

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						
		白飯 Rice	◎☆彩蔬魚丁 Assorted Vegetables and Diced Fish	鹽水蔬菜 Stir-fried Vegetables	有機青菜 Organic Vegetable	水果 Fruit	青菜蛋花湯 Vegetables and Egg Drop Soup		芋泥包+無糖麥茶 Taro Bun + Sugar Free Barley Tea	全穀 類(份) 6.1	豆魚 肉蛋 類(份) 2.2	蔬菜 類(份) 1.8	油脂 及堅 果種 子類 (份) 1	水果 (份) 2.1	奶類 (份) 0.4
5/2 (二)	玉米菠菜肉蓉粥 Spinach Pork Congee with Corn	白飯 Rice	◎☆彩蔬魚丁 Assorted Vegetables and Diced Fish	鹽水蔬菜 Stir-fried Vegetables	有機青菜 Organic Vegetable	水果 Fruit	青菜蛋花湯 Vegetables and Egg Drop Soup	芋泥包+無糖麥茶 Taro Bun + Sugar Free Barley Tea	6.1	2.2	1.8	1	2.1	0.4	840
5/3 (三)	☆吻仔魚絲瓜麵線 Whitebait Noodles with Sponge Gourd	五穀飯 Grain Rice	醬爆豬肉絲 Stir-fried Shredded Pork	滑蛋焗南瓜 Steamed Pumpkin with Scrambled Eggs	履歷青菜 Fresh Vegetable	水果 Fruit	海芽豆腐湯 Kelp Sprouts and Tofu Soup	翡翠燒賣+低糖豆漿 Shu Mai + Low Sugar Soybean Milk	6.2	2.2	1.9	1.2	2.1	0.4	861
5/4 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	咖哩雞肉 Chicken Curry	蘿蔔燒海帶結 Braised Kelp Sprouts and Radish	有機青菜 Organic Vegetable	水果 Fruit	麻油雞湯 Chicken Soup with Sesame Oil	台式肉燥拌飯 Braised Pork Rice	6.2	2	2.0	1	2.1	0.4	837
5/5 (五)	日式燒肉小漢堡+米漿 Braised Pork Burger + Peanut Rice Milk	特餐	什錦肉絲炒麵 Stir-fried Noodles with Shredded Pork and Vegetables	醬燒翅小腿 Braised Drumette	履歷青菜 Fresh Vegetable	水果 Fruit	薑絲冬瓜湯 White Gourd Soup with Shredded Ginger	牛奶餐包+花椰菜濃湯 Milk Bun + Broccoli Soup	6.1	2.2	1.9	1	1.9	0	785
5/8 (一)	水煮玉米粒+低糖豆漿 Boiled Corn + Low Sugar Soybean Milk	糙米飯 Brown Rice	番茄焗肉 Braised Pork and Tomato	鮮蔬炒寬冬粉 Stir-fried Mung bean Noodles with Vegetables	履歷青菜 Fresh Vegetable	水果 Fruit	大油湯 Assorted Vegetables Soup	青醬雞肉貝殼麵 Pesto Conchiglie with Chicken	6	2.1	1.9	1.2	2	0.4	835
5/9 (二)	紅棗南瓜小米粥 Pumpkin and Red Dates Millet Congee	白飯 Rice	◎☆酥炸虱目魚條 Deep-fried Milkfish Strips	毛豆蒸蛋 Steamed Egg with Edamame	有機青菜 Organic Vegetable	水果 Fruit	大黃瓜排骨湯 Cucumber and Pork Ribs Soup	水煎包+什錦蔬菜湯 Pan-fried Bun + Vegetables and Tofu Soup	6.2	2	2.1	1	2.1	0	791
5/10 (三)	蕃茄雞蛋蝦麵 Tomato and Egg Noodles	五穀飯 Grain Rice	白菜蒜炒肉片 Stir-fried Pork Slices with Mushrooms and Cabbage	塔香海茸 Stir-fried Kelp with Basil	履歷青菜 Fresh Vegetable	水果 Fruit	黃豆芽肉絲湯 Soy Sprouts and Shredded Pork Soup	芝麻包+番薯濃湯 Sesame Bun + Sweet Potato Soup	6.2	2.3	2.1	1	2.3	0	823
