

康橋國際學校林口校區 112年6月素食桶餐菜單
Lunch and Snack Menu, June 2023

日期 Date	午餐 Lunch Menu's Detail							下午點心 Afternoon Snack	營養成分分析 Nutrient Content Analysis							
	主菜1	主菜2	副菜1	副菜2	副菜3	水果	湯品		全穀根莖	豆 內 蛋 類 (份)	蔬 菜 類 (份)	油 及 堅 果 種 子 類 (份)	水 果 (份)	奶 類 (份)	熱 量 (Kcal)	
61 (四)	白飯 Rice	香烤素肉排 Grilled Vegetarian Steak	南瓜豆腐煲 Pumpkin and Tofu Stew	蘑菇花椰 Stir-fried Broccoli Cauliflower and Mushroom	素烤絲增甜瓜 Stir-fried Cucumber with Vegetarian Crab	有機青菜 Organic Vegetable	水果 Fruit	傳統花生甜湯 Sweet Peanut Soup	烤地瓜X2 Roasted Sweet Potato	3.8	2.9	2.0	3.0	1.0	0.0	759
62 (五)	白飯 Rice	素肉排 Curry Fried Rice	板豆腐南瓜 迷迭香豆腐 Scrambled Eggs with Rosemary	白花菜青花菜蘑菇 Sweet and Sour King Oyster Mushrooms	什錦鮮蔬 Assorted Vegetables	履歷青菜 Fresh Vegetable	水果 Fruit	花生洋蔥仁 Cucumber Soup	奶酥麵包(60G)X1 Milky Filling Bread	3.6	3.9	1.9	2.5	1.0	0.0	787
65 (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 and Salted Egg	雪梨炒豆干 Stir-fried Vegetable and Dried Tofu	履歷青菜 Fresh Vegetable	水果 Fruit	佛手瓜湯 Chayote Soup	◎紅豆派(30G)*2 Red Bean Pie	3.5	5.0	1.9	2.4	1.0	0.0	857
66 (二)	白飯 Rice	雞蛋香菇金針菇 ◎酥炸素卡啦雞 Deep-fried Vegetarian Chicken	素肉排蜜汁醬 素肉末燒豆腐 Braised Tofu with Vegetarian Meat	白菜油 Stir-fried Chinese Cabbage	豆干片 雪梨 薑絲 紅花椰 雪菜 Stir-fried Broccoli with Carrot	履歷青菜 Organic Vegetable	水果 Fruit	佛手瓜 薑絲 金針香菇九湯 Daily and Mushroom Ball Soup	紅糖花生捲(90G)X1 Peanut Roll	3.5	3.7	1.5	3.9	1.0	0.1	851
67 (三)	五穀飯 Grain Rice	彩蔬炒干絲 Stir-fried Assorted Vegetables and Dried Tofu	切香豆包 Butter Flavor Tofu Skin	鮮菇高麗菜 Stir-fried Cabbage with Mushroom	蘿蔔筒海帶結 Braised Kelp Sprouts and Radish	履歷青菜 Fresh Vegetable	水果 Fruit	薑絲冬瓜湯 White Gourd Soup with Shredded Ginger	素珍珠丸X3 Vegetarian Rice Meat ball	3.7	2.5	1.3	3.5	1.0	0.0	734
68 (四)	白飯 Rice	三杯素雞 3-cup Vegetarian Chicken	糖醋麵筋 Sweet and Sour Rolled Flour Glu Ten	木耳蒲瓜 Stir-fried Bottle Gourd with Black Fungus	馬鈴薯豌豆 Stir-fried Potato and Green Beans	有機青菜 Organic Vegetable	水果 Fruit	米苔目綠豆甜湯 Thick Rice Noodles Sweet Soup with Mung Beans	南瓜盒子(30G)X2 Pumpkin Pie	3.7	4.0	2.0	3.0	1.0	0.2	858
69 (五)	白飯 Rice	素雞 杏鮑菇 九層塔 麵筋 香菇 素肉排 Teppanyaki Noodles with Mushroom Sauce	醬燒豆腐 Braised Tofu Skin	薑絲海根 Stir-fried Kelp with Shredded Ginger	野菇豆芽菜 Stir-fried Bean Sprouts with Mushroom	履歷青菜 Fresh Vegetable	水果 Fruit	味噌豆腐湯 Vegetables Miso Soup	素菜包(65G)X1 Vegetable Bun	3.7	4.0	2.0	3.0	1.0	0.0	834
