

康橋國際學校林口校區 110-1學期九月份菜單(小學部)

Lunch and Snack Menu, September 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 餐期 (份)	豆及肉 蛋類 (份)	蔬菜類 (份)	水果 及堅 果類 (份)	水果 (份)	奶類 (份)	油脂 (份)		總量(Kcal)						
9/1 (三)	糙米飯 Brown Rice	●養生菇羊腩片 Stir-fried mushroom with lamb	干絲炒蛋 Scrambled eggs with dried bean curd	清炒花椰 Stir-fried broccoli	履歷青菜 Fresh Vegetable	水果 Fruit	青菜豆腐湯 Vegetable & tofu soup	鬆餅*2 Pancake	6.5	3.3	2.0	2.8	1.0	0.3	908.5
9/2 (四)	五穀飯 Grain Rice	塔香椰奶咖喱雞 Coconut milk with curry chicken and barsil	☆韭香紅椒魚丁 Stir-fried leek and fish	醬燒鮑菇 king oyster mushroom stew	有機青菜 Organic Vegetable	水果 Fruit	綠豆薏仁湯 Greenbean & pearl barley soup	豬肉珍珠丸*4 Pork Ball	6.5	3.5	2.0	2.8	1.0	0.5	943.5
9/3 (五)	茄汁筆管麵 Tomato sauce Penne	照燒醬豬 Teriyaki Pork	豆辦雞丁 Stewed chicken with soy paste	義式鮮蔬南瓜 Pumpkin and vegetable	履歷青菜 Fresh Vegetable	水果 Fruit	玉米濃湯 Creamy corn soup	香蕉戚風蛋糕 Banana chiffon cake	7.0	3.3	2.5	2.8	1.1	0.8	1022.0
9/6 (一)	白飯 Rice	蜜汁烤雞翅 Chicken wing with Sweet Sauce	京醬豆干肉絲 Fried pork and tofu with sweet bean sauce	菌菇小炒 Stir-fried mushroom	履歷青菜 Fresh Vegetable	水果 Fruit	酸辣湯 Hot and sour soup	關東煮 Oden	6.5	3.3	2.0	2.8	1.0	0.3	908.5
9/7 (二)	紫米飯 Purple Rice	☆綠炒蟹丁 Stir-fried fish with vegetable	果香雞丁 Stir-fried Chicken with Fruit	芹香麵腸 Stir-fried celery and Gluten	有機青菜 Organic Vegetable	水果 Fruit	羅宋湯 Borscht	蔥烤大肉包 pork bao	6.5	3.5	2.3	2.8	1.0	0.0	891.0
9/8 (三)	糙米飯 Brown Rice	番茄燉肉 Stewed pork with tomato	古早味蒸蛋 Steamed Egg	彩繪金針 Stir-fried Flammulina Velutipes	履歷青菜 Fresh Vegetable	水果 Fruit	味噌海帶芽湯 Seaweed in miso soup	小泡芙+優酪乳 Puff and yogurr	6.5	3.3	2.0	3.0	1.0	1.0	1001.5
9/9 (四)	五穀飯 Grain Rice	豆薯丁燒雞 Stir-fried chicken with potato	☆樹子蒸魚 Steamed Fish with Cummingordia	三杯鮮菇茼蒿 Stir-fried Konjac with Basil and Sesame Oil	有機青菜 Organic Vegetable	水果 Fruit	銀耳蓮子湯 Tremella lotus seed soup	南瓜麵包 Pumpkin bread	6.5	4.0	2.0	2.8	1.0	0.0	911.0
9/10 (五)	客家炒飯條 Fried Flat Noodle	蜜汁叉燒 Prok with sweet sauce	奶油燉雞 Stewed chicken chicken	菇香空心菜 Water spinach with mushroom	履歷青菜 Fresh Vegetable	水果 Fruit	黃金翡翠羹湯 Spinach thickened soup with egg	黑糖杯子蛋糕+黑豆漿 Brown sugar cup cake and black soybean milk	6.5	3.8	2.0	2.8	1.0	0.3	933.3
9/11 (六)	白飯 Rice	台式油翅小腿 Braised drumstick	芋香豆豉豬 Stewed taro, fermented soya beans and pork	枸杞高麗菜 Cabbage with lycium	履歷青菜 Fresh Vegetable	水果 Fruit	玉米蘿蔔湯 Corn and Radish Soup	馬來糕 Cantonese sponge cake	7.0	3.3	2.0	2.8	1.0	0.5	967.5
9/13 (一)	白飯 Rice	烤雞翅 Grilled chicken wing	筒香滷肉 Braised Pork with bamboo shoot	白菜油 Braised cabbage	履歷青菜 Fresh Vegetable	水果 Fruit	紫菜蛋花湯 Seaweed & egg soup	△火腿玉米小餐包 Ham and corn bun	6.5	3.3	2.0	2.8	1.0	0.3	908.5