5/11 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	奶油洋芋燉雞 Potato and Chicken Stew	鮮菇焗絲瓜 Stir-fried sponge Gourd with Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	☆味噌蔬菜湯 Miso Soup with Vegetables	肉絲燴飯 Shredded Pork Fried Rice	6.1	2.2	1.8	1	2	0	787
5/12 (五)	全麥饅頭夾起司蛋+黑豆漿 Whole Wheat Steamed Bun with Cheese and Egg + Black Soybean Milk	特餐	夏威夷炒飯 Hawaiian Fried Rice	蜜汁雞翅 Chicken Wings with Sweet Sauce	履歷青菜 Fresh Vegetable	水果 Fruit	青木瓜雞湯 Green Papaya and Chicken Soup	豬肉水餃+味噌湯 Pork Dumplings + Miso Soup	6.3	2.1	1.9	1	2.2	0.4	853
5/15 (一)	蒸地瓜+低糖黑豆漿 Steamed Sweet Potato + Low Sugar Black Soybean Milk	糙米飯 Brown Rice	◎椒鹽排骨酥 Deep-fried Pork Ribs	咖哩蔬菜 Vegetables Curry	履歷青菜 Fresh Vegetable	水果 Fruit	肉骨茶湯 Bak Kut Teh	焗烤起司千層麵 Baked Cheese Lasagna	6.2	2.2	1.9	1.2	2.1	0.4	861
5/16 (二)	芋頭鹹粥 Taro Congee	白飯 Rice	☆蔥爆沙茶花枝(含芝麻) Stir-fried Cuttlefish with Shacha (contains Sesame)	番茄炒蛋 Scrambled Eggs with Tomato	有機青菜 Organic Vegetable	水果 Fruit	玉米濃湯 Corn Soup	奶皇包+薏仁漿 Sweet Custard Bun + Job's Tears Milk	6.1	2.2	1.8	1	2.1	0.4	840
5/17 (三)	鍋燒雞絲烏龍麵 Shredded Chicken Udon	五穀飯 Grain Rice	薑汁燒肉 Braised Pork with Ginger	鐵板時蔬 Stir-fried Bean Sprouts	履歷青菜 Fresh Vegetable	水果 Fruit	金針肉絲湯 Daylily and Shredded Pork Soup	卡士達麵包+地瓜牛乳 Custard Bun + Sweet Potato Milk	6.3	2.2	1.7	3	0.8	0	865
5/18 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	◎日式唐揚炸雞 Chicken Karaage	紅絲扁蒲 Stir-fried Bottle Gourd with Shredded Carrot	有機青菜 Organic Vegetable	水果 Fruit	竹筍排骨湯 Bamboo and Pork Ribs Soup	蘑菇醬鐵板麵 Hot Plate Noodles with Mushroom Sauce	6.1	2.1	2.0	3	0.8	0	851
5/19 (五)	鮮蔬起司蛋吐司+薏仁漿 Toast with Vegetables and Cheese and Egg + Job's Tears Milk	特餐	金瓜肉絲炒米粉 Stir-fried Rice Noodles with Pumpkin and Shredded Pork	五香油雞翅 Braised Chicken Wings	履歷青菜 Fresh Vegetable	水果 Fruit	蕃茄蛋花湯 Tomato and Egg Drop Soup	鍋貼+酸辣湯 Pan-fried Dumplings + Hot and Sour Soup	6.1	2.0	1.2	3.0	0.8	0.0	823