612 (一)	糙米飯 Brown Rice	茶葉蛋 Tea Egg	蠔油鮮菇增黑干丁 Stir-fried Dried Tofu and King Oyster Mushrooms with Oyster Sauce	枸杞雙花 Stir-fried Cauliflower and Broccoli and Goji	屠香豆皮 Bean Curd with Basil	履歷青菜 Fresh Vegetable	水果 Fruit	紫菜蛋花湯 Kelp Sprouts and Egg Drop Soup	菠蘿麵包(60G)X1 Pineapple Bun	3.7	3.0	2.0	2.4	1.0	0.0	723
613 (二)	白飯 Rice	雞蛋 茶葉 京醬素肉塊 Stir-fried Vegetarian Steak	黑干丁 白蘿蔔 美白菇 紅蘿蔔 豆干炒四季豆 Stir-fried Dried Tofu with Green Beans	白花椰 綠花椰 枸杞 薑絲海根 Stir-fried Kelp with Shredded Ginger	豆皮 九層塔 黃豆芽炒年糕 Stir-fried Bean Sprouts and Rice Cake	有機青菜 Organic Vegetable	水果 Fruit	黃金草鮮菇湯 Vegetarian Soup with Mushrooms	芋泥包(65G) Taro Steamed Bun	3.4	3.2	1.5	3.9	1.0	0.1	807
614 (三)	五穀飯 Grain Rice	素肉塊 小黃瓜 香滷南豆腐 Braised Tofu Skin	◎椒鹽素排骨酥 Salt and Pepper Vegetarian Pork Ribs	蛋片增絲瓜 Stir-fried Sponge Gourd and Egg	塔香茄子 Stir-fried Eggplant and Basil	履歷青菜 Fresh Vegetable	水果 Fruit	枸杞山藥湯 Goji and Yam Soup	雙色地瓜球X8 Sweet Potato Balls	3.4	2.5	1.3	3.4	1.0	0.0	707
615 (四)	白飯 Rice	蔬前煮 Chikuzen-ni	五味豆腐 Braised Tofu	螞蟥上樹 Stir-fried Mung Bean Noodles with Vegetables	三杯鮑菇 3-cup King Oyster Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	紅豆湯圓 Red Beans and Tangyuan Soup	季節水果拼盤 Fruits	3.5	2.9	2.0	3.9	1.2	0.0	801
616 (五)	白飯 Rice	炸醬麵 Fried Sauce Noodles	◎椒香豆包 Stir-fried Tofu Skin with Pepper	芹菜木耳豆干片 彩椒 Stir-fried Celery and Black Fungus	蛋酥白菜 Stir-fried Chinese Cabbage and Egg	履歷青菜 Fresh Vegetable	水果 Fruit	海苔鮮菇湯 Kelp Sprouts Soup with Shredded Ginger	黑糖小饅頭(20G)X2+蘋果汁 Brown Sugar Bun+Apple Juice	3.8	3.2	1.9	2.9	1.0	0.2	797
617 (六)	白飯 Rice	高麗菜素肉絲炒麵 Stir-fried Noodles with Cabbage and Vegetarian Shredded Meat	醬香油豆腐 Braised Bean Curd	紅蘿蔔炒蛋 Scrambled Eggs with Carrot	素炒四喜 Stir-fried Vegetables	履歷青菜 Fresh Vegetable	水果 Fruit	芹香蘿蔔湯 Radish and Celery Soup	牛蒡御飯糰 Burdock Onigiri	3.5	3.0	1.9	2.5	1.0	0.0	713
619 (一)	糙米飯 Brown Rice	照燒豆腐 Teriyaki Tofu Skin	豆瓣燒黑干 Stir-fried Diced Dried Tofu with Fermented Soy Sauce	香菇高麗菜 Stir-fried Cabbage and Mushrooms	木耳炒雙花 Stir-fried Broccoli and Cauliflower with Black Fungus	履歷青菜 Fresh Vegetable	水果 Fruit	麻油玉米湯 Sesame Oil and Corn Soup	大三角薯餅X2 Hash Brown	3.4	3.0	1.9	2.4	1.0	0.0	700
