

康橋國際學校林口校區 112年4月小學部菜單
Lunch and Snack Menu, April 2023

日期Date	午餐 Lunch Menu's Detail						下午點心 Afternoon Snack	營養成分分析							
	全穀類 豆類 (份)	玉米肉 蛋類(份)	蔬菜類 (份)	水果 (份)	奶類 (份)	熱量(Kcal)									
4/6 (四)	白飯 Rice	豆瓣燒雞 Braised Chicken	◎☆酥炸虱目魚條 X2 Deep Fried Milkfish Strips	海芽蒸蛋 Steamed Egg and Seaweed	有機青菜 Organic Vegetable	水果 Fruit	綠豆薏仁湯 Sweet Mung Beans and Job's Tears Soup	糯米珍珠丸X3 Sticky Rice Pearl Ball	3.5	3.0	2.0	3.0	1.0	0.0	745
4/7 (五)	特餐	台南乾麵 Noodles with Minced Pork	蔥油腿排 Scallion-braised Chicken Thigh	茄汁鮮菇燴豆腐 Braised Tofu and Mushrooms with Tomato Sauce	履歷青菜 Fresh Vegetable	水果 Fruit	金針排骨湯 Lily Ribs Soup	豬肉餡餅(60G)*1 Pork Pie	5.0	2.7	2.0	3.0	1.0	0.0	828
4/10 (一)	糙米飯 Brown Rice	豚肉壽喜燒 Sukiyaki Pork	三杯雞 Three-Cup Chicken	彩蔬炒豆薯 Stir-fried Yam Bean with Vegetables	履歷青菜 Fresh Vegetable	水果 Fruit	☆吻仔魚紫菜羹 Anchovy and Seaweed Soup	椰子塔 Coconut Tart	3.5	3.2	1.5	4.0	1.0	0.1	820
4/11 (二)	白飯 Rice	◎☆椒鹽水鯊魚片 Fried Fish Fillet	回鍋肉片 Doubled Cooked Pork Slices	木耳白花 Stir-fried Cauliflower and Black Fungus	有機青菜 Organic Vegetable	水果 Fruit	養生雞湯 Healthy Chicken Soup	鮮肉包(65G)X1 Pork Bun	4.0	2.5	1.3	3.5	1.0	0.0	755
4/12 (三)	五穀飯 Grain Rice	南洋咖哩豬 Coconut Curry Pork	玉米炒雞 Stir-fried Chicken with Corn	麻油高麗菜 Stir-fried Cabbage with Sesame Oil	履歷青菜 Fresh Vegetable	水果 Fruit	山藥排骨湯 Yam Pork Rib Soup	烤三角薯餅X2 Triangle Hash Browns	3.6	3.0	2.0	3.0	1.0	0.0	752
4/13 (四)	白飯 Rice	醬爆雞丁 Stir-fried Chicken with Soy Sauce	☆彩蔬韭菜炒魷魚 Stir-fried Squid and Vegetables	紅蘿蔔炒蛋 Scrambled Eggs with Carrot	有機青菜 Organic Vegetable	水果 Fruit	黑糖地瓜甜湯 Sweet Potato Soup	蛋黃芋泥丸X3 Egg Yolk and Taro Balls	4.3	3.2	2.0	3.0	1.0	0.0	816
4/14 (五)	特餐	☆日式豬肉炒烏龍 Japanese Stir-fried Pork Udon	味噌雞翅 Miso Chicken Wing	胡瓜燴珍菇 Stir-fried Cucumber and Mushroom	履歷青菜 Fresh Vegetable	水果 Fruit	☆味噌蔬菜湯 Vegetables Miso Soup	☆鮭魚肉鬆御手卷 X1 Tuna Hand Roll with Pork Floss	3.8	3.0	2.0	2.5	1.0	0.0	736
4/17 (一)	糙米飯 Brown Rice	◎炸排骨酥 Deep Fried Pork Ribs	洋芋燻雞 Chicken Potato Stew	鐵板時蔬 Stir-fried Vegetables	履歷青菜 Fresh Vegetable	水果 Fruit	什錦蛋花湯 Assorted Egg Drop Soup	墨西哥麵包X1 Mexican Bread	3.5	3.2	1.5	4.0	1.0	0.1	710.5
