

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								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 (備用食物)	水果	湯品	下午茶點心 Afternoon Snack	午餐 午餐 (g)	蛋白質 蛋白質 (g)	脂肪 脂肪 (g)	碳水化合物 碳水化合物 (g)	纖維 纖維 (g)	鈣 鈣 (mg)	鐵 鐵 (mg)	熱能 (Kcal)
	主菜1		主菜2		副菜1	副菜2	副菜3	副菜4 (備用食物)	水果	湯品	下午茶點心 Afternoon Snack								
3/1 (三)	五穀飯 Grain Rice	紅燒麵筋 Braised Rolled Flour Gluten	竹筍炒豆苗 Stir-fried Bamboo Shoots	玉米炒蛋 Scrambled Eggs with Corn Kernels	菜心炒素蝦仁 Stir-fried Chinese Shrimping cabbage with soy shrimps	靚靚青菜 Fresh Vegetable	起司球 Cheese Ball	水果 Fruit	大黃瓜湯 Cucumber Soup	素珍珠丸*3 Sticky Rice Pearl Ball	4.0	2.5	1.3	3.5	1.0	0.0	755		
3/2 (四)	白飯 Rice	香滑素肉排 Vegetarian Steak	地瓜金沙豆腐 Stir-fried Tofu with Sweet Potato and Salted Egg	蘑菇花膠 Stir-fried with Cauliflower and Mushroom	菜心素蝦仁 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 Curry Fried Rice	咖哩炒飯 Curry Fried Rice	椒鹽香烤豆腐 Scrambled Eggs with Rosemary	糖醋香脆雞 Sweet and Sour King Oyster Mushrooms	什錦鮮蔬 Assorted Vegetables	靚靚青菜 Fresh Vegetable	小黃瓜拌素肚 Bean Curd and Cucumber	水果 Fruit	油腐海菜湯 Corn Soup	奶酥麵包*1 Milky Filling Bread	3.8	2.5	3.0	3.0	1.0	0.0	754		
3/6 (一)	糙米飯 Brown rice	鮮菇蒸蛋 Steamed Egg with Mushrooms	蜜汁素肉排 Vegetarian Steak with Honey Sauce	鹹蛋苦瓜 Braised Bitter Gourd	露露炒豆干 Stir-fried Yukim and Dried Tofu	靚靚青菜 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	酥炸素手捲 Deep-fried Vegan Kara Chicken	素肉末燒豆腐 Braised Tofu with Vegan Meat	白菜豆腐 Stir-fried Chinese Cabbage with Black Fungus	紅片花膠 Stir-fried Cauliflower with Carrot	有機青菜 Organic Vegetable	素蝦餅 Vegetarian Shrimp Cake	水果 Fruit	金沙炒麵 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	彩蔬炒豆絲 Stir-fried Assorted Vegetables and Dried Tofu	糖醋香脆雞 Sweet and Sour Rolled Flour Chicken	香蒜高麗菜 Stir-fried Cabbage with Mushroom	鮮菇燒海帶 Braised Kelp and Radish	靚靚青菜 Fresh Vegetable	薑燒南瓜 Roasted Pumpkin With Gluten	水果 Fruit	薑絲冬瓜湯 White Gourd Soup	◎黃金地瓜QQ糖*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	奶香豆包 Butter Flavored Tofu Skin	水芹高麗菜 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	香脆辣粉 Hot and Sour Winter Noodles	水果 Fruit	甜芋露 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 Fried Flat Noodles with Shredded Pork	什錦炒麵 什錦炒麵 什錦炒麵	茄汁豆腐 Tofu Skin in Tomato Sauce	鮮菇燒海帶 Stir-fried Kelp	馬鈴薯燒豆角 Stir-fried Bean Sprouts with Mushroom	靚靚青菜 Fresh Vegetable	薑汁燒芋頭 Taro Stew with Osmanthus	水果 Fruit	味增豆腐湯 Vegetables Miso Soup	六牛穿御手卷 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	綠油鮮菇滑蛋 Stir-fried Dried Tofu and King Oyster Mushrooms with Oyster Sauce	枸杞雙花 Stir-fried Cauliflower, Broccoli and Goji	素豆腐皮 Bean Curd with Basil	靚靚青菜 Fresh Vegetable	◎山藥捲 Fried Yam Roll	水果 Fruit	鮮菇滑蛋湯 Kelp Sprouts and Egg Drop Soup	墨西哥麵包*1 Mexican Bread	3.8	3.0	2.0	2.5	1.0	0.0	736		
3/14 (二)	白飯 Rice	京醬素肉捲 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	黃豆炒年糕 Bean Sprouts and Rice Cake	有機青菜 Organic Vegetable	燒烤芋頭 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	香滑素手捲 Deep-fried Vegan Kara Chicken	素肉末燒豆腐 Braised Tofu with Vegan Meat	白菜豆腐 Stir-fried Chinese Cabbage and Egg	鮮菇燒海帶 Braised Kelp and Radish	靚靚青菜 Fresh Vegetable	紫菜丸子 Black Rice Ball	水果 Fruit	枸杞山藥湯 Goji Yam Soup	芝麻蔥油餅(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	蔬香素雞 Chikun	五味豆腐 Five-flavored Tofu	蠔皇鮮菇 Stir-fried Mung Bean Noodles with Vegetables	三杯麵筋 Three-cup King Oyster Mushrooms	有機青菜 Organic Vegetable	鮮菇素肉捲 Braised Vegetarian Chicken with Chicken	水果 Fruit	紅豆湯 Red Beans and Rice Balls with Chicken	海菜(55G)*1+蘋果派 Braised Egg+Apple Juice	3.5	3.0	2.0	3.0	1.0	0.0	745		
