蒸豆腐 Stinky Tofu	水果 Fruit	大油湯 Assorted Vegetables Soup	火三角薯餅X2 Hash Browns	4.8	3.2	1.2	2.3	1.0	0.0	769.5
11/30 (四)	白飯 Rice	素蜜汁雞片 Vegetarian Steak	芹菜燻肉干 Braise Yuba & Celery	焗烤南瓜 Roasted Pumpkin	素蹄膀燒蹄膀 Stir-fried turnip	有機青菜 Organic Vegetable	千張海苔捲 Vegetable Roll	水果 Fruit	傳統花生甜湯 Sweet Peanut Soup	珍珠球 Pearl Ball	4.8	3.2	1.2	2.3	1.0	0.0	769.5

◎表油炸物 Deep Fried Food
本校未使用輻射污染食品

菜單開立：邱廷涵(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)