4/18 (二)	白飯 Rice	☆鮑菇炒花枝 Stir-fried Cuttlefish with King Oyster Mushroom	沙茶炒肉絲(含芝麻) Sacha Pork (with Sesame Seeds)	海結燒豆腐 Braised Kelp and Tofu	有機青菜 Organic Vegetable	水果 Fruit	番茄金針菇湯 Tomato and Enoki Mushroom Soup	豆沙包(60G)X1 Red Bean Bun	4.0	2.5	1.3	3.5	1.0	0.0	667.5
4/19 (三)	五穀飯 Grain Rice	●紅燒牛肉片 Braised Beef	彩蔬雞丁 Stir-fried Chicken and Bell Peppers	塔香茄子 Basil Eggplant	履歷青菜 Fresh Vegetable	水果 Fruit	黃豆芽肉絲湯 Soy Sprouts and Pork Soup	玉米可樂餅 (30G)X1+葡萄汁 Croquette+Grape Juice	3.5	3.0	2.0	3.0	1.0	0.0	655.0
4/20 (四)	白飯 Rice	◎糖醋雞丁 Sweet and Sour Chicken	△☆蒲燒鯛魚 Kabayaki Sea Bream	珍菇高麗菜 Stir-fried Cabbage with Enoki Mushroom	有機青菜 Organic Vegetable	水果 Fruit	QQ圓甜湯 QQ Yuan Sweet Soup	米腸(+蒜味醬) Rice Sausage (+Garlic Sauce)	3.8	3.1	2.0	3.0	1.0	0.0	774
4/21 (五)	特餐	肉絲炒飯 Shredded Pork Fried Rice	蜜汁翅小腿 Drumette with Tomato Sauce	古早味蒸蛋 Traditional Steamed Egg	履歷青菜 Fresh Vegetable	水果 Fruit	玉米海根湯 Corn and Kelp Soup	烤地瓜X2 Sweet Potatoes	4.5	4.5	1.5	4.0	1.0	0.0	870
4/24 (一)	糙米飯 Brown Rice	照燒豬柳 Teriyaki Pork Strips	味噌燒雞 Stir-fried Chicken with Miso	★開陽白菜 Stir-fried Bok Choy	履歷青菜 Fresh Vegetable	水果 Fruit	青木瓜雞湯 Green Papaya Chicken Soup	蜂蜜蛋糕(70G)X1 Honey Cake	3.0	3.1	1.5	3.0	1.0	0.0	705
4/25 (二)	白飯 Rice	◎☆酥炸烏魚片 Deep-fried Fish	蒜泥白肉 Pork Slices with Garlic Sauce	塔香海茸 Stir-fried Kelp and Basil	有機青菜 Organic Vegetable	水果 Fruit	蔬菜肉絲湯 Vegetable and Pork Strips Soup	奶皇包X1 Steamed Creamy Custard Bun	3.1	3.1	1.6	3.0	1.0	0.0	715
4/26 (三)	五穀飯 Grain Rice	BBQ豬排 BBQ Pork Chop	冬瓜燒雞 Braised Chicken with Winter Melon	番茄炒蛋 Scrambled Eggs with Tomato	履歷青菜 Fresh Vegetable	水果 Fruit	大滷湯 Assorted Vegetables Thick Soup	馬拉糕X1 Cantonese Sponge Cake	3.2	3.1	1.6	3.0	1.0	0.0	722
4/27 (四)	白飯 Rice	奶香雞丁 Cream Chicken Stew	☆客家小炒 Hakka Fries	紅絲扁蒲 Stir-fried Bottle Gourd	有機青菜 Organic Vegetable	水果 Fruit	銀耳薏仁湯 White Fungus and Job's Tears Soup	奶油玉米段X2(共 6CM)+黑豆奶 Butter Corn+Black Soy Milk	3.1	3.5	1.7	3.0	1.0	0.0	747
4/28 (五)	特餐	什錦肉絲炒米苜目 Stir-fried Thick Rice Noodles with Shredded Pork	◎酥炸腿排 Taiwanese Fried Chicken Thigh	鮮菇炒雙花 Stir-fried Cauliflower and Broccoli	履歷青菜 Fresh Vegetable	水果 Fruit	芹香蘿蔔湯 Radish Soup with Celery	香油豆腐(60G) Oily Tofu	4.5	3.0	2.0	2.5	1.0	0.0	762.5

◎裹油炸物 Deep Fried Food
☆表魚類 Fish
★表帶殼海鮮 Shrimp or Shelled Seafood
△表加工品 Processed Product
●表牛羊製品
沙茶醬使用含芝麻的全素沙茶醬，不含花生成分
食材一律使用國產豬
本校未使用輻射污染食品