5/22 (一)	蜜汁芋頭+無糖麥茶 Sweet Taro + Sugar Free Barley Tea	糙米飯 Brown Rice	馬鈴薯焗肉 Potato and Pork Stew	麻油高麗菜 Stir-fried Cabbage with Sesame Oil	履歷青菜 Fresh Vegetable	水果 Fruit	海帶結蘿蔔湯 Kelp Sprouts and Radish Soup	清炒雞柳蝴蝶麵 Stir-fried Chicken Fillet Farfalle	5.4	2.2	2.0	3.0	1.5	0.5	901
5/23 (二)	山藥雞蓉粥 Yam and Minced Chicken Congee	白飯 Rice	☆◎酥炸水蜜桃片 Deep-fried Fish Slices	胡瓜增珍菇 Stir-fried Bottle Gourd with Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	山藥薏仁湯 Yam and Job's Tears Milk	鮮肉包+米漿 Meat Bun + Peanut Rice Milk	6.0	2.5	1.8	2.0	0.8	0.0	809
5/24 (三)	壽喜燒豬肉烏龍麵 Sukiyaki Pork Udon	五穀飯 Grain Rice	◎鳳梨咕咾肉 Sweet and Sour Pork and Pineapple	蒜炒雙花 Stir-fried Broccoli and Cauliflower	履歷青菜 Fresh Vegetable	水果 Fruit	鮮菇玉米湯 Mushrooms and Corn 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
5/25 (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	家常豆腐 Braised Tofu	有機青菜 Organic Vegetable	水果 Fruit	紫菜蛋花湯 Kelp Sprouts and Egg Drop Soup	★古早味油飯 Oil Rice	5.4	2.2	2.0	3.0	1.5	0.5	901
5/26 (五)	紅綠蛋小亭堡+米漿 Scrambled Egg and Shredded Carrot Bun + Peanut Rice Milk	特餐	雞肉飯 Chicken Rice	菜脯蛋 Scrambled Eggs with Preserved Radish	履歷青菜 Fresh Vegetable	水果 Fruit	絲瓜肉片湯 Sponge Gourd and Pork Slices Soup	小籠包+青菜豆腐湯 Xiao Long Bao + Tofu and Vegetables Soup	6.0	2.5	1.8	2.0	0.8	0.0	809
5/29 (一)	奶油起司馬鈴薯+義式蕃茄湯 Potato with Butter and Cheese + Tomato Soup	糙米飯 Brown Rice	鐵板豬柳 Stir-fried Pork Tenderloin	紅燒紫茄 Braised Eggplants	履歷青菜 Fresh Vegetable	水果 Fruit	髮菜羹湯 Long Thread Moss Thick Soup	白醬蘑菇焗飯 Risotto with Cream Sauce and Mushrooms	6.0	2.5	1.8	2.0	0.8	0.0	809
5/30 (二)	胡瓜肉絲鹹粥 Bottle Gourd and Shredded Pork Congee	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	蜂蜜蛋糕+綠豆薏仁湯 Castella + Mung Bean and Job's Tears Soup	6.0	2.5	1.8	2.0	0.8	0.0	809
5/31 (三)	什錦米粉湯 Assorted Vegetables Rice Noodles	五穀飯 Grain Rice	蠔油高麗肉片 Stir-fried Pork Slices and Cabbage with Oyster Sauce	白菜油粉絲 Stir-fried Chinese Cabbage and Mung Bean Noodles	履歷青菜 Fresh Vegetable	水果 Fruit	鳳梨苦瓜雞湯 Chicken Soup with Bitter Gourd and Pineapple	奶油玉米粒+青花菜湯 Butter Corn + Broccoli Soup	6.0	2.5	1.8	2.0	0.8	0.0	809

◎裹油炸物 Deep Fried Food

☆表魚類 Fish

★表帶殼海鮮 Shrimp or 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：蔡紫鳳(新北食品股份有限公司營養師)

菜單審核：陳筱雯(康橋國際學校林口校區營養師)