

康橋國際學校林口校區 美食街111年9月菜單
Restaurant Meun, September, 2022

| 日期 Date | | 9/19 | 9/20 | 9/21 | 9/22 | 9/23 |
|------------------|------------------------------------|--|--|--|--|--|
| 星期 Day | | (一) | (二) | (三) | (四) | (五) |
| 早餐 Break-fast | 中式 | 主食 | 小米粥 Millet Congee | 豆沙包 Bean Paste Baozi | 中式燒餅 Clay Oven Roll | 刈包 Gua Bao |
| | | 副食1 | ◎△豬肉餡餅 Pork Pie | 台式早餐豬排 Pork Chop | 醬燒豬肉片 Stir-fried Pork Slices | 梅干扣肉、炒酸菜、荷包蛋、花生粉、香菜、履歷青菜 |
| | | 副食2 | 滷油細腐+滷蛋 Braised Tofu+ Braised Egg | 黃金炒蛋 Scrambled Eggs | 馬鈴薯烘蛋 Frittata | Braised Pork, Pickled Mustard, Pan Fried Egg, Peanut Powder, Coriander, Fresh Vegetables |
| | 副食3 | 履歷青菜 Fresh Vegetable | 履歷青菜 Fresh Vegetable | 苜蓿芽、小黃瓜、紅蘿蔔 Alfalfa, Cucumber, Carrot | | |
| | 西式 | 主食 | 菠蘿麵包豬排套餐 | 義式肉九享堡套餐 | 燒肉吐司套餐 | 鬆餅果醬套餐 |
| | | 內容物 | 菠蘿麵包、香烤豬排、義式炒蛋、溫沙拉 Pineapple Bread, Roasted Pork Chop, Italian Scrambled eggs, Salade Tiede | 大亨堡、△義式燒肉丸、起司片、黃金炒蛋、牛蕃茄、美生菜 Big Bite, Italian Meat Balls, Cheese, Scrambled Eggs, Tomato, Cucumber, Lettuce | 全麥吐司*2、日式燒肉片、馬鈴薯烘蛋、苜蓿芽、小黃瓜、紅蘿蔔 Whole Wheat Toast*2, Yakimiku, Frittata, Alfalfa, Cucumber, Carrot | 鬆餅+果醬、薯絲炒蛋、△漢堡排、溫沙拉 Waffles+Jam, Scrambled Egg with Mushrooms, Pork Patty, Salade Tiede |
| 飲品 | 100%果汁/低糖豆漿 100% juice/Soy Milk | 熱麥茶/薏仁漿 Hot Barley Tea/ Job's Tears Milk | 鮮奶茶/米漿 Milk Tea/ Peanut Rice Milk | 黑豆漿/優酪乳 Black Soy Milk/Yogurt | | |
| 熱量 | | 711 | 723.0 | 720 | 735.0 | |
| 午餐 Lunch | 套餐 | 蜜汁肉排套餐 | 脆皮雞腿套餐 | 鮮椒炒牛肉絲套餐 | 咖哩雞肉套餐 | 古早味板條套餐 |
| | 主食 | 糙米飯 Brown Rice | 糙米飯 Brown Rice | 五穀飯 Grain Rice | 白飯 Rice | 古早味板條 Fried Flat Noodles with Shredded Pork |
| | 主菜 | 蜜汁肉排 Pork Chop with Honey Sauce | ◎脆皮雞腿 Fried Chicken | ●鮮椒炒牛肉絲(四季豆、彩椒) Stir-fire Beef | 咖哩雞肉 Curry Chicken | 蒜香茄汁雞腿 Chicken Drumstick with Tomato Sauce |
| | 副主菜 | 栗子燒雞 Braised Chicken and Chestnuts | 鐵板豆芽小松阪豬 Tepanyaki bean sprouts Matsusaka pork | 豆瓣燒雞 Braised Chicken with Fermented Soy | ◎☆酥炸鱈魚片 Fried Fish | |
| | 副菜1 | 奶油燴雙花 Stir-fried Cauliflower and Broccoli in Butter Sauce | 番茄炒蛋 Scrambled Egg with Tomato | 絲瓜燴珍菇 Stir-fried Loofah and Mushrooms | ★開陽扁蒲 Stir-fried Bottle Gourd | 塔香海根 Stir-fried Kelp Roots |
| | 副菜2 | 履歷青菜 Fresh Vegetable | 有機青菜 Organic Vegetable | 履歷青菜 Fresh Vegetable | 有機青菜 Organic Vegetable | 履歷青菜 Fresh Vegetable |
| | 湯品 | 玉米海芽雞湯 corn Kelp sprouts chicken soup | 金針菇肉絲湯 Vegetable and Pork Soup | 薏仁排骨湯 Job's Tear and Pork Ribs Soup | 檸檬愛玉甜湯 Lemon and Aiyu Jelly Soup | 味噌蔬菜湯 Vegetables Miso Soup |
