

康橋國際學校林口校區小學部 111年11月份菜單

Lunch and Snack Menu, November 2022

| 日期<br>Date   | 午餐<br>Lunch Menu's Detail |   |  |   |                            |             | 下午點心<br>Afternoon Snack                      | 營養成分分析<br>Nutrient Content Analysis          |          |         |        |        |        |          |      |
|--------------|---------------------------|---|--|---|----------------------------|-------------|--|--|----------|---------|--------|--------|--------|----------|------|
|              | 白飯<br>Rice                | 主菜<br>Main Dish                                 | 副菜<br>Side Dish                                      | 湯品<br>Soup  | 有機蔬菜<br>Organic Vegetables | 水果<br>Fruit |  | 肉圓(60G)X1<br>Steamed Meat Ball               | 全穀雜糧類(份) | 豆類蛋類(份) | 油脂類(份) | 水果類(份) | 乳品類(份) | 熱量(kcal) |      |
| 11/01<br>(二) | 白飯<br>Rice                | ☆彩蔬魚丁<br>Assorted Vegetables and Fish Dices     | 玉米炒肉末<br>Stir-fried Minced Pork and Corn Kernels     | 紅絲結頭菜<br>Stir-fried Turnip                                  | 有機青菜<br>Organic Vegetables | 水果<br>Fruit | 青菜蛋花湯<br>Vegetables and Egg Drop Soup        | 肉圓(60G)X1<br>Steamed Meat Ball               | 4.8      | 0.1     | 0.3    | 0.0    | 0.8    | 0.0      | 745  |
| 11/02<br>(三) | 五穀飯<br>Grain Rice         | ●沙茶羊肉<br>Sacha Lamb                             | 腐乳燒雞<br>Braised Chicken with Fermented Soy           | 木須炒蛋<br>Scrambled Eggs with Black Fungus                    | 履歷青菜<br>Fresh Vegetables   | 水果<br>Fruit | 海芽豆腐湯<br>Kelp Sprouts and Tofu Soup          | 豬肉高麗菜水餃X3<br>Dumplings                       | 4.8      | 3.7     | 0.3    | 0.0    | 0.8    | 0.0      | 765  |
| 11/03<br>(四) | 白飯<br>Rice                | 咖哩雞肉<br>Chicken Curry                           | ☆清蒸魚片<br>Steamed Fish Fillet                         | 蛋酥白菜<br>Stir-fried Bok Choy                                 | 有機青菜<br>Organic Vegetables | 水果<br>Fruit | 蓮子QQ湯<br>lotus seeds with QQ Yuan Sweet Soup | 地瓜芝麻球X3<br>Sweet Potato and Sesame Ball      | 0.5      | 1.7     | 0.1    | 0.0    | 0.8    | 0.0      | 494  |
| 11/04<br>(五) | 特餐<br>Special             | 什錦肉絲炒米苔目<br>Stir-fried Thick Rice Noodles       | 醬燒腿排<br>Braised Chicken Leg                          | 鮑菇雙花<br>Stir-fried Boccoti and Cauliflower with             | 履歷青菜<br>Fresh Vegetables   | 水果<br>Fruit | 薑絲冬瓜湯<br>White Gourd Soup                    | ☆海味鮑魚飯糰<br>Fish Onigiri                      | 1.4      | 0.0     | 0.4    | 0.0    | 0.8    | 0.0      | 703  |
| 11/07<br>(一) | 糙米飯<br>Brown Rice         | 番茄焗肉<br>Braised Pork and Tomato                 | 菱角香菇燒雞<br>Braised Chicken with Water Nuts            | 紅絲四季豆<br>Stir-fried Green Beans                             | 履歷青菜<br>Fresh Vegetables   | 水果<br>Fruit | 大油湯<br>Assorted Vegetables Soup              | 墨西哥麵包X1<br>Mexican Bread                     | 5.1      | 1.7     | 0.1    | 0.0    | 0.8    | 0.0      | 848  |
| 11/08<br>(二) | 白飯<br>Rice                | ◎☆酥炸虱目魚條<br>Fried Milk Fish Strips              | 沙茶炒肉絲<br>Stir-fried Shredded Pork with Sacha         | 毛豆蒸蛋<br>Steamed Egg with Edamame                            | 有機青菜<br>Organic Vegetables | 水果<br>Fruit | 大黃瓜排骨湯<br>Cucumber and Ribs Soup             | 芋泥包(60G)X1<br>Taro Bun                       | 4.8      | 0.0     | 0.1    | 0.0    | 0.8    | 0.0      | 693  |
