

康橋國際學校林口校區 3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 (僅素食者)	水果	湯品	全蛋類 (個)		蛋黃類 (個)	蔬菜類 (g)	水果類 (g)	油脂類 (g)	糖類 (g)	熱量 (Kcal)	
																	全蛋類 (個)
3/1 (三)	五穀飯 Grain Rice	紅燒鰻魚 Braised Roasted Fish	竹筒炒豆腐 Stir-fried Bamboo Shoots	玉米炒蛋 Scrambled Eggs with Corn	菜心炒素蝦仁 Stir-fried Chinese flowering cabbage with soy shrimps	履歷青菜 Fresh Vegetable	起司球 Cheese Ball	水果 Fruit	大黃瓜湯 Cucumber Soup	香珍珠丸*3 Sticky Rice Pearl Ball	4.0	2.5	1.3	3.5	1.0	0.0	755
3/2 (四)	白飯 Rice	香烤牛肉排 Vegetarian Steak	地瓜金豆腐 Stir-fried Tofu with Sweet Potato and Salted Egg	扇菇花膠 Stir-fried with Cauliflower Mushroom	腐皮白菜 Stir-fried Chinese Cabbage with Tofu Skin	有機青菜 Organic Vegetable	椒鹽毛豆 salt and pepper edamame	水果 Fruit	傳統花生甜湯 Sweet Peanut Soup	烤地瓜 Roasted Sweet Potato	3.5	3.0	2.0	3.0	1.0	0.0	745
3/3 (五)	特餐	咖哩炒飯 Curry Fried Rice	迷迭香烤豆腐 Scrambled Eggs with Rosemary	糖醋香脆菇 Sweet and Sour King Oyster Mushrooms	什錦鮮蔬 Assorted Vegetables	履歷青菜 Fresh Vegetable	小黃瓜拌素肚 Bean Curd and Cucumber	水果 Fruit	油菌海帶湯 Corn Soup	奶酥麵包*1 Milk Filling Bread	3.8	2.5	3.0	3.0	1.0	0.0	754
3/6 (一)	糙米飯 Brown rice	鮮菇茶蛋 Steamed Egg with Mushrooms	蜜汁素肉排 Vegetarian Steak with Honey Sauce	鹹蛋苦瓜 Braised Bitter Gourd	雪梨炒豆干 Stir-fried Yokina and Dried Tofu	履歷青菜 Fresh Vegetable	茄子素肉醬 Stir-fried Eggplant in Vegam Meat Sauce	水果 Fruit	佛手瓜湯 Chayote Soup	蘋果派(30G)*2 Apple Pie	3.8	3.0	2.0	2.5	1.0	0.0	736
3/7 (二)	白飯 Rice	◎酥炸素卡咖雞 Deep-fried Vegan Kara Chicken	素肉木燒豆腐 Braised Tofu with Vegan Meat	白菜燻 Stir-fried Chinese Cabbage with Black Fungus	紅片花椰 Stir-fried Cauliflower with Carrot	有機青菜 Organic Vegetable	素蝦餅 Vegetarian Shrimp Cake	水果 Fruit	金針香菇丸湯 Lily Soup	豆沙包*1 Red Bean Bun	3.5	3.2	1.5	3.0	1.0	0.1	760
3/8 (三)	五穀飯 Grain Rice	彩蔬炒干絲 Stir-fried Assorted Vegetables and Dried Tofu	甜酸豆腐 Sweet and Sour Rolled Flour Gluten	香菇高麗菜 Stir-fried Mushroom and Radish	鮮菇海帶結 Braised Kelp and Radish	履歷青菜 Fresh Vegetable	薑燒南瓜 Roasted Pumpkin With Ginger	水果 Fruit	白蘿蔔豆腐湯 White Gouto Soup	◎黃金地瓜QQ棒*2 Sweet Potato Sticks	4.0	2.5	1.3	3.5	1.0	0.0	755
3/9 (四)	白飯 Rice	三杯素雞 3-cup Vegan Chicken	切香豆腐 Butter Flavored Tofu Skin	水耳蒲瓜 Stir-fried Bottle Gourd with Black Fungus	馬鈴薯燒豆角 Stir-fried Potato and Green Beans	有機青菜 Organic Vegetable	素酸辣粉 Hot and Sour Winter Noodles	水果 Fruit	紫薯米線甜湯 Sweet Rice Noodles Soup	馬拉糕(50G) Cantonese sponge cake	3.5	3.0	2.0	3.0	1.0	0.0	745
3/10 (五)	特餐	古早味板條 Fried Flat Noodles with Shredded Pork	茄汁豆腐 Tofu Skin in Tomato Sauce	薯絲海蜆 Stir-fried Kelp	野菇豆芽菜 Stir-fried Bean Sprouts with Mushroom	履歷青菜 Fresh Vegetable	蜜汁釀芋頭 Taro Stew with Osmanthus	水果 Fruit	味噌豆腐湯 Vegetables Miso Soup	六午麥御手卷 Tuna Hand Roll	4.0	3.2	2.0	3.0	1.0	0.0	701.0
