

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	安東嫩雞 Andong Braised Chicken	清炒雙筍 Stir-fried Bamboo Shoots	有機青菜 Organic Vegetable	水果 Fruit		☆牛蒡小魚湯 Burdock and Bonito Soup	肉絲炒麵 Shredded Pork in Fried Noodles	全穀 類 (份)	豆魚 肉蛋 類 (份)	蔬菜 類 (份)	油脂 及整 果種 子類 (份)	水果 (份)	奶類 (份)
6/1 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	安東嫩雞 Andong Braised Chicken	清炒雙筍 Stir-fried Bamboo Shoots	有機青菜 Organic Vegetable	水果 Fruit	☆牛蒡小魚湯 Burdock and Bonito Soup	肉絲炒麵 Shredded Pork in Fried Noodles	6	2	2.0	1	1.9	0	766
6/2 (五)	沙威瑪+黑豆漿 Shawarma+Black Soy Milk	特餐	肉絲炒飯 Curry Fried Rice	迷迭香翅小腿 Rosemary Chicken Drumette	履歷青菜 Fresh Vegetable	水果 Fruit	胡瓜排骨湯 Cucumber and Ribs Soup	豆沙包+花生甜湯 Red Bean Bun+ Kidney Beans Soup	6.1	2.2	1.8	1	2.1	0.4	840
6/5 (一)	栗子山藥雞湯 Chicken Soup with Chestnuts and Yam	糙米飯 Brown rice	野菜炒豚肉 Stir-fried Assorted Vegetables and Pork	鮮菇蒸蛋 Steamed Egg with Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	佛手瓜雞湯 Chayote Chicken Soup	南瓜螺旋麵 Pumpkin Fusilli	6.2	2.2	1.9	1.2	2.1	0.4	861
6/6 (二)	滑蛋蔬菜粥 Porridge with Egg and Vegetable	白飯 Rice	◎☆酥炸水鯊魚片 Deep-fried Fish Fillet	肉末燒豆腐 Braised Tofu with Pork	有機青菜 Organic Vegetable	水果 Fruit	金針排骨湯 Lily and Pork Soup	鮮肉包+鮮菇肉絲湯 Meat Bun+ Mushrooms Soup	6.2	2	2.0	1	2.1	0.4	837
6/7 (三)	蔥燒雞肉麵 Chicken Noodles with Scallion	五穀飯 Grain rice	豉汁排骨 Pork Ribs with Fermented Soya Beans	★開陽白菜 Stir-fried Chinese Cabbage	履歷青菜 Fresh Vegetable	水果 Fruit	薑絲冬瓜湯 White Gourd Soup	豬肉餡餅+小米粥 Pork Pie+Millet Porridge	6.1	2.2	1.9	1	1.9	0	785
6/8 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	三杯雞丁 3-cup Chicken	蒜香扁蒲 Stir-fried Bottle Gourd with Shrimps	有機青菜 Organic Vegetable	水果 Fruit	肉骨茶湯 Bak Kut The	香菇豬肉米粉湯 Pork Rice Noodle Soup	6	2.1	1.9	1.2	2	0.4	835
6/9 (五)	鮮蔬芋塔+米漿 Fresh Vegetable Potato Tower+	特餐	磨菇醬鐵板麵 Stir-fried Noodles with Mushroom Sauce	五香滷雞翅 Braised Chicken Wing	履歷青菜 Fresh Vegetable	水果 Fruit	☆味噌豆腐湯 Vegetables Miso Soup	紫米珍珠丸+餛飩湯 Black Rice Pearl Ball+Wonton Soup	6.2	2	2.1	1	2.1	0	791
6/12 (一)	蒸地瓜+薏仁漿 Sweet Potato+ Job's Tears Milk	糙米飯 Brown rice	柚香蜜汁燒肉 Braised Pork with Honey Sauce	白菜炒年糕 Stir-fried Chinese Cabbage and Rice	履歷青菜 Fresh Vegetable	水果 Fruit	紫菜蛋花湯 Kelp Sprouts and Egg Drop Soup	田園蔬菜燉飯 Vegetable Risotto	6.2	2.3	2.1	1	2.3	0	823
6/13 (二)	★莧菜蛤蜊粥 Amaranth and Clams Congee	白飯 Rice	☆蒲燒鯛魚 Kabayki Sea Bream	茄汁豆腐 Braised Tofu with Tomato Sauce	有機青菜 Organic Vegetable	水果 Fruit	黃金草鮮菇雞湯 Chinese Mushrooms Soup	筒香包+肉絲蔬菜湯 Bamboo Bun +Shredded pork soup	6.1	2.2	1.8	1	2	0	787
6/14 (三)	韭菜雞肉米苔目 Chicken Rice noodles	五穀飯 Grain rice	鐵板肉柳 Fried Pork Loin	豆薯炒蛋 Scrambled Eggs with Yam Bean	履歷青菜 Fresh Vegetable	水果 Fruit	枸杞山藥湯 Goji Yam Soup	牛奶餐包+鄉村田園湯 Milk Bun+Assorted Vegetables Soup	6.3	2.1	1.9	1	2.2	0.4	853