| | 水果 | 水果 Fruit | 水果 Fruit | 水果 Fruit | 水果 Fruit | 水果 Fruit |
| | 熱量 | 7254 | 714 | 711 | 724 | 717 |
| | 麵食 | 番茄海鮮麵 | 味噌雞腿湯烏龍 | 當歸羊肉麵 | 泡菜豬肉拉麵 | 紅燒牛肉湯餃 |
| | 主食 | 鍋燒意麵 Noodles | 烏龍麵 Udon | 白油麵 Oil Noodles | 拉麵 Noodles | 湯餃*8 Dumplings*8 |
| | 主菜 | ★鮮蝦+花枝 Shrimp+Squid | 大雞腿 Chicken Thigh | ●羊肉片 Lamb Brisket | 豬梅花 Pork | ●紅燒牛肉 Beef Stew |
| 副菜 | 豬肉片+△☆蟬味棒 Pork Slices+Crab cake | ☆△魚卵捲+金針菇+紅蘿蔔 Fish Cake+ Enoki Mushrooms+Carrots | | 泡菜+洋葱 Kimchi+Onions | 青蔥+白蘿蔔+紅蘿蔔 Scallion + Radish+ Carrot | |
| 小菜 | 薄鹽毛豆莢 Salted Edamame | ◎△春捲 Spring Rolls | 腐乳凍豆腐 Frozen tofu with fermented bean curd | 涼拌茄子 Eggplant Salad | 涼拌海帶干絲 Seaweed and Tofu Noodles | |
| 青菜 | 履歷高麗菜 Fresh Vegetable | 綠花椰 Broccoli | 紅白蘿蔔+九層塔 Radish and Carrots+Basil | 履歷高麗菜 Cabbage | 履歷小白菜 Fresh Vegetable | |
| 湯品 | 番茄海鮮湯 Tomato and Seafood Soup | 味噌湯底 Miso Soup | 當歸湯 Angelica Soup | 泡菜湯底 Kimchi Soup | 紅燒湯底 Broth | |
| 水果 | 水果 Fruit | 水果 Fruit | 水果 Fruit | 水果 Fruit | 水果 Fruit | |
| 熱量 | 713 | 716 | 725 | 732 | 725 | |
| 晚餐 Dinner | 套餐 | 黃金雞腿套餐 | 茄汁菇菇燒肉套餐 | 馬來甜辣炸雞套餐 | 蜜汁豬排套餐 | 豉油皇雞腿套餐 |
| | 主食 | 胚芽飯 Germ Rice | 黑米飯 Black Rice | 薑黃飯 Turmeric Rice | 糙米飯 Brown rice | 白飯 Rice |
| | 主菜 | 香烤雞腿 Roasted chicken leg | 茄汁菇菇燒肉 Braised Pork and Mushrooms | 肉絲炒四季豆 Stir-fried Green Beans and Shredded Pork | 黑胡椒豬排 Pork Chop with Black Pepper Sauce | 豉油皇腿排 Scallion Chicken Thigh |
| | 副主菜 | 豆辦青江炒肉絲 Stir-fried Pork Shreds and Bok Choy | ☆巴沙魚天婦羅 Fish Tempura | ◎馬來甜辣炸雞 Malaysian Fried Chicken | 年糕炒雞(高麗菜) Stir-Fried Sticky Rice Cake with Chicken | ★沙茶炒肉片 Sacha Pork |
| | 副菜1 | 木須蒲瓜 Stir-fried Bottle Gourd and Black Fungus | 豆干炒小魚乾 stir-fried Tofu | 巧克力瑞士捲 Chocolate Swiss Roll | 紅絲小黃瓜 Stir-fried Cucumber with Carrot | ★上湯大白菜 (皮蛋、蝦皮、大白菜) Braised Chinese Cabbage in Broth |
| | 副菜2 | 履歷青菜 Fresh Vegetable | 履歷青菜 Fresh Vegetable | 履歷青菜 Fresh Vegetable | 履歷青菜 Fresh Vegetable | 履歷青菜 Fresh Vegetable |
| | 水果 | 水果 Fruit | 水果 Fruit | 水果 Fruit | 水果 Fruit | 水果 Fruit |
| 湯品 | 蔬菜濃湯 Vegetable Soup | 黑糖QQ圓甜湯 Brown Sugar QQ Yuan Soup | 肉骨茶排骨湯 Bak-kut-The | 榨菜肉絲湯 Pickled Mustard Green and Pork | 玉米排骨湯 Corn Ribs Soup | |
| 熱量 | 820 | 880.5 | 857.5 | 805 | 824.5 | |

△表加工品 Processed Food

◎表油炸物 Fried Food

☆表魚類 Fish

★表帶殼海鮮 Shrimp and Shelled Seafood

●表牛羊製品

本校食材一律使用國產豬、未使用輻射污染食品