

康橋國際學校林口校區 12月菜單
Lunch and Snack Menu, December 2022

日期 Date	午餐 Lunch Menu's Detail								下午點心 Afternoon Snack	營養成分分析 Nutritional Ingredient Analysis							
	主菜1	主菜2	副菜1	副菜2	副菜3	副菜4 (備用食物)	水果	湯品		午餐 餐量 (份)	蛋白質 (g)	碳水化合物 (g)	脂肪 (g)	纖維 (g)	鈉 (mg)	糖 (g)	熱能 (Kcal)
12/1 (四)	白飯 Rice	香滑油腐 Steamed Tofu	甜豆炒干片 Stir-fried Dried Tofu Slices with Sweet Beans	南瓜豆腐煲 Pumpkin and Tofu Stew	塔香海鮮 Stir-fried Seaweed with Basil	有機青菜 Organic Vegetable	起酥蘋果派 Puff Pastry Apple Pie	水果 Fruit	花生甜湯 Sweet Peanut Soup	◎南瓜盒子 Pumpkin Pie	3.5	3.0	2.0	3.0	1.0	0.0	745
12/2 (五)	特餐	咖喱炒飯 Curry Fried Rice	迷迭香炒蛋 Scrambled Eggs with Rosemary	糖醋香脆雞 Sweet and Sour King Oyster Mushrooms	什錦鮮蔬 Assorted Vegetables	有機青菜 Fresh Vegetable	小黃瓜拌素粒 Bean Curd and Cucumber	水果 Fruit	金針鮮菇湯 Lily Soup	奶酥麵包 Milky Filling Bread	3.8	2.5	3.0	3.0	1.0	0.0	754
12/5 (一)	糙米飯 Brown rice	古早味蒸蛋 Steamed Eggs	蜜汁素肉排 Vegetarian Steak with Honey Sauce	福菜開胃瓜 Braised Bitter Melon	雲朵炒麵筋 Stir-fried Yukiins and Vegetarian Sausage	有機青菜 Fresh Vegetable	茄子素肉醬 Stir-fried Eggplant in Vegan Meat Sauce	水果 Fruit	番茄蛋花湯 Tomato and Egg Drop Soup	蘋果派(30G)*1+豆奶 Apple Pie+ Soy Milk	3.8	3.0	2.0	2.5	1.0	0.0	736
12/6 (二)	白飯 Rice	奶香豆包 Butter Flavor Tofu Skin	海帶燒豆腐 Stewed Tofu with Seaweed	白菜滷菜 Stir-fried Chinese Cabbage with Black Fungus	紅片花膠 Stir-fried Cauliflower with Carrot	有機青菜 Organic Vegetable	素蝦餅 Vegetarian Shrimp Cake	水果 Fruit	鮮菇玉米湯 Mushroom and Corn Soup	豆沙包 Steamed Bean Bun	3.5	3.2	1.5	3.0	1.0	0.1	760
12/7 (三)	五穀飯 Grain Rice	滑蛋粉條羹 Stewed Cellophane Noodles with Slippery Eggs and Luffa	糖醋嫩雞 Sweet and Sour Rolled Flour Chicken	香菇高麗菜 Stir-fried Cabbage with Mushroom	蘿蔔燒海菜 Braised Kelp and Radish	有機青菜 Fresh Vegetable	起司球 Cheese Ball	水果 Fruit	薑絲胡瓜湯 Cucumber Soup	◎黃金地瓜QQ棒X2 Sweet Potato Sticks	4.0	2.5	1.3	3.5	1.0	0.0	755
12/8 (四)	白飯 Rice	香滑肉排 Vegetarian Steak	地瓜金沙豆腐 Stir-fried Tofu with Sweet Potato and Salted Egg	川芹黃瓜 Stir-fried Cucumber and Black Fungus	紅皮白菜 Stir-fried Chinese Cabbage with Tofu Skin	有機青菜 Organic Vegetable	椒鹽毛豆 salt and pepper edamame	水果 Fruit	蒜苔玉米甜湯 Sweet Rice Noodles Soup	馬拉糕(50G) Cantonese sponge cake	3.5	3.0	2.0	3.0	1.0	0.0	745
12/9 (五)	特餐	古早味飯條 Fried Flat Noodles with Shredded Pork	茄汁豆包 Tofu Skin in Tomato Sauce	蒜香海帶 Stir-fried Kelp	鮮菇豆芽菜 Stir-fried Bean Sprouts with Mushroom	有機青菜 Fresh Vegetable	蜜汁燻子鴨 Taro Stew with Osmantus	水果 Fruit	味噌豆腐湯 Vegetables Miso Soup	六午麥餅手卷 Burdock Hand Roll	4.0	3.2	2.0	3.0	1.0	0.0	701.0
