

康橋國際學校幼兒園(林口校區) 112年2月份菜單
KCIS Preschool Lunch and Snack Menu, February 2023

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 Contents Analysis																																																																										
		糙米飯 Brown Rice	豉汁排骨 Spare Ribs with Black Bean Sauce	蜜汁鮑菇馬鈴薯 Braised Potatoes and King Oyster Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	肉骨茶湯 Bak Kut Teh		南瓜雞肉燉飯 Pumpkin and Chicken Risotto	白飯 Rice	◎☆糖醋魚丁 Sweet and Sour Fish Dices	紅蘿蔔炒蛋 Scrambled Egg with Carrots	有機青菜 Fresh Vegetable	水果 Fruit	大滷湯 Vegetables in Thick Soup	銀絲卷+薏仁漿 Silver Roll + Job's Tears Milk	五穀飯 Grain Rice	薑汁燒肉 Braised Pork with Ginger	鐵板時蔬 Stir-fried Seasonal Vegetables	履歷青菜 Fresh Vegetable	水果 Fruit	金針肉絲湯 Daylily and Shredded Pork Soup	卡士達麵包+五穀漿 Custard Bread + Grains Milk	白飯 Rice	彩蔬雞丁 Stir-fried Vegetables and Diced Chicken	白菜滷 Braised Chinese Cabbage	有機青菜 Fresh Vegetable	水果 Fruit	竹筍排骨湯 Bamboo and Pork Ribs Soup	磨菇醬鐵板麵 Hot Plate Noodles with Mushroom Sauce	鮮蔬起司蛋吐司+薏仁漿 Vegetables Cheese Egg Toast+ Job's Tears Milk	特餐	金瓜肉絲炒米粉 Stir-fried Rice Noodles with Shredded Pork and Pumpkin	◎日式唐揚炸雞 Karaage Chicken	履歷青菜 Fresh Vegetable	水果 Fruit	蕃茄蛋花湯 Tomato and Egg Drop Soup	鍋貼+酸辣湯 Pan-fried Dumplings + Hot and Sour Soup	蒸地瓜+低糖黑豆漿 Steamed Sweet Potato+ Less Sugar Black Soy Milk	糙米飯 Brown Rice	鐵板豬柳 Stir-fried Pork Tenderloin	胡瓜燴珍菇 Stir-fried Cucumber and Mushroom	履歷青菜 Fresh Vegetable	水果 Fruit	海帶結蘿蔔湯 Kelp and Radish Soup	白醬磨菇燉飯 Risotto with Cream Sauce and Mushroom	蜜汁芋頭+無糖麥茶 Sweet Taro+ No Sugar Barley Tea	糙米飯 Brown Rice	馬鈴薯燉肉 Potato and Pork Stew	麻油高麗菜 Stir-fried Cabbage with Sesame Oil	履歷青菜 Fresh Vegetable	水果 Fruit	髮菜羹湯 Long Thread Moss Thick Soup	蕃茄肉醬蝴蝶麵 Bolognese Farfalle	胡瓜肉絲鹹粥 Cucumber and Shredded Pork Congee	白飯 Rice	☆義式紅醬魚片 Tomato Fish Fillet	紅燒紫茄 Braised Eggplants	有機青菜 Fresh Vegetable	水果 Fruit	山藥薏仁湯 Yam and Job's Tears Soup	鮮肉包+米漿 Meat Bun + Peanut Rice Milk	壽喜燒豬肉烏龍麵 Sukiyaki Pork Udon	五穀飯 Grain Rice	◎鳳梨咕咾肉 Sweet and Sour Pork and Pineapple	蒜炒雙花 Stir-fried Broccoli and Cauliflower with Garlic	履歷青菜 Fresh Vegetable	水果 Fruit	鮮菇玉米湯 Mushroom and Corn Soup	蔥花捲+枸杞紅棗茶 Scallion Roll + Goji and Red Dates Tea	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	迷迭香翅小腿 Rosemary Drumette	鮮菇燴芥菜 Stir-fried Leaf Mustard with Mushroom	有機青菜 Fresh Vegetable	水果 Fruit	黃豆芽肉絲湯 Bean Sprouts and Shredded Pork Soup	木須炒飯 Fried Rice with Scrambled Egg	紅絲蛋小亭堡+米漿 Scrambled Egg and Carrot Burger + Peanut and Rice Milk	特餐	什錦炒麵 Fried Noodles with Meat and Vegetables	蜜汁雞丁 Stir-fried Diced Chicken with Sweet Sauce	履歷青菜 Fresh Vegetable
全日 總量 (g)	蛋白質 (g)	碳水化合物 (g)	脂肪 (g)	纖維 (g)	鈣 (mg)	鐵 (mg)	磷 (mg)	鈉 (mg)	糖 (g)	熱量 (Kcal)																																																																									
2/13 (一)	焗烤南瓜+義式蕃茄湯 Roasted Pumpkin+ Tomato Soup	糙米飯 Brown Rice	豉汁排骨 Spare Ribs with Black Bean Sauce	蜜汁鮑菇馬鈴薯 Braised Potatoes and King Oyster Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	肉骨茶湯 Bak Kut Teh	南瓜雞肉燉飯 Pumpkin and Chicken Risotto	6.5	0	0.1	0	0.8	0	780																																																																				
2/14 (二)	茼蒿鹹粥 Crown Daisy Congee	白飯 Rice	◎☆糖醋魚丁 Sweet and Sour Fish Dices	紅蘿蔔炒蛋 Scrambled Egg with Carrots	有機青菜 Fresh Vegetable	水果 Fruit	大滷湯 Vegetables in Thick Soup	銀絲卷+薏仁漿 Silver Roll + Job's Tears Milk	6.5	0	0.3	0	0.9	0	1082																																																																				