620 (二)	白飯 Rice	番茄炒蛋 Scrambled Egg with Tomato	素沙彩椒干片(含芝麻) Vegetarian Shacha Dried Tofu Slices	南瓜燉菜 Pumpkin Stew	清炒香扁蒲 Stir-fried Bottle Gourd	有機青菜 Organic Vegetable	水果 Fruit	黃豆芽香菇湯 Soy Sprouts and Tomato Soup	素鍋貼X3 Vegetarian Pan-fried Dumplings	3.4	3.2	1.5	3.9	1.0	0.1	807
621 (三)	端午 特餐	端午粽子 Rice Dumpling	茄汁素獅子頭 Vegetarian Meat Ball	枸杞炒絲瓜 Stir-fried Sponge Gourd with Goji	皇帝豆增絲菇 Stir-fried Lima Bean and Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	竹筍鮮菇湯 Bamboo and Mushroom Soup	◎黃金地瓜QQ棒X2 Sweet Potato Sticks	4.0	2.5	1.2	3.5	1.0	0.0	753
626 (一)	糙米飯 Brown Rice	豆薯燒三色丁 Yam Bean with Diced Dried Tofu and Carrot and Edamame	彩椒炒蛋 Scrambled Eggs with Peppers	切香白菜 Stir-fried Cabbage with Cream Sauce	豆豉苦瓜 Braised Bitter Gourd	履歷青菜 Fresh Vegetable	水果 Fruit	山藥馬鈴薯湯 Yam and Potato Soup	鬆餅X1+葡萄汁 Waffle+Grape Juice	3.5	2.9	2.0	2.9	1.0	0.0	732
627 (二)	白飯 Rice	三杯鮑菇豆腐 3-cup King Oyster Mushrooms and Tofu	◎鳳梨咕咕素雞 Stir-fried Pineapple and Vegetarian Chicken	鮮菇炒白花椰 Stir-fried Cauliflower and Mushrooms	素肉醬紫茄 Stir-fried Eggplant with Vegetarian Meat	有機青菜 Organic Vegetable	水果 Fruit	玉米濃湯 Corn Soup	玉兔包(30G)X2 Jade Rabbit Steamed Bun	4.0	3.1	2.0	3.9	1.0	0.0	842
628 (三)	五穀飯 Grain Rice	蜜汁素干 Dried Tofu with Sweet Sauce	高麗菜烘蛋 Cabbage Frittata	梅菜筍筒 Stir-fried Bamboo Shoots with Preserved Vegetables	紅片胡瓜 Stir-fried Cucumber with Carrot	履歷青菜 Fresh Vegetable	水果 Fruit	薑絲海根湯 Kelp Sprouts Soup with Shredded Ginger	△香油豆腐(60G)+素甜不辣 Braised Oily Tofu + Vegetarian Tempura	3.7	3.0	2.0	2.4	1.0	0.0	723
629 (四)	白飯 Rice	古早味蒸蛋 Steamed Egg	素雞魚排 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	水果 Fruit	銀耳薈仁紅棗湯 Red Dates and Job's Tears Soup with White Fungus	素蘿蔔糕(50G)X2 Vegetarian Radish Cakes	3.5	3.0	1.9	3.0	1.0	0.0	743
630 (五)	白飯 Rice	雞蛋 Vegetarian Bolognese Pasta	彩椒素肉排 Vegetarian Meat with Bell Peppers	起司馬鈴薯烘蛋 Baked Cheese Potato Frittata	香烤地瓜薯條 Sweet Potato Fries	香料綠花椰 Broccoli with Herbs	水果 Fruit	南瓜濃湯 Pumpkin Soup	乳酪丁餐包(60G) Diced Cheese Bread	3.6	3.0	2.0	2.9	1.0	0.1	758

◎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
●表牛乳製品
沙茶醬請用含芝麻的含素沙茶醬，不含花生成分

菜單開立：邱筱蓮(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)