12/12 (一)	糙米飯 Brown rice	紫菜蛋羹 Tea Egg	彩蔬豆腐 Stir-fried Tofu Skin with Vegetables	枸杞雙花 Stir-fried Cauliflower, Broccoli and Goji	麵筋花生 Wheat Gluten and Peanut	有機青菜 Fresh Vegetable	蜜芋頭 Sweet Taro	水果 Fruit	紫菜蛋花湯 Kelp Sprouts and Egg Drop Soup	素芋糕(30G)*2 Taro Roll	3.8	3.0	2.0	2.5	1.0	0.0	736
12/13 (二)	白飯 Rice	雞醬素肉塊 Stir-fried Sweet and Sour Vegetarian Steak	豆干炒四季豆 Stir-fried Dried Tofu with Green Beans	茄汁肉排 Braised Tofu with Tomato Sauce	黃豆芽炒年糕 Bean Sprouts and Rice Cake	有機青菜 Organic Vegetable	燒烤芋籤 Grilled Taro Cake	水果 Fruit	黃金鮮菇湯 Chinese Mushrooms Soup	鮮蔬菜包 Steamed Vegetable Bun	3.5	3.2	1.5	3.0	1.0	0.1	760
12/14 (三)	五穀飯 Grain Rice	香滑燻花干 Braised Tofu Skin	蔥酥白菜 Stir-fried Chinese Cabbage and Egg	清炒什錦鮮蔬 Stir-fried Vegetables	椒鹽豆豉 Long Bean with Pepper and Salt	有機青菜 Fresh Vegetable	紫米丸子 Black Rice Ball	水果 Fruit	枸杞山藥湯 Yam and Goji Soup	芝麻蔥酥蛋捲(90G) Sesame and Oat Bun	3.5	2.5	1.3	3.5	1.0	0.0	720
12/15 (四)	白飯 Rice	炭烤素排 Chikuzen	五味豆腐 Five-flavored Tofu	鴨腿上粥 Stir-fried Mung Bean Noodles with Vegetables	竹筒香菇燻翅 Stir-fried Gluten with Mushrooms and Bamboo	有機青菜 Organic Vegetable	三杯脆菇 Three-cup King Oyster Mushrooms	水果 Fruit	芋頭椰汁西米露 Coconut Milk Sago with Taro	油蛋(55G)+黑豆奶 Braised Egg+Black Soy Milk	3.5	3.0	2.0	3.0	1.0	0.0	745
12/16 (五)	特餐	炸醬麵 Fried Sauce Noodles	◎椒香豆包 Stir-fried Tofu Skin	甜豆炒干片 Stir-fried Dried Tofu Slices with Celery and Black Fungus	蒜香炒麵 Scrambled Eggs with Vegetable	有機青菜 Fresh Vegetable	茄油紅燒菜 Stir-fried Sesame Oil Gynura's Deux Couleurs	水果 Fruit	海芽豆腐湯 Kelp Sprouts Tofu Soup	沖繩黑糖捲*1 Brown Sugar Bun	3.8	3.0	2.5	3.5	1.0	0.0	809
12/19 (一)	糙米飯 Brown rice	照燒豆包 Tofu Skin Teriyaki Bun	豆瓣燒干丁 Stir-fried Dried Tofu Dices with Fermented Soy Sauce	切油燻花干 Stir-fried Cabbage in White Sauce	木耳炒海菜 Stir-fried Broccoli and Cauliflower with Black Fungus	有機青菜 Fresh Vegetable	◎日式時蔬大燻薯 Vegetable Tempura	水果 Fruit	鹽油蒜茸湯 Sesame Oil Soup	大三角薯餅*2 Hash Brown	3.8	3.0	2.5	2.5	1.0	0.0	749
12/20 (二)	白飯 Rice	番茄炒蛋 Scrambled Egg with Tomato	鐵板黑胡椒豆腐 Teppanyaki Black Pepper Tofu	木耳長豆 Stir-fried Long Bean with Black Fungus	清炒香扁豆 Stir-fried Bottle Gourd	有機青菜 Organic Vegetable	紅油素水餃 Chili Oil Vegetarian Dumpling	水果 Fruit	番茄黃豆芽湯 Tomato and Vegetable Soup	素湯包(30G)*2 Vegetable Bun	3.8	3.0	2.5	2.0	1.0	0.0	719