2/15 (三)	鍋燒雞絲烏龍麵 Shredded Chicken Udon	五穀飯 Grain Rice	薑汁燒肉 Braised Pork with Ginger	鐵板時蔬 Stir-fried Seasonal Vegetables	履歷青菜 Fresh Vegetable	水果 Fruit	金針肉絲湯 Daylily and Shredded Pork Soup	卡士達麵包+五穀漿 Custard Bread + Grains Milk	6.1	0.1	0.4	0.1	0.8	0	850																																																																				
2/16 (四)	2種水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	彩蔬雞丁 Stir-fried Vegetables and Diced Chicken	白菜滷 Braised Chinese Cabbage	有機青菜 Fresh Vegetable	水果 Fruit	竹筍排骨湯 Bamboo and Pork Ribs Soup	磨菇醬鐵板麵 Hot Plate Noodles with Mushroom Sauce	5.7	0.1	0.2	0	1.5	0	834																																																																				
2/17 (五)	鮮蔬起司蛋吐司+薏仁漿 Vegetables Cheese Egg Toast+ Job's Tears Milk	特餐	金瓜肉絲炒米粉 Stir-fried Rice Noodles with Shredded Pork and Pumpkin	◎日式唐揚炸雞 Karaage Chicken	履歷青菜 Fresh Vegetable	水果 Fruit	蕃茄蛋花湯 Tomato and Egg Drop Soup	鍋貼+酸辣湯 Pan-fried Dumplings + Hot and Sour Soup	4.1	0.2	0.2	0	0.8	0	1085																																																																				
2/18 (六)	蒸地瓜+低糖黑豆漿 Steamed Sweet Potato+ Less Sugar Black Soy Milk	糙米飯 Brown Rice	鐵板豬柳 Stir-fried Pork Tenderloin	胡瓜燴珍菇 Stir-fried Cucumber and Mushroom	履歷青菜 Fresh Vegetable	水果 Fruit	海帶結蘿蔔湯 Kelp and Radish Soup	白醬磨菇燉飯 Risotto with Cream Sauce and Mushroom	6.8	1.7	0.5	0	0.8	0	812																																																																				
2/20 (一)	蜜汁芋頭+無糖麥茶 Sweet Taro+ No Sugar Barley Tea	糙米飯 Brown Rice	馬鈴薯燉肉 Potato and Pork Stew	麻油高麗菜 Stir-fried Cabbage with Sesame Oil	履歷青菜 Fresh Vegetable	水果 Fruit	髮菜羹湯 Long Thread Moss Thick Soup	蕃茄肉醬蝴蝶麵 Bolognese Farfalle	5.2	0.7	0.1	0	0.8	0	811																																																																				
2/21 (二)	胡瓜肉絲鹹粥 Cucumber and Shredded Pork Congee	白飯 Rice	☆義式紅醬魚片 Tomato Fish Fillet	紅燒紫茄 Braised Eggplants	有機青菜 Fresh Vegetable	水果 Fruit	山藥薏仁湯 Yam and Job's Tears Soup	鮮肉包+米漿 Meat Bun + Peanut Rice Milk	6.8	0	0.0	0	0.8	0	883																																																																				
2/22 (三)	壽喜燒豬肉烏龍麵 Sukiyaki Pork Udon	五穀飯 Grain Rice	◎鳳梨咕咾肉 Sweet and Sour Pork and Pineapple	蒜炒雙花 Stir-fried Broccoli and Cauliflower with Garlic	履歷青菜 Fresh Vegetable	水果 Fruit	鮮菇玉米湯 Mushroom and Corn Soup	蔥花捲+枸杞紅棗茶 Scallion Roll + Goji and Red Dates Tea	6.1	0	0.2	0	0.8	0	778																																																																				
2/23 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	迷迭香翅小腿 Rosemary Drumette	鮮菇燴芥菜 Stir-fried Leaf Mustard with Mushroom	有機青菜 Fresh Vegetable	水果 Fruit	黃豆芽肉絲湯 Bean Sprouts and Shredded Pork Soup	木須炒飯 Fried Rice with Scrambled Egg	2.9	0	0.1	0	0.7	0	521																																																																				
2/24 (五)	紅絲蛋小亭堡+米漿 Scrambled Egg and Carrot Burger + Peanut and Rice Milk	特餐	什錦炒麵 Fried Noodles with Meat and Vegetables	蜜汁雞丁 Stir-fried Diced Chicken with Sweet Sauce	履歷青菜 Fresh Vegetable	水果 Fruit	蒜味結頭菜雞湯 Turnip and Garlic Chicken Soup	小籠包+青菜豆腐湯 Xiao Long Bao + Tofu and Vegetables Soup	0.5	1.4	0.3	0	0.8	0	659																																																																				

☆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糖
幼兒園未使用輻射污染食品
沙茶醬使用含芝麻的全蛋沙茶醬，不含花生成分

菜單開立：蔡紫鳳(新北食品股份有限公司營養師)

菜單審核：鄧涵之(康橋國際學校林口校區營養師)