9/14 (二)	紫米飯 Purple Rice	☆蒲燒鯛 Kabayaki tilapia	蔥燒骨腿丁 Chicken with Scallions	油蘆筍海帶結 Braised seaweed and radish	有機青菜 Organic Vegetable	水果 Fruit	蔬菜肉絲湯 Fresh Vegetable Shredded Meat Soup	叉燒包 Steamed BBQ Pork Bao	6.5	3.5	2.0	2.8	1.0	0.0	883.5
9/15 (三)	糙米飯 Brown Rice	●☆沙茶牛肉 Stir-fried beef with BBQ sauce	蒜香奶油雞 Garlic stewed creamy chicken	紅絲高麗菜 Fried cabbage with carrots	履歷青菜 Fresh Vegetable	水果 Fruit	什錦菇湯 Green mushroom soup	紅豆果子燒+100%果汁 Dorayaki with Red Bean 100% juice	6.5	3.3	2.0	2.8	1.8	0.3	956.5
9/16 (四)	五穀飯 Grain Rice	和風雞丁 Fried chicken with japanese sauce	★塔香鮮蝦 Braised shrimp with Basil	清炒鮮筍 Stir-fried bamboo shoot	有機青菜 Organic Vegetable	水果 Fruit	椰子芋頭湯 Taro and coconut milk	鍋貼*5 potstickers	6.5	3.5	2.5	2.8	1.0	0.0	896.0
9/17 (五)	台式炒麵 Pan-fried Noodle	◎日式豬排 Japanese style pork chop	金沙豆腐 Tofu with Salted Egg	木耳炒黃瓜 Stir-fried Black fungus and cucumber	履歷青菜 Fresh Vegetable	水果 Fruit	法式洋葱濃湯 French onion soup	蘇式月餅 Mooncake	6.0	3.0	2.0	3.5	1.3	0.3	906.5
9/22 (三)	糙米飯 Brown Rice	梅醬豬肉 Pork with purple plum	綜合滷味 Braised dishes	毛豆炒菇 Stir-fried Edamame and mushroom	履歷青菜 Fresh Vegetable	水果 Fruit	番茄蔬菜湯 Tomato vegetable soup	布丁+豆漿 Pudding Tart and soybean milk	6.0	4.3	2.0	3.5	1.0	0.3	960.0
9/23 (四)	五穀飯 Grain Rice	三杯雞 Fried chicken with wine, sesame oil and soy sauce	☆芹香魚丁 Fish with Celery	◎地瓜薯條 Deep-fried Sweet Potato	有機青菜 Organic Vegetable	水果 Fruit	紅豆紫米甜湯 Sweet Red Bean Purple Rice Porridge	蘿蔔糕 turnip cake	7.0	3.0	2.5	2.8	1.0	0.0	903.5
9/24 (五)	蒜香奶油螺旋麵 Garlic creamy Rotini	義式香茅豬排 Italian pork chop	柚香雞丁 Braised chicken with Pomelo Jam	鮮炒四季豆 Stir-fried String Beans	履歷青菜 Fresh Vegetable	水果 Fruit	蘑菇濃湯 Cream mushroom soup	大芝麻蛋糕卷 Big Sesame cake roll	6.5	3.3	2.0	3.0	1.0	0.3	917.5
9/27 (一)	白飯 Rice	烤雞腿 Grilled drumstick	☆沙茶炒肉絲 Fried Shredded Pork with BBQ Sauce	紅絲高麗菜 Stir-fried broccoli with carrots	履歷青菜 Fresh Vegetable	水果 Fruit	四神湯 Sishen Soup	葡萄乾厚片 Raisin toast	6.5	3.0	2.0	2.7	1.1	0.3	893.5
9/28 (二)	紫米飯 Purple Rice	☆紅燒魚塊 Baried Fish with Soy sauce	菇香炒雞 Fried chicken with mushroom	起司風味馬鈴薯 Cheese potato	有機青菜 Organic Vegetable	水果 Fruit	蓮藕排骨湯 Lotus Root in Rib Soup	高麗菜包 Cabbage Bao	7.0	3.0	2.5	2.8	1.0	0.0	903.5
9/29 (三)	糙米飯 Brown Rice	鳳梨豬排 Pork chop with pineapple	什錦烤麵 Mixed wheat Gluten	薑絲海根 Stir-fried sea root with ginger	履歷青菜 Fresh Vegetable	水果 Fruit	古早味蘿蔔湯 Radish soup	烤蘋果千層派*2 Old fashioned apple pie	6.5	3.3	2.0	2.8	1.1	0.3	914.5
9/30 (四)	五穀飯 Grain Rice	◎香酥雞丁 Deep-fried chicken	☆豆醬蒸魚 Steamed Fish with soy paste	三絲黃芽 Stir-fried vegetable	有機青菜 Organic Vegetable	水果 Fruit	黑糖地瓜甜湯 Sweet potato soup	豬肉餡餅*2 Pork pie	7.0	3.5	2.0	3.0	1.0	0.0	927.5

◎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：張瑞婷(專務團膳營養師)

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