

康橋國際學校林口校區 112年7月素食桶餐菜單

Lunch and Snack Menu, July 2023

日期 Date	午餐 Lunch Menu's Detail								下午點心 Afternoon Snack	營養成分分析						
	主菜1	主菜2	副菜1	副菜2	副菜3	水果	湯品	全穀類 類(份)		豆魚 類(份)	蔬菜 類(份)	油類 類(份)	水果 類(份)	初類 類(份)	熱量 (Kcal)	
																麵食、白米
7/17 (一)	糙米飯 Brown rice	柚香蜜汁素肉排 Vegetarian Steak with Honey and Pomelo Sauce	滑蛋燴南瓜 Pumpkin with Scrambled Eggs	麻油紫米糕 Black Sticky Rice Cake with Sesame Oil	大黃瓜炒金針菇 Stir-fried Cucumber and Enoki Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	青木瓜薑絲湯 Green Papaya Soup with Shredded Ginger	蜂蜜蛋糕X1 Honey Cake	4.2	3.1	1.4	4.0	1.0	0.1	813.5
7/18 (二)	白飯 Rice	白咖喱凍豆腐 Curry Tofu with Vegetables	素紅鮭肉排 Vegetarian Red Yeast Steak	塔香海草 Stir-fried Kelp Sprouts and Basil	起司焗烤花椰菜 Roasted Cauliflower with Cheese	有機青菜 Organic Vegetable	水果 Fruit	蔬菜蛋花湯 Vegetables and Egg Drop Soup	奶皇包X1 Sweet Custard Bun	4.2	3.1	1.4	4.0	1.0	0.1	813.5
7/19 (三)	五穀飯 Grain rice	彩蔬烘蛋 Frittata with Vegetables	麻油薑絲炒豆腐 Stir-fried Bean Curd and Shredded Oil with Sesame	薯餅 Hash Brown	木耳白菜 Stir-fried Chinese Cabbage and Black Fungus	履歷青菜 Fresh Vegetable	水果 Fruit	苜蓿雞蛋粥 Chinese Spinach and Egg Congee	素燒賣X3 Vegetarian Shu Mai	3.5	3.0	2.0	3.0	1.0	0.0	715.0
7/20 (四)	白飯 Rice	百果雞 Vegetarian Chicken	醬油豆腐 Braised Oily Tofu	清炒竹筍 Stir-fried Bamboo Shoots and Carrots	番茄炒蛋 Scrambled Eggs with Tomato	履歷青菜 Fresh Vegetable	水果 Fruit	銀耳蓮仁湯 White Fungus and Job's Tears Soup	素水餃X3 Vegetarian Dumplings	3.8	2.7	2.5	2.0	1.0	0.0	681.0
7/21 (五)	特餐	什錦素肉炒米粉 Stir-fried Thick Rice Noodles with Vegetarian Pork and Vegetables	古早味炸素雞排 Deep-fried Vegetarian Chicken Chop	鮮菇炒綠花 Stir-fried Mushrooms and Broccoli	佃煮時蔬 Simmered Vegetables	履歷青菜 Fresh Vegetable	水果 Fruit	芹香蘿蔔湯 Radish and Celery Soup	奶油玉米段(3CM)X2 Corn with Butter	4.5	3.0	2.0	2.5	1.0	0.0	762.5
7/24 (一)	糙米飯 Brown rice	香油素雞 Braised Vegetarian Chicken	馬鈴薯炒蛋 Scrambled Eggs with Potato	腐皮白菜 Stir-fried Chinese Cabbage and Bean Curd Skin	三杯茄子 3-cup Eggplant	履歷青菜 Fresh Vegetable	水果 Fruit	大滷湯 Assorted Vegetables Thick Soup	奶酥麵包(60G) Milky Filling Bread	3.2	3.5	2.0	3.0	1.0	0.0	731.5
7/25 (二)	白飯 Rice	滑蛋素蝦仁 Vegetarian Shrimp with Scrambled Eggs	麻油紫米糕 Sticky Black Rice Cake with Sesame Oil	桂竹筍炒豆包絲 Stir-fried Bamboo Shoots and Bean Curd Strips	大黃瓜炒金針菇 Stir-fried Cucumber and Enoki Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	薑絲冬瓜湯 White Gourd Soup with Shredded Ginger	芋泥包(60G) Mahed Taro Bun	4.0	2.5	1.3	3.6	1.0	0.0	722.0
7/26 (三)	特餐	南瓜燉飯 Pumpkin Risotto	蜜汁素肉排 Vegetarian Chicken Chop with Honey Sauce	鮮菇炒雙花 Stir-fried Cauliflower and Broccoli with Mushrooms	干丁炒什錦 Stir-fried Assorted Vegetables and Dried Tofu	履歷青菜 Fresh Vegetable	水果 Fruit	馬鈴薯濃湯 Potato Soup	玉米可樂餅(30G)X1+蘋果汁 Corn Croquette+Apple Juice	4.0	3.0	2.0	3.0	1.0	0.0	750.0
7/27 (四)	白飯 Rice	糖醋麵輪 Wheat Bluten in Sweet and Sour Sauce	素肉排 Vegetarian Chicken Chop	白花椰、綠花椰、香菇 Stir-fried Cauliflower, Broccoli and Mushrooms	紅絲絲瓜 Stir-fried Shredded Gourd with Shredded Carrot	有機青菜 Organic Vegetable	水果 Fruit	綠豆粉條湯 Sweet Mung Beans and Noodle Jelly Soup	素糯米珍珠丸X3 Vegetarian Sticky Rice Meat Ball	5.0	3.1	2.0	3.0	1.0	0.0	827.5
7/28 (五)	特餐	台南乾麵 Noodles with Minced Pork	醃菜炒麵腸 Stir-fried Red Flour Gluten with Preserved Vegetables	茄汁鮮菇燴豆腐 Braised Tofu and Mushrooms with Tomato Sauce	麻油紅鳳菜 Stir-fried Sesame Oil Okinawan Spinach	履歷青菜 Fresh Vegetable	水果 Fruit	金針鮮菇湯 Dayily and Mushrooms Soup	原味鬆餅 Plain Waffle	4.5	3.0	2.0	2.5	1.0	0.0	762.5
7/31 (一)	糙米飯 Brown rice	素獅子頭 Vegetarian Braised Meat Balls	鴨嘴豆炒蛋 Scrambled Eggs with Chickpea	枸杞蒲瓜 Stir-fried Bottle Gourd and Goji	佃煮南瓜 Simmered Pumpkin	履歷青菜 Fresh Vegetable	水果 Fruit	紫菜蛋花湯 Seaweed and Egg Drop Soup	奶油厚片土司(60G) Butter Toast	4.5	2.9	2.0	2.5	1.0	0.0	755.0

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菜單開立：陳曦、邱復涵(新北食品股份有限公司營養師)