

康橋國際學校幼兒園(林口校區)
112-1學期12月份菜單
KCIS Preschool Lunch and Snack Menu, December 2023

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								
		特餐	麵米、白米	麵米、白米	麵米、白米		全蛋 雞蛋 (個)	主肉 肉類 (g)	蔬菜 (g)	水果 (g)	油脂 (g)	糖類 (g)	熱量 (Kcal)		
12/1 (五)	什錦蔬菜烏菜塔+豆腐 Vegetables Tart + Soy Milk	特餐	蘑菇醬蝦板麵 Stir-fried Noodles with Mushroom Sauce	迷迭香翅小腿 Rosemary Chicken Drumette	履歷青菜 Fresh Vegetable	水果 Fruit	葫瓜排骨湯 Cucumber and Pork Ribs Soup	芝麻包+仙草牛乳 Sesame Bun + Grass Jelly Milk	5.8	2.1	1.5	2.5	1.0	0.0	796
12/4 (一)	芋絲烏菜豬肉絲高麗菜紅蘿蔔+豆腐(大豆)	特餐	野菜炒豚肉 Stir-fried Vegetables and Pork Slices	鮮菇蒸蛋 Steamed Eggs with Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	大黃瓜 龍骨丁	金針雞湯 Daylily and Chicken Soup	5.8	2.0	2.0	2.5	1.0	0.0	801
12/5 (二)	滑蛋蔬菜粥 Porridge with Egg and Vegetables	白飯 Rice	☆港式蒜蓉蒸魚片 Hong Kong Style Steamed Fish Fillet with Garlic	茄汁豆包 Braised Bean Curd with Tomato Sauce	有機青菜 Organic Vegetable	水果 Fruit	四神湯 Four-Herbal Soup	鮮肉包+鮮菇肉絲湯 Steamed Meat Bun + Mushrooms and Shredded Pork Soup	6.0	2.0	1.8	2.5	1.0	0.0	810
12/6 (三)	蔥燒雞肉麵 Chicken Noodles with Scallion	五穀飯 Grain Rice	豉汁排骨 Braised Pork with Fermented Soybean Paste	紅絲高麗菜 Stir-fried Cabbage	履歷青菜 Fresh Vegetable	水果 Fruit	青木瓜雞湯 Green Papaya and Chicken Soup	豬肉餡餅+小米粥 Pan-fried Pork Pie+Millet Porridge	6.0	2.1	1.6	2.2	1.0	0.0	795
12/7 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	三杯雞丁 3-cup Diced Chicken	蒜香扁蒲 Garlic-Flavored Stir-fried Bottle Gourd with Shrimps	有機青菜 Organic Vegetable	水果 Fruit	茶顏排骨湯 Ginseng Soup	螺仔條湯 Rice Noodles Soup	5.7	1.8	1.8	2.0	1.0	0.5	804
12/8 (五)	鮮蔬雞蛋塔+米漿 Fresh Vegetable Potato Tart + Peanut and Rice Milk	特餐	咖喱肉絲炒飯 Curry Shredded Pork Fried Rice	五香油雞翅 Five-Spice Braised Chicken Wings	履歷青菜 Fresh Vegetable	水果 Fruit	六味噌豆腐湯 Miso Soup with Tofu	肉圓+番茄針菇湯 Meat Bun + Tomato Soup	5.5	2.0	1.7	2.2	1.0	0.2	779
12/11 (一)	義式南瓜+黑糖牛乳 Italian Spices Pumpkin + Brown Sugar Milk	麵米飯 Brown rice	柚香蜜汁燒肉 Braised Pork with Honey Sauce	白菜炒年糕 Stir-fried Chinese Cabbage and Rice Cakes	履歷青菜 Fresh Vegetable	水果 Fruit	海芽薑絲湯 Kelp Sprouts Soup with Shredded Ginger	白醬起司水餃麵 Cheese Macaroni with White Sauce	6.0	2.0	1.8	2.0	1.0	0.0	780
12/12 (二)	菜豆鹹粥 Legume and Pork Congee	白飯 Rice	☆蒲燒鯛魚 Kabayki Sea Bream	肉末燒豆腐 Braised Tofu with Minced Pork	有機青菜 Organic Vegetable	水果 Fruit	芥菜雞湯 Mustard Green Soup	筒香包+肉絲蔬菜湯 Bamboo Bun + Shredded Pork Soup with Vegetables	5.8	1.8	1.8	2.4	1.0	0.0	775
12/13 (三)	韭菜雞肉米苔目 Chicken Thick Rice Noodles with Chinese Chives	五穀飯 Grain Rice	☆沙茶鐵板肉柳 Teppanyaki Pork Tenderloin	玉米炒蛋 Scrambled Eggs with Corn Kernels	履歷青菜 Fresh Vegetable	水果 Fruit	菠菜吻魚羹 Spinach and Anchovy Soup	牛奶餐包+鄉村田園湯 Milk Bun+Assorted Vegetables Soup	6.0	2.0	1.8	2.2	1.0	0.2	816
12/14 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	雞肉筍煎煮 Chicken Chikuzen-ni	螞蟻上樹 Stir-fried Mung Bean Noodles	有機青菜 Organic Vegetable	水果 Fruit	鮮菇南瓜排骨湯 Pumpkin Soup	★上海飯飯 Shanghai Rice	5.8	1.8	2.0	2.1	1.0	0.5	822
