

康橋國際學校林口校區幼兒園  
112-1學期8月份菜單  
KCIS Preschool Lunch and Snack Menu, August 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							
								全日 能量 (kcal)	蛋白質 (g)	碳水化合物 (g)	脂肪 (g)	纖維 (g)	鈣 (mg)	鐵 (mg)	鈉 (mg)
8/1 (二)	蔬菜肉蓉粥 Vegetables and Minced Pork Congee	白飯 Rice	◎☆彩蔬魚丁 Assorted Vegetables and Fish Dices	紅片胡瓜 Stir-fried Cucumber and Carrot	有機青菜 Organic Vegetable	水果 Fruit	竹筍雞湯 Bamboo Shoots and Chicken Soup	奶黃包+無糖麥茶 Custard Bun+ Sugar Free Barley Tea	6.1	2.2	1.8	1	2.1	0.4	840
	米+青菜+豬絞肉+枸杞 Rice + Green Beans + Pork Minced Meat + Goji Berries	白米 White Rice	水餃魚丁+紅甜椒+黃甜椒+西洋芹 Dumplings + Red Bell Pepper + Yellow Bell Pepper + Celery	大黃瓜+蛋白筍+紅蘿蔔 Large Bitter Melon + Eggplant + Carrot			竹筍+雞排丁 Bamboo Shoots + Chicken Strips	奶黃包+大麥(麵、蛋、奶) Custard Bun + Barley (Flour, Egg, Milk)							
8/2 (三)	白菜油麵疙瘩 Braised Cabbage Gnocchi	五穀飯 Grain rice	醬爆豬肉絲 Stir-fried Shredded Pork	滑蛋燻南瓜 Steamed Pumpkin with Scrambled Eggs	履歷青菜 Fresh Vegetable	水果 Fruit	海芽豆腐湯 Kelp Sprouts and Tofu Soup	紫米飯捲+黑糖地瓜湯 Black Rice Roll+Brown Sugar Sweet potato Soup	6.2	2.2	1.9	1.2	2.1	0.4	861
	麵疙瘩 豬肉片 大白菜 木耳 香菇 Gnocchi, Pork Slices, Cabbage, Mushroom, Mushroom	米五穀米 Rice	豬肉絲+洋蔥絲+紅蘿蔔 Pork Strips + Onion + Carrot	南瓜+雞蛋+蔥花 Pumpkin + Egg + Green Onion			板豆腐+海帶芽 Tofu + Kelp Sprouts	紫米 白米 豬肉絲 小黃瓜 紅蘿蔔 + 地瓜 黑糖 Purple Rice, White Rice, Pork Strips, Yellow Zucchini, Carrot + Sweet Potato, Brown Sugar							
8/3 (四)	颱風天放假														
8/4 (五)	饅頭夾蔥蛋+米漿 Steamed Bun with Scallion Egg+Peanut Rice Milk	白飯 Rice	奶湯洋芋燉雞 Chicken Stew with Potato and Butter	鮮菇增綠瓜 Stir-fried Sponge Gourd and Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	麻油雞湯 Chicken Soup with Sesame Oil	日式醬油豚肉拉麵 Soy Sauce Ramen with Pork	6.2	2	2.0	1	2.1	0.4	837
	饅頭 蔥蛋+米漿(花生) Steamed Bun with Egg + Peanut Rice Milk (Peanut)	米 Rice	清肉丁+馬鈴薯+紅蘿蔔 Lean Meat + Potato + Carrot	絲瓜+鴻喜菇 Sponge Gourd + Mushroom			高麗菜+雞翅丁+金針菇 Cabbage + Chicken Strips + Mushroom	拉麵 豬肉片 筍絲 玉米粒(麵) Ramen, Pork Slices, Bamboo Shoots, Corn (Flour)							
8/7 (一)	香料豬肉口袋餅+低糖豆漿 Pork Pita with Spices+ Low Sugar Soybean Milk	糙米飯 Brown rice	番茄燉肉 Braised Pork and Tomato	珍菇高麗菜 Stir-fried Cabbage and Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	青菜蛋花湯 Vegetable and Egg Drop Soup	和風雞肉燴飯 Japanese Chicken Risotto	6	2.1	1.9	1.2	2	0.4	835