6/15 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	雞肉筑前煮 Chicken Chikuzen	螞蟻上樹 Stir-fried Mung Bean Noodles	有機青菜 Organic Vegetable	水果 Fruit	番茄蛋花湯 Tomato and Egg Drop Soup	沙茶什錦炒麵 Sacha Fried Noodles	6.2	2.2	1.9	1.2	2.1	0.4	861
6/16 (五)	豬肉堡+豆漿 Hamburger+soy milk	特餐	咖哩炒飯 Curry Fried Rice	◎糖醋雞丁 Sweet and Sour Chicken	履歷青菜 Fresh Vegetable	水果 Fruit	海芽薑絲湯 Kelp Sprouts Soup	特選小饅頭+芋頭椰汁西米露 Steam Bun+Taro Coconut Milk Sago Soup	6.1	2.2	1.8	1	2.1	0.4	840
6/17 (六)	馬鈴薯起司炒蛋吐司+黑芝麻豆漿 Toast + Black Sesame Soy Milk	特餐	高麗菜肉絲炒麵 Stir-fried Noodles with Cabbage and Shredded	磨菇滑雞丁 Stir-fried Chicken and Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	芹香蘿蔔湯 Radish Soup	小泡芙+黑糖地瓜甜湯 Puff+ Sweet Potato Soup	6.3	2.2	1.7	3	0.8	0	865
6/19 (一)	義大利南瓜+黑糖牛乳 Italian Spices Pumpkin+Brown Sugar Milk	糙米飯 Brown rice	照燒豬肉片 Teriyaki Pork	鮮菇炒白花椰 Stir-fried Cauliflower with Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	麻油雞湯 Sesame Oil Chicken Soup	白醬起司水管麵 Cheese Macaroni	6.1	2.1	2.0	3	0.8	0	851
6/20 (二)	番茄青菜鮮肉粥 Porridge with Tomato and Vegetable and Pork	白飯 Rice	☆港式蒜蓉蒸魚片 Hong Kong Style Fish Fillet	絲瓜燴珍菇 Stir-fried Loofah and Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	黃豆芽肉絲湯 Soy Sprouts and Pork Soup	水煎包+紫米紅豆湯 Stuffed Bun+ Black Rice and Red Beans Soup	6.1	2.0	1.2	3.0	0.8	0.0	823
6/21 (三)	白菜麵疙瘩 Cabbage Braised Gnocchi	特餐	端午粽子 Rice Dumpling	◎酥炸雞丁 Fried Chicken	履歷青菜 Fresh Vegetable	水果 Fruit	竹筍雞湯 Bamboo and Chicken Soup	肉絲醬油蛋炒飯 Egg Fried Rice	5.4	2.2	2.0	3.0	1.5	0.5	901
6/26 (一)	蜜汁芋頭+米漿 Sweet Taro+ Peanut Rice Milk	糙米飯 Brown rice	荷葉粉蒸肉 Steamed Pork With Lotus Leaf	塔香茄子 Stir-fried Eggplant and Basil	履歷青菜 Fresh Vegetable	水果 Fruit	山藥薏仁湯 Yam and Job's Tears Soup	和風磨菇燉飯 Mushrooms Rissoto	6.0	2.5	1.8	2.0	0.8	0.0	809
6/27 (二)	南瓜雞蓉粥 Porridge with Pumpkin	白飯 Rice	☆醬爆花枝 Stir-fried Cuttlefish	香菇高麗菜 Stir-fried Cabbage and Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	玉米濃湯 Corn Soup	玉兔包+低糖豆漿 Rabbit Steamed Bun+ Soy Milk	6.0	2.5	1.8	2.0	0.8	0.0	809
6/28 (三)	日式醬油拉麵 Japanese Soy Sauce Udon	五穀飯 Grain rice	壽喜燒豬肉 Sukiyaki Pork	枸杞胡瓜 Stir-fried Cucumber with Goji	履歷青菜 Fresh Vegetable	水果 Fruit	大滷湯 Assorted Vegetables Thick Soup	金黃燒賣+紅棗銀耳湯 Shiu Mai+ Dates and Tremella Soup	5.4	2.2	2.0	3.0	1.5	0.5	901
6/29 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	紅燒雞肉燻馬鈴薯 Braised Chicken With Potato	古早味蒸蛋 Steamed Egg	有機青菜 Organic Vegetable	水果 Fruit	金針絲瓜湯 Loofah and Enoki Mushrooms Soup	味噌鍋燒烏龍麵 Miso Udon	6.0	2.5	1.8	2.0	0.8	0.0	809
6/30 (五)	京醬燒肉堡+無糖麥茶 Pork Burger+Barley Tea	特餐	番茄肉醬義大利麵 Bolognese	紐澳雞雞翅 New Orlean Chicken Wing	履歷青菜 Fresh Vegetable	水果 Fruit	南瓜濃湯 Pumpkin Soup	蜂蜜蛋糕+蘋果汁 Honey Cake+ Apple Juice	6.0	2.5	1.8	2.0	0.8	0.0	809

◎裹油炸物 Fried Food

★表魚類 Fish

★表帶殼海鮮 Shrimp and Shelled Seafood

幼兒園飲品甜度6以下

幼兒園食材一律使用國產糖、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：(康橋國際學校林口校區營養師)