| 11/09<br>(三) | 五穀飯<br>Grain Rice         | 白菜菇菇炒肉片<br>Stir-fried Pork and Mushrooms        | ◎糖醋雞丁<br>Sweet and Sour Chicken                      | 塔香海茸<br>Stir-fried Kelp with Basil                          | 履歷青菜<br>Fresh Vegetables   | 水果<br>Fruit | 黃豆芽肉絲湯<br>Soy Sprouts and Pork Soup          | ★青花菜蘿蔔糕(110G)X1<br>Broccoli Radish Cake      | 4.8      | 1.7     | 0.2    | 0.0    | 0.8    | 0.0      | 795  |
| 11/10<br>(四) | 白飯<br>Rice                | 奶油洋芋燻雞<br>Potato and Chicken Stew               | ☆五味蒸魚片<br>Steamed Fish Fillet with Five-flavor Sauce | 鮮蔬炒寬冬粉<br>Stir-fried Mung Bean Noodles                      | 有機青菜<br>Organic Vegetables | 水果<br>Fruit | 椰香紫米露<br>Black Rice and Coconut Milk         | 珍珠丸X3<br>Pearl Meat Ball                     | 0.9      | 1.7     | 0.1    | 0.0    | 0.8    | 0.0      | 460  |
| 11/11<br>(五) | 特餐<br>Special             | 夏威夷炒飯<br>Hawaii Fried Rice                      | 蜜汁雞腿<br>Drumstick in Sweet Sauce                     | 黃金豆腐煲<br>Golden Tofu Stew                                   | 履歷青菜<br>Fresh Vegetables   | 水果<br>Fruit | 青木瓜雞湯<br>Green Papaya and Chicken Soup       | 烤地瓜X1+豆奶<br>Roasted Sweet Potato+ Soy Milk   | 0.1      | 0.1     | 0.3    | 0.0    | 0.8    | 0.0      | 661  |
| 11/14<br>(一) | 糙米飯<br>Brown Rice         | 豉汁排骨<br>Braised Pork with Fermented Soy         | 冬瓜燒雞<br>Braised Chicken with White Gourd             | 四季豆炒香鮑菇<br>Stir-fried Green Beans and Kine Oyster Mushrooms | 履歷青菜<br>Fresh Vegetables   | 水果<br>Fruit | 肉骨茶<br>Bak Kut The                           | 瑞士捲蛋糕(50G)<br>Swiss Cake                     | 5.4      | 1.7     | 0.3    | 0.0    | 0.8    | 0.0      | 805  |
| 11/15<br>(二) | 白飯<br>Rice                | ☆蒲燒鯛魚<br>Kabayaki Sea Bream                     | 二鍋肉片<br>Twice-cooked Pork Slices                     | 紅蘿蔔炒蛋<br>Scrambled Eggs with Carrot                         | 有機青菜<br>Organic Vegetables | 水果<br>Fruit | 玉米濃湯<br>Corn Soup                            | 銀絲卷(30G)+蘋果汁<br>Silver Wire Bun+ Apple Juice | 7.1      | 0.0     | 0.3    | 0.0    | 0.9    | 0.0      | 1161 |
| 11/16<br>(三) | 五穀飯<br>Grain Rice         | ●蠔油牛肉片<br>Stir-fried Beef Slices                | 玉米炒雞<br>Stir-fried Chicken and Corn                  | 鐵板時蔬<br>Stir-fried Bean Sprouts                             | 履歷青菜<br>Fresh Vegetables   | 水果<br>Fruit | 金針肉絲湯<br>Lily Flower and Pork Soup           | 玉米香酥餅(30G)X2<br>Croquettes                   | 4.8      | 3.4     | 0.9    | 0.0    | 0.8    | 0.0      | 650  |
| 11/17<br>(四) | 白飯<br>Rice                | 五香油棒棒腿<br>Braised Drumstick                     | ☆蔥爆沙茶花枝<br>Stir-fried Cuttlefish with Sacha          | 奶香白菜<br>Chinese Cabbage in White Sauce                      | 有機青菜<br>Organic Vegetables | 水果<br>Fruit | 綠豆薏仁湯<br>Mung Beans and Job's Tears Soup     | ★鮮蝦河粉(55G)<br>Steamed Roll with Shrimp       | 1.0      | 0.0     | 0.1    | 0.0    | 0.8    | 0.0      | 482  |
| 11/18<br>(五) | 特餐<br>Special             | 金瓜肉絲炒米粉<br>Stir-fried Rice Noodles with Pumpkin | ◎日式唐揚炸雞<br>Karaage                                   | 魚香豆腐<br>Braised Tofu with Sauce                             | 履歷青菜<br>Fresh Vegetables   | 水果<br>Fruit | 蕃茄蛋花湯<br>Tomato and Egg Drop Soup            | 紫米豆皮壽司X2<br>Chirashizushi                    | 1.5      | 2.9     | 0.1    | 0.0    | 0.8    | 0.0      | 458  |
