

康橋國際學校林口校區幼兒園

113年2月份菜單

KCIS Preschool Lunch and Snack Menu, February 2024

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 Content Analysis						
		特餐	白醬奶油螺旋麵	香烤雞翅	履歷青菜 Fresh Vegetable	水果 Fruit	羅宋湯		豬肉水餃+味噌湯	全穀類 豆類 (份)	豆类肉 蛋類(份)	蔬菜 類 (份)	油脂及 堅果種 子類(份)	水果 (份)	奶類 (份)
2/16 (五) 開學	DIY起司蛋窩窩頭+黑豆漿 Steamed Corn Bread with Cheese and Egg + Black Soybean Milk	特餐	白醬奶油螺旋麵 Creamy Alfredo Fusilli	香烤雞翅 Braised Chicken Wings	履歷青菜 Fresh Vegetable	水果 Fruit	羅宋湯 Borscht	豬肉水餃+味噌湯 Pork Dumplings+Miso Soup	6.1	2.0	1.5	2.0	0.8	0.2	795
2/17 (六)	DIY海苔小飯糰+蜂蜜牛乳 Seaweed Onigiri+Honey Milk	白飯 Rice	豆瓣燒雞 Braised Chicken with Fermented Soybean Sauce	鮮菇增芥菜 Stir-fried Mustard with Mushroom	履歷青菜 Fresh Vegetable	水果 Fruit	青菜豆腐湯 Vegetables and Tofu Soup	南瓜雜糧小饅頭+紅糖燕麥 粥 Pumpkin and Multigrain Steamed Buns+ Brown Sugar Oat Porridge	6	2.1	1.8	1.5	0.8	0	749
2/19 (一)	蜜汁地瓜+混漿 Sweet Potato+ Mixed Soymilk	糙米飯 Brown Rice	◎椒鹽排骨酥 Salt and Pepper Pork Ribs	紅片雙花 Stir-fried Cauliflower and Broccoli with Garlic	履歷青菜 Fresh Vegetable	水果 Fruit	海帶結蘿蔔湯 Kelp and Radish Soup	焗烤起司千層麵 Baked Cheese Lasagne	6.1	2.2	1.8	1.5	0.8	0	763
2/20 (二)	南瓜雞蓉粥 Pumpkin and Minced Chicken Congee	白飯 Rice	☆咖哩蒸魚捲 Curry Steamed Fish Roll	蔥香結頭菜 Stir-fried Turnip with Scallion	有機青菜 Organic Vegetable	水果 Fruit	山藥洋蔥仁湯 Yam and Job's Tears Soup	自製黑糖糕+桂圓小米粥 Brown Sugar Cake+ Longan Millet Porridge	6	2.2	1.8	1.5	0.8	0	756
2/21 (三)	壽喜燒豬肉烏龍麵 Sukiyaki Pork Udon	五穀飯 Grain Rice	薑燒豬肉片 Stir-fried Pork Slices with Ginger	三色豆包絲 Stir-fried Shredded Bean Curd with Vegetables	履歷青菜 Fresh Vegetable	水果 Fruit	鮮菇玉米雞湯 Chicken Soup with Mushroom and Corn	桂花甜元宵 Osmanthus and Sweet Rice Balls Soup	5.8	2.2	1.8	2.0	0.8	0.2	796
2/22 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	蔥油燒雞 Braised Chicken with Scallion	麻油高麗菜 Stir-fried Cabbage with Sesame Oil	有機青菜 Organic Vegetable	水果 Fruit	紫菜蛋花湯 Kelp Sprouts and Egg Drop Soup	客家炒飯條 Hakka Stir-fried Flat Rice Noodles	5.4	2.2	1.8	2.2	1.5	0.5	848
2/23 (五)	DIY鮮蔬起司蛋吐司+芝麻牛 乳 Cheese and Egg Toast with Vegetables+ Sesame Milk	特餐	★古早味油飯 Glutinous Oil Rice	香油翅小腿 Braised Drumette	履歷青菜 Fresh Vegetable	水果 Fruit	金針排骨湯 Daylily and Pork Ribs Soup	蔥花捲+枸杞紅棗茶 Scallion Bun+Goji and Red Dates Tea	6.0	2.5	1.8	2.0	0.8	0.0	809
2/26 (一)	奶油玉米段+義式蕃茄湯 Butter Corn+ Tomato Soup	糙米飯 Brown Rice	鐵板豬柳 Stir-fried Pork Tenderloin	芹香炒豆干 Stir-fried Dried Tofu with Celery	履歷青菜 Fresh Vegetable	水果 Fruit	髮菜羹湯 Long Thread Moss Thick Soup	青醬蘑菇燉飯 Pesto Risotto with Mushroom	6.0	2.5	1.8	2.0	0.8	0.0	809
2/27 (二)	香菇肉絲鹹粥 Shredded Pork Congee with Mushrooms	白飯 Rice	◎☆酥炸柳葉魚 Deep-fried Shishamo	古早味蒸蛋 Steamed Egg	有機青菜 Organic Vegetable	水果 Fruit	冬瓜排骨湯 White Gourd and Pork Ribs Soup	☆關東煮 Oden	6.1	2.2	1.8	1.2	0.8	0	769
2/28 (三)	228假期愉快														
2/29 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	安東燉雞 Andong Braised Chicken	鮮菇增胡瓜 Stir-fried Cucumber with Mushroom	有機青菜 Organic Vegetable	水果 Fruit	☆味噌豆腐湯 Miso Tofu Soup	肉絲炒飯 Shredded Pork Fried Rice	5.8	2.1	1.9	1.5	1.5	0.5	829

◎裹油炸物 Deep-fried Food

★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豬、牛肉

幼兒園未使用輻射污染食品

沙茶醬使用含芝麻的全素沙茶醬，不含花生成分

菜單開立：林辰芳(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)