12/15 (五)	沙威瑪+黑豆腐 Shawarma + Black Soy Milk	特餐	什錦肉絲炒米苔目 Stir-fried Rice Noodles with Shredded Meat	◎糖醋雞丁 Sweet and Sour Diced Chicken	履歷青菜 Fresh Vegetable	水果 Fruit	羅宋湯 Borscht	奶香饅頭+椰汁西米露 Steamed Bun+Coconut Milk Sago Soup	6.0	1.6	2.0	2.2	1.0	0.2	791
12/18 (一)	桂花芋頭+混漿 Osmanthus Taro + Mixed Milk	麵米飯 Brown Rice	照燒豬肉片 Teryaki Pork Slices	鮮菇炒雙花 Stir-fried Cauliflower with Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	麻油雞湯 Sesame Oil Chicken Soup	田園蔬菜燉飯 Vegetable Risotto	6.0	1.6	2.0	2.0	1.0	0.4	803
12/19 (二)	番茄青菜鮮肉粥 Porridge with Tomato and Vegetables and Pork	白飯 Rice	☆◎椒鹽魚丁 Deep-fried Fish Dices	焗烤茄子 Baked Eggplant	有機青菜 Organic Vegetable	水果 Fruit	黃豆芽肉絲湯 Soy Sprouts and Shredded Pork Soup	水煎包+綠豆沙牛乳 Pan-fried Stuffed Bun + Mung Bean Milk	5.8	1.8	2.0	2.2	1.0	0.0	768
12/20 (三)	白菜麵疙瘩 Cabbage Gnocchi	五穀飯 Grain Rice	紅燒豬腳 Braised Pork Knuckles	金沙豆薯炒蛋 Scrambled Eggs with Jicama	履歷青菜 Fresh Vegetable	水果 Fruit	青木瓜雞湯 Green Papaya Chicken Soup	金黃燒賣+紅棗銀耳湯 Shu Mai + Reds Dates and White Fungus Soup	5.8	2.0	2.0	2.0	1.0	0.0	771
12/21 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	蓮藕燒雞 Braised Chicken and Lotus Roots	南瓜豆腐煲 Pumpkin and Tofu Stew	有機青菜 Organic Vegetable	水果 Fruit	紫菜蛋花湯 Kelp Sprouts and Egg Drop Soup	日式炒烏龍 Stir-fried Udon with Shredded Pork	5.8	1.8	1.8	2.0	1.0	0.5	811
12/22 (五)	燒肉時蔬包+米漿 Gua Bao + Peanut and Rice Milk	聖誕節/冬至 特餐	番茄肉醬貝殼麵 Tomato Pasta	義式烤雞翅 Roasted Chickne Wing	履歷青菜 Fresh Vegetable	水果 Fruit	紫菜雞蛋	烏龍麵 豬肉絲 大白菜 紅蘿蔔	5.5	2.0	1.8	2.5	1.0	0.4	823
12/25 (一)	川包(鮑) 豬肉片 豆芽 紅蘿蔔+ 米漿(花生)	特餐	貝殼麵 造型麵 豬蹄肉 番茄 洋蔥 蘑菇 紅蘿蔔	雞翅			玉米 馬鈴薯 奶粉	紅豆 紅白湯圓+無餡小餐包 (鮑)							
12/26 (二)	南瓜雞蓉粥 Porridge with Pumpkin and Minced Chicken	白飯 Rice	☆樹子蒸魚捲 Steamed Fish Roll with Cordia Seeds	香菇高麗菜 Stir-fried Cabbage and Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	☆苦瓜小魚湯 Bitter Gourd and Anchovy	玉兔包+枸杞紅棗茶 Rabbit Steamed Bun + Goji and Dates Tea	6.2	1.5	1.5	2.0	1.0	0.2	773
12/27 (三)	芽菜肉絲湯麵 Bean Sprouts Noodles	五穀飯 Grain Rice	壽喜燒豬肉 Sukiyaki Pork	鮮菇燴芥菜 Stir-fried Mustard Greens and Mushroom	履歷青菜 Fresh Vegetable	水果 Fruit	大滷湯 Assorted Vegetables Thick Soup	小黃金捲+黑糖薑汁地瓜湯 Golden Thread Roll + Sweet Potato Soup	5.8	2.0	2.0	2.0	1.0	0.0	771
12/28 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	紅燒雞肉馬鈴薯 Braised Chicken with Potato	滑蛋大頭菜 Scrambled Eggs with Kohlrabi	有機青菜 Organic Vegetable	水果 Fruit	鮮菇葫瓜湯 Cucumber and Enoki Mushrooms Soup	味噌鍋燒拉麵 Miso Udon	5.7	1.8	1.8	2.0	1.0	0.5	804
12/29 (五)	海苔小飯糰+黑芝麻豆漿 Onigiri + Black Sesame Soy Milk	特餐	☆★古早味油飯 Traditional Taiwanese Steamed Sticky Rice	◎鹽酥雞丁 Deep-fried Diced Chicken	履歷青菜 Fresh Vegetable	水果 Fruit	薑絲冬瓜湯 White Gourd Soup with Shredded Ginger	鬆餅+無糖參茶 Waffle + Sugar-free Barley Tea	5.8	1.5	2.0	2.2	1.0	0.2	770

◎表油炸物 Deep-fried Food
☆表魚類 Fish
★表帶殼海鮮 Shrimp and Shelled Seafood
幼兒適飲品甜度6以下
幼兒適食材一律使用國產豬、牛肉
幼兒未使用輻射污染食品
沙茶醬使用含芝麻的全蛋沙茶醬，不含花生成分

菜單開立：林長芬(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)