

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											
				全穀 類 (份)	豆魚 肉蛋 類 (份)	蔬菜 類 (份)	油脂 及堅 果種 子類 (份)	水果 (份)	奶類 (份)	熱量 (Kcal)					
5/1 (一)	勞動節放假一天														
5/2 (二)	玉米菠菜肉蓉粥 Spinach Pork Congee	白飯 Rice	◎☆彩蔬魚丁 Assorted Vegetables and Fish Dices	鹽水蔬菜 Vegetables Salty Water	有機青菜 Organic Vegetable	水果 Fruit	青菜蛋花湯 Vegetable and Egg Drop Soup	芋泥包+無糖參茶 Taro Bun+ Barley Tea	6.1	2.2	1.8	1	2.1	0.4	840
5/3 (三)	白菜油麵疙瘩 Cabbage Braised Gnocchi	五穀飯 Grain rice	醬爆豬肉絲 Stir-fried Shredded Pork	滑蛋燴南瓜 Steamed Pumpkin with Eggs	履歷青菜 Fresh Vegetable	水果 Fruit	海芽豆腐湯 Kelp Sprouts and Tofu Soup	馬拉糕+黑糖地瓜湯 Cantonese cake+Sweet potato Soup	6.2	2.2	1.9	1.2	2.1	0.4	861
5/4 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	咖哩雞肉 Chicken Curry	蘿蔔燒海帶結 Braised Kelp and Radish	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 Ramen and Pork	6.2	2	2.0	1	2.1	0.4	837
5/5 (五)	饅頭夾蔥蛋+米漿 Steamed Bun with Egg+Peanut Rice Milk	特餐	什錦肉絲炒麵 Stir-fried Thick Rice Noodles	醬燒翅小腿 Braised Drumette	履歷青菜 Fresh Vegetable	水果 Fruit	薑絲冬瓜湯 White Gourd Soup	玉米餐包+蔥仁飲 Corn Bun+Pearl Barley milk	6.1	2.2	1.9	1	1.9	0	785
5/8 (一)	水煮玉米段+低糖豆漿 Boiled Corn+ Soy Milk	糙米飯 Brown rice	番茄燻肉 Braised Pork and Tomato	鮮蔬炒寬冬粉 Stir-fried Mung Bean Noodles	履歷青菜 Fresh Vegetable	水果 Fruit	大油湯 Assorted Vegetables Soup	青醬雞肉貝殼麵 Pesto Conchiglie	6	2.1	1.9	1.2	2	0.4	835
5/9 (二)	紅粟南瓜小米粥 Pumpkin and Millet Congee	白飯 Rice	◎☆酥炸虱目魚條 Fried Milk Fish 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 Ribs Soup	水煎包+什錦蔬菜湯 Pan-fried Bun+ Vegetables and Tofu Soup	6.2	2	2.1	1	2.1	0	791
5/10 (三)	蕃茄雞蛋蝦麵 Tomato and Egg Noodles	五穀飯 Grain rice	白菜菇菇炒肉片 Stir-fried Pork and Mushrooms	塔香海茸 Stir-fried Kelp with Basil	履歷青菜 Fresh Vegetable	水果 Fruit	黃豆芽肉絲湯 Soy Sprouts and Pork Soup	芝麻包+番薯濃湯 Sesame Bun+ Sweet Potato Soup	6.2	2.3	2.1	1	2.3	0	823
5/11 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	奶油洋芋燻雞 Potato and Chicken Stew	鮮菇燻絲瓜 Stir-fried Loofah	有機青菜 Organic Vegetable	水果 Fruit	☆味噌蔬菜湯 Miso Soup	肉絲燻飯 Shredded Pork Fried Rice	6.1	2.2	1.8	1	2	0	787
5/12 (五)	全麥饅頭夾起司蛋+黑豆漿 Steamed Bun+ Black Soy Milk	特餐	夏威夷炒飯 Hawaii Fried Rice	蜜汁雞翅 Wings with Sweet Sauce	履歷青菜 Fresh Vegetable	水果 Fruit	青木瓜雞湯 Green Papaya and Chicken Soup	豬肉水餃+味噌湯 Dumplings+ Miso Soup	6.3	2.1	1.9	1	2.2	0.4	853
5/15 (一)	蒸地瓜+低糖黑豆漿 Sweet Potato+ Black Soy Milk	糙米飯 Brown rice	◎椒鹽排骨酥 Deep-fried Pork	咖哩蔬菜 Vegetables Curry	履歷青菜 Fresh Vegetable	水果 Fruit	肉骨茶湯 Bak Kut The	焗烤起司千層麵 Lasagna	6.2	2.2	1.9	1.2	2.1	0.4	861
5/16 (二)	芋頭鹹粥 Taro Congee	白飯 Rice	☆蔥爆沙茶花枝(含 芝麻) Stir-fried Cuttlefish with Sacha	番茄炒蛋 Scrambled Eggs with Tomato	有機青菜 Organic Vegetable	水果 Fruit	玉米濃湯 Corn Soup	奶皇包+蔥仁漿 Custard Bun+ Job's Tears Milk	6.1	2.2	1.8	1	2.1	0.4	840
