

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							
								全穀 類(份)	豆魚 肉蛋 類(份)	蔬菜 類(份)	油脂 及堅 果類 子類 (份)	水果 (份)	奶類 (份)	熱量 (Kcal)	
7/3 (一)	焗烤馬鈴薯+黑糖牛乳 Baked Potato+ Brown Sugar Milk	糙米飯 Brown Rice	回鍋肉片 Twice-Cooked Pork Slices	彩蔬炒豆薯 Stir-fried Yam Bean and Bell Pepper	履歷青菜 Fresh Vegetable	水果 Fruit	白吻仔魚紫菜羹 Whitebait and Seaweed Soup	粉紅醬水管麵 Penne with Tomato and Cream Sauce	6.2	2.2	1.9	1.2	2.1	0.4	861
7/4 (二)	玉米雞茸粥 Minced Chicken and Corn Congee	白飯 Rice	◎☆砂鍋魚丁 Braised Diced Fish	蒜炒佛手瓜 Stir-fried Chayote with Garlic	有機青菜 Organic Vegetable	水果 Fruit	養生雞湯 Chicken Soup	鮮肉包+冬瓜薏仁湯 Meat Buns+White Gourd and Job's Tears Soup	6.2	2	2.0	1	2.1	0.4	837
7/5 (三)	芙蓉麵線 Thin Noodles Soup with Vegetables	五穀飯 Grain Rice	南洋咖哩豬 Coconut Curry Pork	塔香海菜 Stir-fried Kelp with Basil	履歷青菜 Fresh Vegetable	水果 Fruit	山藥排骨湯 Yam and Pork Ribs Soup	蛋塔+無糖麥茶 Egg Tart+ Barley Tea	6.1	2.2	1.9	1	1.9	0	785
7/6 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	小黃瓜炒雞丁 Stir-fried Diced Chicken and Cucumber	紅蘿蔔炒蛋 Scrambled Eggs with Carrot	有機青菜 Organic Vegetable	水果 Fruit	冬瓜肉片湯 White Gourd and Pork Slices Soup	古早味蘿蔔糕湯 Radish Cake Soup	6	2.1	1.9	1.2	2	0.4	835
7/7 (五)	燒肉時蔬刈包+薏仁漿 Gua Bao+ Job's Tears Milk	特餐	☆日式豬肉炒烏龍 Stir-fried Udon with Pork	雞肉莛苳煮 Chicken Chikuzen-ni	履歷青菜 Fresh Vegetable	水果 Fruit	☆味噌豆腐湯 Tofu Miso Soup	杯子蛋糕+低糖豆漿 Cup Cake +Low Sugar Soybean Milk	6.2	2	2.1	1	2.1	0	791
7/10 (一)	烤地瓜+絲瓜蛋片湯 Roasted Sweet Potato + Sponge Gourd and Egg Soup	糙米飯 Brown Rice	◎炸排骨酥 Deep-fried Pork Ribs	清炒雙筍 Stir-fried Bamboo Shoots	履歷青菜 Fresh Vegetable	水果 Fruit	什錦蛋花湯 Assorted Egg Drop Soup	奶油雞肉野菇單管麵 Chicken and Mushroom Penne with Cream Sauce	6.2	2.3	2.1	1	2.3	0	823
7/11 (二)	毛豆南瓜小米粥 Millet Porridge with Pumpkin and Edamame	白飯 Rice	☆鮑菇炒花枝 Stir-fried Cuttlefish with King Oyster Mushrooms	海燒結豆腐 Braised Kelp Sprouts and Tofu	有機青菜 Organic Vegetable	水果 Fruit	番茄金針菇湯 Tomato and Enoki Mushroom Soup	芝麻飯+紅豆燕麥湯 Sesame Bun+ Red Bean and Oatmeal Soup	6.1	2.2	1.8	1	2	0	787
7/12 (三)	雞肉芹菜板條湯 Chicken and Celery Flat Noodle Soup	五穀飯 Grain Rice	蔥爆豬肉片 Stir-fried Pork Slices with Scallion	塔香茄子 Stir-fried Eggplant with Basil	履歷青菜 Fresh Vegetable	水果 Fruit	黃豆芽肉絲湯 Soy Sprouts and Shredded Pork Soup	黑糖糕+燒仙草 Brown Sugar Cake+Hot Grass Jelly	6.3	2.1	1.9	1	2.2	0.4	853
7/13 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	糖醋雞丁 Sweet and Sour Chicken	珍菇絲瓜 Stir-fried Sponge Gourd with Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	芋頭排骨湯 Taro and Pork Ribs Soup	★油飯 Glutinous Oil Rice	6.2	2.2	1.9	1.2	2.1	0.4	861
7/14 (五)	蘑菇豬肉小漢堡+豆漿 Pork Bun with Mushrooms + Soybean Milk	特餐	高麗肉絲炒飯 Cabbage and Shredded Pork Fried Rice	蜜汁翅小腿 Drumette with Honey Sauce	履歷青菜 Fresh Vegetable	水果 Fruit	玉米海根湯 Corn and Kelp Root Soup	蔥花捲+枸杞紅棗茶 Scallion Roll+ Goji and Red Dates Tea	6.1	2.2	1.8	1	2.1	0.4	840
7/17 (一)	南瓜沙拉+風味花椰菜燉湯 Pumpkin Salad + Broccoli Stew	糙米飯 Brown Rice	照燒豬柳 Teriyaki Pork Tenderloin	★開陽白菜 Stir-fried Chinese Cabbage	履歷青菜 Fresh Vegetable	水果 Fruit	青木瓜雞湯 Green Papaya and Chicken Soup	薑黃雞肉燉飯 Chicken Risotto with Turmeric	6.3	2.2	1.7	3	0.8	0	865
