

康橋國際學校林口校區 110年6月小學部菜單

Lunch and Snack Menu, June 2021

日期 Date	午餐 Lunch Menu's Detail							下午點心 Afternoon Snack	營養成分分析								
	全穀類 穀類 (份)	豆魚肉 蛋類 (份)	蔬菜類 (份)	海產 及蛋 類 (份)	水果 (份)	奶類 (份)	熱量 (Kcal)										
6/1-6/11 因應新冠肺炎疫情，停課不供餐																	
6/15 (二)	日式海芽拌飯 Stir-Fried Rice with Seaweed	檸檬香料烤雞腿 Drumstick	◎花枝丸 Crispy Cuttlefish Ball	古早味蒸蛋 Steamed Egg	有機青菜 Organic Vegetable	水果 Fruit	味噌菇菇湯 Mushroom Miso Soup	南瓜葡萄乾麵包 Pumpkin Raisin Buns	4.0	3.2	1.5	3.5	1.0	0.0	711.0		
6/16 (三)	麥片飯 Oatmeal Rice	咖哩肉片 Curry Pork	蜂蜜醬燒雞翅 Braised Chicken Wing with Honey Sauce	五香醬油滷黑干 Braised Dried Bean Curd and Seaweed	履歷青菜 Fresh Vegetable	水果 Fruit	刺瓜雞湯 Cucumber and Chicken Soup	洋芋塔+優酪乳 Potato Tart+Yogurt	4.0	3.5	1.6	3.0	1.0	0.0	707.5		
6/17 (四)	海苔飯 Seaweed Rice	蜜汁烤腿排 Roasted Chicken Thigh with Honey Sauce	筍香肉絲 Stir-fried Shredded Pork with Bamboo	樹子冬瓜 Fried Winter Melon with Cummingcordia	有機青菜 Organic Vegetable	水果 Fruit	黑糖地瓜湯 Sweet Potato Soup	◎麥克雞塊/山藥捲 Chicken Nuggets	4.0	3.3	2.0	3.0	1.0	0.0	706.5		
6/18 (五)	白米飯 Rice	☆蒲燒鯛 Kabayaki Sea Bream	南瓜燉雞丁 Braised Chicken with Pumpkin	△奶油培根炒蛋 Scrambled Egg with Bacon	履歷青菜 Fresh Vegetable	水果 Fruit	鮮蔬肉片湯 Pork and Vegetable Soup	香草戚風蛋糕+100%果 汁Chiffon Cake+100% Juice	4.0	3.0	2.0	3.0	1.0	0.0	690.0		
6/21 (一)	地瓜飯 Sweet Potato Rice	五香滷豬排 Braised Pork Chop	日式雞丁 Stir-fried Chicken	扁蒲炒三絲 Stir-fried Bottle Gourd	履歷青菜 Fresh Vegetable	水果 Fruit	佛手瓜香菇紅棗燉湯 Chayote and Mushroom in Rib Soup	黑糖捲+鮮奶 Brown Sugar Bun+Milk	4.0	3.0	2.0	3.0	1.0	0.0	690.0		
6/22 (二)	番茄通心粉 Macaroni with Tomato Paste	紐澳良烤雞腿排 Roasted Chicken Thigh	★避風塘鮮蝦 Garlic Shrimp Stir Fry	焗烤時蔬 Baked Vegetable	有機青菜 Organic Vegetable	水果 Fruit	洋蔥濃湯 Onion Soup	草莓柏林 Strawberry Bun	4.0	3.0	2.0	3.0	0.0	0.5	690.0		
6/23 (三)	胚芽飯 Germ Rice	迷迭香燉肉 Braised Pork with Rosemary	起司雞 Cheese Chicken	蛋酥絲瓜 Stir-fried Luffah with Egg	履歷青菜 Fresh Vegetable	水果 Fruit	海芽豆腐湯 Tofu Soup with Seaweed	泡芙+100%果汁 Puffs+100% Juice	4.0	2.8	2.0	3.0	1.0	0.2	703.0		