5/17 (三)	鍋燒雞絲烏龍麵 Chicken Udon	五穀飯 Grain rice	薑汁燒肉 Braised Pork with Ginger	鐵板時蔬 Stir-fried Bean Sprouts	履歷青菜 Fresh Vegetable	水果 Fruit	金針肉絲湯 Lily Flower and Pork Soup	卡士達麵包+地瓜牛乳 Custard Bread+ Sweet Potato Milk	6.3	2.2	1.7	3	0.8	0	865
5/18 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	◎日式唐揚炸雞 Karaage	紅絲扁蒲 Stir-fried Bottle Gourd	有機青菜 Organic Vegetable	水果 Fruit	竹筍排骨湯 Bamboo and Pork Ribs Soup	蘑菇醬鐵板麵 Fried Noodles with Mushroom Sauce	6.1	2.1	2.0	3	0.8	0	851
5/19 (五)	鮮蔬起司蛋吐司+蔥仁漿 Toast+ Job's Tears Milk	特餐	金瓜肉絲炒米粉 Stir-fried Rice Noodles with Pumpkin	五香滷雞翅 Braised Wing	履歷青菜 Fresh Vegetable	水果 Fruit	蕃茄蛋花湯 Tomato and Egg Drop Soup	鍋貼+酸辣湯 Pan-fried Dumplings+ Thick Soup	6.1	2.0	1.2	3.0	0.8	0.0	823
5/22 (一)	蜜汁芋頭+無糖參茶 Sweet Taro+ Barley Tea	糙米飯 Brown rice	馬鈴薯燻肉 Potato and Pork Stew	麻油高麗菜 Stir-fried Cabbage with Sesame Oil	履歷青菜 Fresh Vegetable	水果 Fruit	海帶結蘿蔔湯 Kelp and Radish Soup	清炒雞柳蝴蝶麵 Bolognese Farfalle	5.4	2.2	2.0	3.0	1.5	0.5	901
5/23 (二)	南瓜雞蓉粥 Pumpkin Chicken Congee	白飯 Rice	☆◎酥炸水鯊片 Deep-fried Fish	胡瓜燻時蔬 Stir-fried Gourd	有機青菜 Organic Vegetable	水果 Fruit	山藥蔥仁湯 Yam and Job's Tears Soup	鮮肉包+米漿 Meat Bun+ Peanut Rice Milk	6.0	2.5	1.8	2.0	0.8	0.0	809
5/24 (三)	壽喜燒豬肉烏龍麵 Sukiyaki Udon	五穀飯 Grain rice	◎鳳梨咕咾肉 Sweet and Sour Pork and Pineapple	蒜炒雙花 Stir-fried Boccolli and Cauliflower	履歷青菜 Fresh Vegetable	水果 Fruit	鮮菇玉米湯 Mushroom and Corn Soup	蔥花捲+枸杞紅棗茶 Scallion Bun+ Goji and Dates Tea	6.0	2.5	1.8	2.0	0.8	0.0	809
5/25 (四)	2種新鮮水果+麥片+鮮奶 Fruit+Cereal+Milk	白飯 Rice	豆瓣燒雞 Braised Chicken with Fermented Soy	家常豆腐 Braised Tofu	有機青菜 Organic Vegetable	水果 Fruit	紫菜蛋花湯 Kelp Sprouts and Egg Drop Soup	★古早味油飯 Oil Rice	5.4	2.2	2.0	3.0	1.5	0.5	901
5/26 (五)	紅絲蛋小苜蓿+米漿 Scrambled Egg Bun+ Peanut and Rice Milk	特餐	雞肉飯 Chicken Rice	菜脯蛋 Scrambled Eggs with Pickled Radish	履歷青菜 Fresh Vegetable	水果 Fruit	絲瓜肉片湯 Loofah Soup	小籠包+青菜豆腐湯 Xiao Long Bao+ Tofu	6.0	2.5	1.8	2.0	0.8	0.0	809
5/29 (一)	奶油起司馬鈴薯+義式蕃茄 湯 Butter Potato+ Tomato Soup	糙米飯 Brown rice	鐵板豬柳 Stir-fried Pork loin	紅燒紫茄 Braised Egg Plants	履歷青菜 Fresh Vegetable	水果 Fruit	髮菜羹湯 Faat Choy Thick Soup	白醬蘑菇燻飯 Risotto with Cream Sauce	6.0	2.5	1.8	2.0	0.8	0.0	809
5/30 (二)	胡瓜肉絲鹹粥 Gourd and Pork Congee	白飯 Rice	◎☆酥炸柳葉魚 Deep-fried Shishamo	古早味蒸蛋 Steamed Egg	有機青菜 Organic Vegetable	水果 Fruit	冬瓜排骨湯 Whites Gourd Soup	蜂蜜蛋糕+綠豆薏仁湯 Castella+Mung Bean Soup	6.0	2.5	1.8	2.0	0.8	0.0	809
5/31 (三)	什錦米粉湯 Assorted Vegetables Rice Noodles	五穀飯 Grain rice	蠔油高麗肉片 Stir-fried Pork with Sauce	白菜油粉絲 Stir-fried Chinese Cabbage	履歷青菜 Fresh Vegetable	水果 Fruit	鳳梨苦瓜雞湯 Bitter Gourd and Pinapple Soup	黑糖小饅頭+青花菜湯 Brown Sugar Steam Bun+ Broccoli Soup	6.0	2.5	1.8	2.0	0.8	0.0	809

◎裹油炸物 Fried Food

☆表魚類 Fish

★表帶殼海鮮 Shrimp and Shelled Seafood

幼兒園飲品溫度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：蔡紫鳳(新北食品股份有限公司營養師)

菜單審核：陳振爗(康橋國際學校林口校區營養師)