3/17 (五)	特餐 Fried Sauce Noodles	炸醬麵 Fried Sauce Noodles	◎椒香豆包 Stir-fried Tofu Skin	芹菜木耳炒豆腐 Stir-fried Dried Tofu with Celery and Black Fungus	鮮菇燒海帶 Braised Kelp and Radish	有機青菜 Organic Vegetable	麻油紅燒菜 Stir-fried Sesame Oil Gynura's Deux Couleurs	水果 Fruit	海苔鮮菇湯 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	豆瓣燒黑干 Stir-fried Broccoli and Mushrooms	香蒜高麗菜 Stir-fried Cabbage and Mushrooms	水芹炒鮮菇 Stir-fried Broccoli and Cauliflower with Black Fungus	靚靚青菜 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	和風軟豆腐 Stir-fried Okra	清炒香脆雞 Stir-fried Bitter Gourd	有機青菜 Organic Vegetable	有機青菜 Organic Vegetable	紅油素水餃 Chili Oil Vegetarian Dumpling	水果 Fruit	黃豆芽菜湯 Soy Sprouts and Tomato 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	素子炒丁 Stir-fried Chestnuts and Dried Tofu	皇帝豆燴珍菇 Stir-fried Lima Bean and Mushrooms	黃金泡菜 Gold kimchi	靚靚青菜 Fresh Vegetable	胡蘿蔔拌青豆 Broccoli 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	薑絲燒海帶 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	銀絲捲(70G)*1 Silver Thread Roll	3.8	3.1	2.5	3.0	1.0	0.0	786		
3/24 (五)	特餐 Stir-fried Noodles with Cabbage and Shredded Vegan Meat	高麗菜肉絲炒麵 Stir-fried Noodles with Cabbage and Shredded Vegan Meat	醬香油豆腐 Braised Fried Bean Curd	鮮菇燴芥菜 Stir-fried Mustard and Mushroom	素炒四季 Stir-fried Vegetable	靚靚青菜 Fresh Vegetable	烤鮮茄子 Baked Eggplant	水果 Fruit	芽香蘿蔔湯 Radish Soup	高麗菜飯團 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	椒鹽黑胡椒豆腐 Teppanyaki Black Pepper Tofu	紅燒扁扁 Stir-fried Bottle Gourd	時蔬寬條 Stir-fried Bean Noodles with Vegetable	有機青菜 Organic Vegetable	薑蔥龍蝦菜 Stir-fried gracilaria	水果 Fruit	番茄蛋花湯 Tomato Egg Drop Soup	素網貼*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	鮮菇蒸蛋 Steamed Egg with Mushroom	奶香白菜 Stir-fried Cabbage with Cream Sauce	豆豉苦瓜 Braised Bitter Gourd	靚靚青菜 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	三杯麵筋 Stewed Three-cup King Oyster Mushrooms and Tofu	◎鳳梨咕咕雞 Stir-fried Pineapple and Vegetarian Chicken	鮮菇炒白鮮菇 Stir-fried Cauliflower and Mushrooms	肉醬鮮菇 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	鮮菇包(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	蜜汁素肉 Dried Tofu with Sweet Sauce	麻油菜炒蛋 Scrambled Eggs with Spinach	梅菜臘筍 Stir-fried Bamboo Shoots	南瓜燴菜 Braised Vegetable with Pumpkin	靚靚青菜 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	翡翠蒸蛋 Steamed Egg with Spinach	素魚魚排 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	椒鹽素仁紅菜湯 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 Pork Risotto with Cream Sauce	白醬奶油焗飯 Pork Risotto with Cream Sauce	香料嫩素棒腿 Spiced Pork Drumstick	◎鮮菇蔬菜球 Veggie Ball	奶油玉米 Creamed Corn	靚靚青菜 Fresh Vegetable	薑絲鮮菇 Fried Broccoli with Ginger	水果 Fruit	冬瓜茶二兄弟 White Gourd Tea with Bubble& Coconut Jelly	小鴨包 Sesame Bun	4.0	3.0	2.5	2.0	1.0	0.0	733		
兒童節	菜茶火鍋 Vegetarian Hot Pot	素棒腿 Vegetarian Ham	麵粉高麗菜 Flour Cabbage	馬鈴薯 Potato	素棒腿 Vegetarian Ham	靚靚青菜 Fresh Vegetable	地瓜薯條 Sweet Potato Fries	水果 Fruit	QQ圓 QQ Jelly	小鴨包(60G)(鮑、鮑、鮑)									

◎未油炸物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)