6/24 (四)	白米飯 Rice	醬燒雞腿 Braised Drumstick	肉片炒筍茸 Stir-fried Sliced Pork with Bamboo	素沙茶菜豆 Stir-fried Green Bean	有機青菜 Organic Vegetable	水果 Fruit	冬瓜粉條湯 Sweet Soup with Rice Noodles	芋粿巧+米漿 Taro Cake+Rice Milk	4.2	3.0	2.0	3.0	1.0	0.0	704.0		
6/25 (五)	五穀飯 Mixed Grain Rice	☆◎黃金魚塊 Deep-fried Fish Cubes	和風雞丁 Stir-fried Chicken	毛豆蒸蛋 Steamed Egg with Green Soy Bean	履歷青菜 Fresh Vegetable	水果 Fruit	山藥豬軟骨湯 Chinese Yam in Rib Soup	水果蛋糕捲 Fruit Roll Cake	4.0	3.0	2.0	3.5	1.0	0.0	712.5		
6/28 (一)	小米飯 Millet Rice	BBQ豬排 BBQ Pork Chop	★海鮮燴蛋 Scrambled Eggs with Seafood	三杯麵腸 Stir-fried Gluten with Basil and Sesame Oil	履歷青菜 Fresh Vegetable	水果 Fruit	蔬菜相撲湯 Sumo Soup	家鄉鮮肉包 Meat Bun	4.0	3.5	2.0	3.0	1.0	0.0	717.5		
6/29 (二)	蘑菇醬炒麵 Stir-fried Noodle with Mushroom sauce	◎卡啦雞腿 Deep-fried Drumstick	●☆沙茶羊肉 Stir-fried Lamb with BBQ Sauce	奶油彩椒西芹 Stir-fried Celery	有機青菜 Organic Vegetable	水果 Fruit	南瓜濃湯 Creamy Pumpkin Soup	蔓越莓乳酪麵包 Cranberry and Cheese Bread	4.0	3.0	2.0	3.5	1.0	0.0	712.5		
6/30 (三)	糙米飯 Brown Rice	☆日式咖哩魚丁 Curry Fish	照燒雞丁 Teriyaki Chicken	海帶干絲 Stir-fried Dried Bean Curd with Seaweed	履歷青菜 Fresh Vegetable	水果 Fruit	酸菜肉片鮑菇湯 Mushroom and Pork Soup	蜂蜜鬆餅+100%果汁 Honey Pancake+100% Juice	4.0	3.2	2.0	3.0	1.0	0.0	701.0		
7/1 (四)	紅藜麥飯 Red Quinoa Rice	義式香料烤翅小腿 Roasted Drumette	梅乾燉肉 Braised Pork with Pickled Mustard Green	鹹蛋莧菜 Amaranth Green with Salted Egg	有機青菜 Organic Vegetable	水果 Fruit	燕麥芋圓燒仙草 Hot Grass Jelly with Oatmeal and Taro Ball	◎蘋果派+優酪乳 Apple Pie+Yogurt	4.2	3.0	2.0	3.0	1.0	0.0	704.0		
7/2 (五)	白米飯 Rice	三杯豬柳 Stir-fried Shredded Pork with Soy Sauce and Sesame Oil	蜜汁雞翅 Honey Chicken Wings	番茄炒蛋 Scrambled Eggs with Tomato	履歷青菜 Fresh Vegetable	水果 Fruit	菇菇巧達濃湯 Mushroom Chowder	起酥蛋糕 Puff Pastry Cake	4.0	3.0	2.0	3.0	1.0	0.0	690.0		

◎表油炸物Deep Fried Food

☆表魚類 Fish

★表帶殼海鮮 Shrimp or Shelled Seafood

△表加工品Processed Product

●表牛羊製品

※表熱門菜色 Popular Meal

食材一律使用國產豬

菜單開立：洪銘穗(尊爵團膳營養師)

菜單審核：侯欣妤(康橋國際學校林口校區營養師)