3/13 (一)	糙米飯 Brown rice	茶葉蛋 Tea Egg	醬油鮮菇燻豆干 Stir-fried Dried Tofu and King Oyster Mushrooms with Oyster Sauce	枸杞雙花 Stir-fried Cauliflower, Broccoli and Goji	屠香豆皮 Bean Curd with Basil	履歷青菜 Fresh Vegetable	◎山藥捲 Fried Yam Roll	水果 Fruit	紫菜蛋花湯 Kelp Sprouts and Egg Drop Soup	紅豆麵包 Azuki Bread	3.8	3.0	2.0	2.5	1.0	0.0	736
3/14 (二)	白飯 Rice	京醬素肉燒 Stir-fried Sweet and Sour Vegetarian Steak	豆干炒四季豆 Stir-fried Dried Tofu with Green Beans	茄汁豆腐 Braised Tofu with Tomato Sauce	黃豆芽炒豆干 Bean Sprouts and Rice Cake	有機青菜 Organic Vegetable	燒烤豆腐 Grilled Taro Cake	水果 Fruit	黃金鮮菇絲湯 Chinese Mushrooms Soup	高麗菜包(70G) Vegetable Steamed Bun	3.5	3.2	1.5	3.0	1.0	0.1	760
3/15 (三)	五穀飯 Grain Rice	香滑魚子 Braised Tofu Skin	蜜酥白菜 Stir-fried Chinese Cabbage and Egg	◎椒鹽素排香酥 Fried Vegetarian Pork Ribs with Pepper Sauce	塔香茄子 Stir-fried Eggplant and Basil	履歷青菜 Fresh Vegetable	紫米丸子 Black Rice Ball	水果 Fruit	枸杞山藥湯 Goji Yam Soup	芝麻燕麥饅頭(90G)*1 Sesame and Out Bun	3.5	2.5	1.3	3.5	1.0	0.0	720
3/16 (四)	白飯 Rice	蒜香素 Chicken	五味豆腐 Five-flavored Tofu	媽燒上樹 Stir-fried Mung Bean Noodles with Mushrooms	三杯飽菇 Three-cup King Oyster Mushrooms	有機青菜 Organic Vegetable	薑燒豆腐 Braised Vegetarian Chicken with Chicken	水果 Fruit	紅豆海圓 Red Beans and Rice Balls	油蛋(55G)*1+蘋果汁 Braised Egg+Apple Juice	3.5	3.0	2.0	3.0	1.0	0.0	745
3/17 (五)	特餐	炸醬麵 Fried Sauce Noodles	◎椒香豆包 Stir-fried Tofu Skin	芹香水耳干片 Stir-fried Celery and Black Fungus	蒜苗炒蛋 Scrambled Eggs with Vegetable	履歷青菜 Fresh Vegetable	麻油紅燒菜 Stir-fried Sesame Oil Gynura's Deux Couleurs	水果 Fruit	海苔鮮蔬湯 Kelp Sprouts Soup	沖繩黑糖糖*1 Brown Sugar Bun	3.8	3.0	2.5	3.5	1.0	0.0	809
3/20 (一)	糙米飯 Brown rice	照燒豆腐 Tofu Skin Teriyaki Bun	豆瓣燒菜干 Stir-fried Dried Tofu Dices with Fermented Soy Sauce	香菇高麗菜 Stir-fried Cabbage and Mushrooms	水耳炒雙花 Stir-fried Broccoli and Cauliflower with Black Fungus	履歷青菜 Fresh Vegetable	◎日式時蔬天婦羅 Vegetable Tempura	水果 Fruit	麻油玉米湯 Sesame Oil Soup	大三角薯餅*2 Hash Brown	3.8	3.0	2.5	2.5	1.0	0.0	749
3/21 (二)	白飯 Rice	番茄炒蛋 Scrambled Egg with Tomato	素炒茶彩椒干片(含芝麻) Teppanyaki Dried Tofu Tenderloin	和風秋葵 Stir-fried Okra	清炒茼蒿苗 Stir-fried Bottle Gourd	有機青菜 Organic Vegetable	紅油素水餃 Chili Oil Vegetarian Dumpling	水果 Fruit	黃豆芽海帶湯 Soy Sprouts and Seaweed Soup	◎黃金水煎包*1(60G) Pan-fried Stuffed Bun	3.8	3.0	2.5	2.0	1.0	0.0	719
3/22 (三)	五穀飯 Grain Rice	素獅子頭 Vegetarian Meat Ball	栗子炒干丁 Stir-fried Lima Bean and Mushrooms	黃金泡菜 Gold kinchi	履歷青菜 Fresh Vegetable	有機青菜 Organic Vegetable	胡麻醬拌青花 Bocollu Mixed Sesame Sauce	水果 Fruit	芥菜薑絲湯 Mustard Leaf Soup	時令水果拼盤 Fruits	3.8	2.7	2.5	2.0	1.0	0.0	696