	口袋餅(麵) 豬肉 馬鈴薯 紅蘿蔔 + 低糖豆漿(豆) Pita (Flour), Pork, Potato, Carrot + Low Sugar Soybean Milk (Soy)	糙米 白米 Brown Rice, White Rice	豬肉角+蕃茄+洋蔥 Pork Slices + Tomato + Onion	高麗菜+秀珍菇 Cabbage + Mushroom			小白菜+全蛋液 Bok Choy + Egg Liquid	白米+雞絞肉+青花菜+彩椒+奶粉 White Rice + Pork Minced Meat + Broccoli + Bell Pepper + Milk Powder							
8/8 (二)	紅粟南瓜小米粥 Pumpkin and Red Dates Millet Porridge	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+ Assorted Vegetables Soup	6.2	2	2.1	1	2.1	0	791
	米+小米+南瓜+紅粟+枸杞 Rice + Millet + Pumpkin + Red Millet + Goji	白米 White Rice	裹粉虱目魚肉條*2 Breaded Milkfish Strips *2	雞蛋+毛豆仁 Egg + Edamame			大黃瓜+龍骨丁 Cucumber + Pork Ribs	水煎包+青菜 西洋芹 鴻喜菇(麵) Pan-fried Bun + Cabbage, Celery, Mushroom (Flour)							
8/9 (三)	芋泥包+薏仁漿 Taro Bun+ Job's Tears Milk	特餐	白醬奶油螺旋麵 Fusili with White Sauce	BBQ豬柳 BBQ Pork Tenderloins	溫沙拉 Salade Tiede	水果 Fruit	羅宋湯 Borscht	蜂蜜法式吐司+番薯濃湯 French Toast+ Sweet Potato Soup	6.2	2.3	2.1	1	2.3	0	823
	芋泥包(麵)+薏仁漿(麵) Taro Bun (Flour) + Job's Tears Milk (Flour)		螺旋麵+雞絞肉+玉米+蘑菇+紅蘿蔔 Spiral Noodles + Pork Minced Meat + Corn + Mushroom + Carrot	豬肉柳 Pork Tenderloin			番茄+高麗菜+洋蔥+西洋芹 Tomato + Cabbage + Onion + Celery	吐司 雞蛋 奶粉 蜂蜜+地瓜 玉米粒 洋蔥(麵、奶、蛋) Toast, Egg, Milk Powder, Honey + Sweet Potato, Corn, Onion (Flour, Milk, Egg)							
8/10 (四)	2種新鮮水果+麥片+鮮奶 Fruits+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	☆味噌蔬菜湯 Miso and Vegetables Soup	肉絲燴飯 Shredded Pork Fried Rice	6.1	2.2	1.8	1	2	0	787
	水果+麥片+鮮奶(麵、大豆、奶) Fruit + Cereal + Milk (Flour, Soybean, Milk)	米 Rice	清肉丁+馬鈴薯+紅蘿蔔+洋蔥+毛豆仁 Lean Meat + Potato + Carrot + Onion + Edamame	海帶結+白蘿蔔 Kelp Knot + Radish			大白菜+金針菇+柴魚片 Bok Choy + Mushroom + Dried Fish Flakes	米+豬肉絲+過濾液蛋+油菜+毛豆仁(豆、蛋) Rice + Pork Strips + Egg Liquid + Broccoli + Edamame (Soy, Egg)							
8/11 (五)	起司蛋窩窩頭+黑豆漿 Steamed Corn Bread with Cheese and Egg + Black Soybean 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	青木瓜雞湯 Green Papaya and Chicken Soup	豬肉水餃+酸辣湯 Pork Dumplings+ Hot and Sour Soup	6.3	2.1	1.9	1	2.2	0.4	853
	窩窩頭 雞蛋 起司+黑豆漿(麵、蛋、豆) Corn Bread, Egg, Cheese + Black Soybean Milk (Flour, Egg, Soy)		白麵+豬肉絲+豆芽菜+韭菜+生香菇+乾香菇 Wheat Flour + Pork Strips + Bean Sprouts + Chives + Fresh Mushroom + Dried Mushroom	翅小腿 Drumstick			青木瓜+雞翅丁 Green Papaya + Chicken Strips	高麗菜 豬肉水餃+板豆腐 黑木耳 雞蛋 紅蘿蔔(麵) Cabbage, Pork Dumplings + Tofu, Black Mushroom, Egg, Carrot (Flour)							

◎表油炸物 Deep-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蛋沙茶醬，不含花生成分

菜單開立：林辰芳(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)