12/21 (三)	五穀飯 Grain Rice	◎椒鹽素排香脆 Fried Vegetarian Pork Ribs with Pepper Sauce	栗子炒干丁 Stir-fried Chestnuts and Dried Tofu	甜豆炒炒菇 Stir-fried Cucumber and Mushrooms	黃金泡菜 Gold kimchi	有機青菜 Fresh Vegetable	胡蘿蔔拌香花 Broccoli Mixed Sesame Sauce	水果 Fruit	芥菜地瓜湯 Mustard Leaf Soup	素燒賣(30G)*2 Shumai	3.8	2.7	2.5	2.0	1.0	0.0	696
12/22 (四)	白飯 Rice	咖喱燻花 Tofu Curry	四季豆炒素腰花 Stir-fried Green Beans with Vegetarian Kidney	薑絲炒麵筋 Stir-fried Vegetarian Sausage with Shredded Ginger	枸杞冬瓜 Stir-fried White Gourd with Goji	有機青菜 Organic Vegetable	龍眼菜炒雪白菇 Stir-fried Chayote Vine and white beech mushroom	水果 Fruit	紅豆圓圓 Red Beans and Rice Balls	奶皇包(65G) Creamy Custard Bun	3.8	3.1	2.5	3.0	1.0	0.0	786
12/23 (五)	特餐	青醬筆管麵 Pesto Penne	茄汁起司素肉排 Vegetarian Steak in Tomato Sauce	◎波浪薯條 Crinkle Fries	鮮蔬煎餅 Vegetables Pan Cake	有機青菜 Organic Vegetable	素棒麵 Vegetarian Drumstick	水果 Fruit	奶油蘑菇湯 Mushrooms Soup	原味波士頓派 Boston Pie	3.8	2.7	2.5	3.0	1.0	0.0	756
12/26 (一)	糙米飯 Brown rice	彩椒干燒 Stir-fried Sweet Pepper with Shredded Tofu	鮮菇蒸蛋 Steamed Egg with Mushroom	奶香白菜 Stir-fried Cabbage with Cream Sauce	豆豉苦瓜 Braised Bitter Melon	有機青菜 Fresh Vegetable	素雞塊 Vegetarian Nuggets	水果 Fruit	山椒栗子湯 Yam and Chestnuts Soup	鬆餅*2 Waffle	3.8	2.7	2.5	2.0	1.0	0.0	696
12/27 (二)	白飯 Rice	三杯脆菇豆腐 Stewed Three-cup King Oyster Mushrooms and Tofu	◎鳳梨咕咕雞 Stir-fried Pineapple and Vegetarian Chicken	鮮菇炒白花膠 Stir-fried Cauliflower and Mushrooms	肉醬蛋苔 Stir-fried Eggplant	有機青菜 Organic Vegetable	和風秋葵 Okra with Mushroom	水果 Fruit	玉米濃湯 Corn Soup	鮮蔬包 Steamed Vegetable Bun	3.8	2.7	2.5	2.0	1.0	0.0	696
12/28 (三)	五穀飯 Grain Rice	蜜汁果干 Dried Tofu with Sweet Sauce	麻油燻花炒蛋 Scrambled Eggs with Spinach	紅片胡瓜 Stir-fried Cucumber with Carrot	塔香鮮菇 Stir-fried Mushrooms with Basil	有機青菜 Fresh Vegetable	紫米糕 Black Rice Cake	水果 Fruit	芹香鮮菇湯 Radish Soup	玉兔包*1+葡萄汁 Rabbit Steamed Bun+Grape Juice	3.8	2.7	2.5	2.0	1.0	0.0	696
12/29 (四)	白飯 Rice	水燻炒蛋 Stir-fried Egg and Black Fungus	糖醋素肉塊 Sweet and Sour Vegetarian Meat	紅燒蘿蔔 Braised Radish Stew	紅甘藍 Stir-fried Cabbage with Goji	有機青菜 Organic Vegetable	香酥地瓜薯條 Sweet Potato Fries	水果 Fruit	銀耳薏仁紅棗湯 Red Dates and Job's Tears Soup with Snow Fungus	素鮮菇紅X2 Radish Cakes	4.0	2.8	2.5	2.0	1.0	0.0	718
12/30 (五)	特餐	高麗菜鮮菇炒麵 Stir-fried Noodles with Cabbage and Mushrooms	醬香油淋豆腐 Braised Oily Tofu	素肉絲炒白花 Stir-fried Cauliflower	馬鈴薯燒豆角 Stir-Fried Potato and Green Beans	有機青菜 Fresh Vegetable	清蒸臭豆腐 Stinky Tofu	水果 Fruit	薑絲焗菜湯 Kohlrabi Soup	香脆蒜香飯團 King Oyster Mushroom Onigiri	4.0	3.0	2.5	2.0	1.0	0.0	733

◎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)