7/18 (二)	雞茸玉米燕麥粥 Minced Chicken and Corn Oatmeal Porridge	白飯 Rice	◎☆酥炸烏魚片 Deep-fried Fish Fillet	麻油高麗菜 Stir-fried Cabbage with Sesame Oil	有機青菜 Organic Vegetable	水果 Fruit	蔬菜肉絲湯 Vegetables and Shredded Pork Soup	筍香肉包+黑豆漿 Bamboo Shoots and Pork Buns+Black Soybean Milk	6.1	2.1	2.0	3	0.8	0	851
7/19 (三)	☆吻仔魚絲瓜麵線 Whitebait and Sponge Gourd Noodles	五穀飯 Grain Rice	清燉豬腳 Stewed Pork Knuckle	鐵板時蔬 Stir-fried Vegetables	履歷青菜 Fresh Vegetable	水果 Fruit	鳳梨苦瓜雞湯 Bitter Gourd and Chicken Soup with Pineapple	翡翠燒賣+米漿 Vegetables Shu Mai+ Peanut Rice Milk	6.1	2.0	1.2	3.0	0.8	0.0	823
7/20 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	奶香雞丁 Cream Chicken Dices	鮮菇扁扁 Stir-fried Bottle Gourd with Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	☆莧菜小魚湯 Chinese Cabbage and Anchovy Soup	台式肉燥拌飯 Braised Pork Rice	5.4	2.2	2.0	3.0	1.5	0.5	901
7/21 (五)	日式燒肉小漢堡+米漿 Yakiniku Burger+ Peanut Rice Milk	特餐	什錦肉絲炒米粉 Stir-fried 1 mix. Rice noodles with Shredded Pork and ...	香烤雞翅 Roasted Chicken Wings	履歷青菜 Fresh Vegetable	水果 Fruit	芹香蘿蔔湯 Radish and Celery Soup	紅豆餐包+花椰菜濃湯 Red Beans Bun+ Broccoli Soup	6.0	2.5	1.8	2.0	0.8	0.0	809
7/24 (一)	雙芋沙拉 Potato and Sweet Potato Salad	糙米飯 Brown Rice	高麗菜炒肉片 Stir-fried Cabbage and Pork Slices	番茄炒蛋 Scrambled Eggs with Tomato	履歷青菜 Fresh Vegetable	水果 Fruit	大滷湯 Assorted Vegetables Thick Soup	焗烤奶油燉飯 Baked Risotto with Cream Sauce	6.3	2.2	1.7	3	0.8	0	865
7/25 (二)	蛤蜊莧菜粥 Clam and Chinese Spinach Porridge	白飯 Rice	☆破布子蒸魚捲 Steamed Fish Roll	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 and Shredded Ginger Soup	芋泥包+低糖豆漿 Mashed Taro Bun+ Low Sugar Soybean Milk	6.1	2.1	2.0	3	0.8	0	851
7/26 (三)	什錦豬肉湯麵 Pork and Vegetables Noodles Soup	特餐	南瓜雞肉燉飯 Pumpkin and Chicken Risotto	奧勒岡燉肉 Oregon Pork Stew	履歷青菜 Fresh Vegetable	水果 Fruit	馬鈴薯濃湯 Potato Soup	牛奶餐包+羅宋湯 Milk Bun+Borscht	6.1	2.0	1.2	3.0	0.8	0.0	823
7/27 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	豆瓣燒雞 Braised Chicken with Fermented Soybean Sauce	海苔蒸蛋 Steamed Eggs and Kelp Sprouts	有機青菜 Organic Vegetable	水果 Fruit	四神湯 Four-Herbal Soup	沙茶肉絲燉飯 Shredded Pork Fried Rice With Shacha	5.4	2.2	2.0	3.0	1.5	0.5	901
7/28 (五)	蘑菇海苔小飯糰+黑豆漿 Mushrooms Onigiri+ Black Soybean Milk	特餐	台南乾麵 Noodles With Minced Pork	蔥油雞肉柳 Braised Chicken Tenderloin	履歷青菜 Fresh Vegetable	水果 Fruit	金針排骨湯 Daylily and Pork Ribs Soup	特選小饅頭+青菜肉絲湯 Steamed Bun+Vegetables and Shredded Pork Soup	6.0	2.5	1.8	2.0	0.8	0.0	809
7/30 (一)	水煮玉米段+低糖豆漿 Boiled Corn+ Low Sugar Soybean Milk	糙米飯 Brown Rice	佛手瓜炒肉片 Stir-fried Pork Slices and Chayote	鮮菇炒冬粉 Stir-fried Mung Bean Noodles with Vegetables	履歷青菜 Fresh Vegetable	水果 Fruit	紫菜蛋花湯 Seaweed and Egg Drop Soup	青醬雞肉螺旋麵 Pesto Fusilli with Chicken	6	2.1	1.9	1.2	2	0.4	835

◎魚油炸物 Deep-fried Food

☆去魚鱗 Fish

★去帶殼海鮮 Shrimp and Shelled Seafood

幼兒園教員職度6以下

幼兒園食材一律使用國產豬、牛肉

幼兒園未使用麵粉巧克力食品

沙茶醬使用含芝麻的全蛋沙茶醬，不含花生成分

菜單開立：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)