| 11/21<br>(一) | 糙米飯<br>Brown Rice         | BBQ豬排<br>BBQ Pork Chop                          | 彩蔬雞丁<br>Stir-fried Chicken and Vegetables            | 麻油高麗菜<br>Stir-fried Cabbage with Sesame Oil                 | 履歷青菜<br>Fresh Vegetables   | 水果<br>Fruit | 海帶結蘿蔔湯<br>Kelp and Radish Soup               | 原味鬆餅X2<br>Waffles                            | 3.3      | 2.1     | 0.0    | 0.0    | 0.8    | 0.0      | 596  |
| 11/22<br>(二) | 白飯<br>Rice                | ☆味噌魚片<br>Miso Fish Fillet                       | 馬鈴薯炒肉絲<br>Stir-fried Shredded Pork and Potato        | 紅燒紫茄<br>Braised Egg Plants                                  | 有機青菜<br>Organic Vegetables | 水果<br>Fruit | 山藥薏仁湯<br>Yam and Job's Tears Soup            | 油油細麵+玉米段<br>Braised Oily Tofu and Corn       | 3.2      | 1.3     | 0.0    | 0.0    | 0.8    | 0.0      | 708  |
| 11/23<br>(三) | 五穀飯<br>Grain Rice         | ◎鳳梨咕咾肉<br>Sweet and Sour Pork and Pineapple     | 孜然雞翅<br>Cumin Chicken Wings                          | 蒜炒雙花<br>Stir-fried Boccoti and Cauliflower                  | 履歷青菜<br>Fresh Vegetables   | 水果<br>Fruit | 鮮菇玉米雞湯<br>Mushroom and Corn Soup             | 蔥花捲(60G)X1<br>Scallion Roll                  | 3.2      | 1.7     | 0.1    | 0.0    | 0.8    | 0.0      | 604  |
| 11/24<br>(四) | 白飯<br>Rice                | 迷迭香雞腿<br>Rosemary Drumstick                     | ☆西芹苜蓿炒鮑魚<br>Stir-fried Squid with Celery and Bamboo  | 鮮菇焗芥菜<br>Stir-fried Leaf Mustard                            | 有機青菜<br>Organic Vegetables | 水果<br>Fruit | 芋圓燒仙草<br>Taro Balls and Grass Jelly          | 鍋貼(20G)X3<br>Pan-fried Dumplings             | 4.1      | 0.0     | 0.1    | 0.0    | 0.8    | 0.0      | 787  |
| 11/25<br>(五) | 特餐<br>Special             | 什錦沙茶炒麵<br>Stir-fried Noodle with Sacha          | 蜜汁雞丁<br>Stir-fried Chicken with Sweet Sauce          | 紅蘿蔔蒸蛋<br>Steamed Egg with Carrots                           | 履歷青菜<br>Fresh Vegetables   | 水果<br>Fruit | 結頭菜雞湯<br>Turnip Soup                         | ★鮭魚手捲<br>Tuna Hand Roll                      | 0.0      | 0.0     | 0.2    | 0.0    | 0.8    | 0.0      | 858  |
| 11/28<br>(一) | 糙米飯<br>Brown Rice         | 鐵板豬柳<br>Stir-fried Pork loin                    | 馬鈴薯燒雞<br>Braised Chicken and Potato                  | 咖哩蔬菜<br>Vegetables Curry                                    | 履歷青菜<br>Fresh Vegetables   | 水果<br>Fruit | 髮菜羹湯<br>Fat Choy Thick Soup                  | 藍莓餐包X1<br>Blueberry Bread                    | 3.2      | 1.7     | 0.4    | 0.0    | 0.8    | 0.0      | 607  |
| 11/29<br>(二) | 白飯<br>Rice                | ◎☆酥炸水鯊魚片<br>Deep-fried Fish Fillet              | 醬爆肉片<br>Stir-fried Pork Slices with Sacha            | 蘿蔔燒海結<br>Braised Kelp and Radish                            | 有機青菜<br>Organic Vegetables | 水果<br>Fruit | 冬瓜雞湯<br>White Gourd and Chicken Soup         | 芝麻餐包<br>Sesame Bun                           | 3.2      | 0.9     | 0.3    | 0.0    | 0.8    | 0.0      | 639  |
| 11/30<br>(三) | 五穀飯<br>Grain Rice         | 蠔油高麗肉片<br>Stir-fried Pork with Sauce            | ◎鹹酥雞<br>Deep-fried Chicken Dices                     | 白菜油粉絲<br>Stir-fried Chinese Cabbage                         | 履歷青菜<br>Fresh Vegetables   | 水果<br>Fruit | 黃豆芽豆腐湯<br>Soy Sprouts and Tofu Soup          | 大三角薯餅X2<br>Hash Browns                       | 3.2      | 2.8     | 0.2    | 0.0    | 0.8    | 0.0      | 563  |

◎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  
 ●表牛羊肉類 菜單開立：邱筱涵(新北食品股份有限公司營養師)  
 食材一律使用國產豬  
 本校未使用輻射污染食品  
 菜單審核：鄭涵之、劉有麟(康橋國際學校林口校區營養師)