3/23 (四)	白飯 Rice	咖哩豆腐 Tofu Curry	椒鹽四季豆 Stir-fried Green Beans and Carrots	薯絲紅燒鰻 Stir-fried Vegetarian Sausage with Shredded Ginger	枸杞冬瓜 Stir-fried White Gourd with Goji	有機青菜 Organic Vegetable	海帶三絲 Stir-fried Seaweed Strips	水果 Fruit	椰汁西米露 coconut Milk Sago Soup	銀絲捲(70G)*1 Silver Thru Roll	3.8	3.1	2.5	3.0	1.0	0.0	786
3/24 (五)	特餐	高麗菜素肉絲炒麵 Stir-fried Noodles with Cabbage and Shredded Vegan Meat	醬香油豆腐 Braised Fried Bean Curd	鮮菇滑芥菜 Stir-fried Mustard and Mushroom	素炒四喜 Stir-fried Vegetable	履歷青菜 Fresh Vegetable	烤烤茄子 Baked Eggplant	水果 Fruit	芹香蘿蔔湯 Radish Soup	高麗菜御飯糰 Vegetable Onigiri	3.8	2.7	2.5	3.0	1.0	0.0	756
3/25 (六)	白飯 Rice	彩椒素肉排 Vegan Meat with Bell Peppers	鐵板黑胡椒豆腐 Teppanyaki Black Pepper Tofu	紅燒扁蒲 Stir-fried Bottle Gourd	時蔬寬粉羹 Stir-fried Bean Noodles with Vegetable	有機青菜 Organic Vegetable	藍曬龍眼菜 Stir-fried gracilaria	水果 Fruit	番茄蛋花湯 Tomato Egg Drop Soup	素鍋貼*3 Vegetable Potstickers	3.8	3.1	2.5	3.0	1.0	0.0	786
3/27 (一)	糙米飯 Brown rice	豆薯燒三色丁 Pork with Donkatsu Sauce	鮮菇蒜蛋 Steamed Egg with Mushroom	奶香白菜 Stir-fried Cabbage with Cream Sauce	豆豉苦瓜 Braised Bitter Gourd	履歷青菜 Fresh Vegetable	素雞塊 Vegetarian Nuggets	水果 Fruit	山藥馬鈴薯湯 Yam Soup	鬆餅*2 Waffle	3.8	2.7	2.5	2.0	1.0	0.0	696
3/28 (二)	白飯 Rice	三杯飽菇豆腐 Stewed Three-cup King Oyster Mushrooms and Tofu	◎鳳梨咕咕雞 Stir-fried Pineapple and Vegetarian Chicken	鮮菇炒白花椰 Stir-fried Cauliflower and Mushrooms	肉醬紫茄 Stir-fried Eggplant	有機青菜 Organic Vegetable	三色蛋 Three Colours Steamed Egg	水果 Fruit	玉米濃湯 Corn Soup	鮮蔬包(65G) Vegetable Steamed Bun	3.8	2.7	2.5	2.0	1.0	0.0	696
3/29 (三)	五穀飯 Grain Rice	蜜汁黑干 Dried Tofu with Sweet Sauce	麻油菠菜炒蛋 Scrambled Eggs with Spinach	梅菜脆筍 Stir-fried Bamboo Shoots	南瓜燻菜 Braised Vegetable with Pumpkin	履歷青菜 Fresh Vegetable	紫米糕 Black Rice Cake	水果 Fruit	結頭菜湯 Kohlrabi 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
3/30 (四)	白飯 Rice	翡翠茶蛋 Steamed Egg with Spinach	素鮑魚排 Vegetarian Fish Steak	紅燒蘿蔔 Braised Radish Stew	枸杞甘藍 Stir-fried Cabbage with Goji	有機青菜 Organic Vegetable	金華酥瓜 Stir-fried Sponge Gourd	水果 Fruit	銀耳薏仁紅棗湯 Red Dates and Job's Tears Soup with Snow Fungus	素蘿蔔糕*2 Radish Cakes	4.0	2.8	2.5	2.0	1.0	0.0	718
3/31 (五)	特餐	白醬奶油焗飯 Pork Risotto with Cream Sauce	香料素牛排 Spiced Vegan Drumstick	◎鮮蔬蔬菜球 Veggie Ball	奶油玉米 Creamed Corn	有機青菜 Organic Vegetable	薑絲綠花椰 Fried Broccoli with Ginger	水果 Fruit	香烤地瓜薯條 Sweet Potato Fries	冬瓜茶二兄弟 White Gourd Tea with Bubble& Coconut Jelly	4.0	3.0	2.5	2.0	1.0	0.0	733
兒童節		素素火腿 玉米 紅蘿蔔 起司 絲 奶油	素排排排 義式香料	麵粉 高麗菜 馬鈴薯 杏鮑菇 美乃滋	玉米段 奶油	青花菜 薑絲	地瓜薯條	水果	QQ圓 椰果 珍珠 冬瓜磚	威風杯子蛋糕(40G) (麵、蛋、奶)							

◎表油炸物/Deep-fried Food  
食材未使用輻射污染食品  
菜單開立：邱筱涵(新北食品股份有限公司營養師)