

康橋國際學校幼兒園(林口校區)

111-1學期3月份菜單

KCIS Preschool Lunch and Snack Menu, March 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 Nutritional Ingredient Analysis											
				全穀類 (份)	豆魚類 (份)	蔬菜類 (份)	油脂類 (份)	水果類 (份)	奶類 (份)	熱量 (Kcal)					
3/1 (三)	芋頭米粉湯 Rice Noodles with Pork and Taro	五穀飯 Grain Rice	蠔油芥蘭炒豬肉 Stir-fried Pork and Kale with Oyster Sauce	玉米炒蛋 Scrambled Eggs with Corn Kernels	履歷青菜 Fresh Vegetable	水果 Fruit	大黃瓜排骨湯 Cucumber and Pork Ribs Soup	烤地瓜+綠豆西米露 Roasted Sweet Potato+ Mung Bean Sago Soup	7.5	2.7	2.1	3.2	1.0	0.0	1017
3/2 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	安東燉雞 Andong Braised Chicken	南瓜豆腐煲 Pumpkin and Tofu Stew	有機青菜 Organic Vegetable	水果 Fruit	☆牛蒡小魚湯 Burdock and Anchovies Soup	肉絲炒麵 Fried Noodles with Shredded Pork	7.5	2.7	2.1	3.2	1.0	0.0	1017
3/3 (五)	沙威瑪亨堡+黑豆漿 Shawarma+Black Soy Bean Milk	特餐	咖哩炒飯 Curry Fried Rice	迷迭香炒雞丁 Rosemary Stir-fried Diced Chicken	履歷青菜 Fresh Vegetable	水果 Fruit	玉米大骨湯 Bone Broth with Corn	豆沙包+花豆甜湯 Red Bean Bun+ Speckled Bean Soup	8.0	2.7	1.5	3.5	1.0	0.0	1055
3/6 (一)	栗子山藥雞湯 Chicken Soup with Chestnuts and Yam	糙米飯 Brown rice	野菜炒豚肉 Stir-fried Assorted Vegetables and Pork Slices	鮮菇蒸蛋 Steamed Egg with Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	佛手瓜雞湯 Chayote and Chicken Soup	田園蔬菜燉飯 Vegetable Risotto	7.3	3.0	2.4	3.6	1.0	0.5	1117
3/7 (二)	滑蛋蔬菜粥 Porridge with Eggs and Vegetable	白飯 Rice	◎酥炸烏魚片 Deep-fried Fish Fillet	肉末燒豆腐 Braised Tofu with Shredded Pork	有機青菜 Organic Vegetable	水果 Fruit	金針雞湯 Daylily and Chicken Soup	鮮肉包+芥菜仁湯 Meat Bun+ Leaf Mustard Soup	7.7	2.8	2.1	3.2	1.0	0.1	1051
3/8 (三)	蔥燒雞肉麵 Chicken Noodles with Scallion	五穀飯 Grain rice	豉汁排骨 Spare Ribs with Black Bean Sauce	蘿蔔燒海結 Braised Kelp and Radish	履歷青菜 Fresh Vegetable	水果 Fruit	薑絲冬瓜湯 White Gourd Soup with Shredded Ginger	豬肉餡餅+小米粥 Chinese Pork Pie+Millet Porridge	7.5	3.1	1.5	3.5	1.0	0.0	1080
3/9 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	三杯雞丁 Three-cup Diced Chicken	馬鈴薯燒豆角 Stir-fried Potato and Green Beans	有機青菜 Organic Vegetable	水果 Fruit	肉骨茶湯 Bak Kut Teh	金瓜豬肉米粉湯 Pumpkin and Pork Rice Noodles Soup	7.3	3.2	2.2	5.0	1.0	0.0	1151
3/10 (五)	鮮蔬洋芋塔+米漿 Fresh Vegetable Potato Tower+ Peanut and Rice Milk	特餐	古早味板條 Fried Rice Noodles with Shredded Pork	五香雞翅 Braised Chicken Wings	履歷青菜 Fresh Vegetable	水果 Fruit	味噌豆腐湯 Tofu Miso Soup	紫米珍珠丸+餛飩湯 Black Rice Pearl Ball+ Wonton Soup	6.5	3.5	1.7	4.0	1.0	0.0	1045
3/13 (一)	蒸地瓜+薏仁漿 Steamed Sweet Potato+ Job's Tears Milk	糙米飯 Brown Rice	柚香蜜汁燒肉 Braised Pork with Honey Sauce	蒜炒雙花 Stir-fried Cauliflower and Broccoli with Garlic	履歷青菜 Fresh Vegetable	水果 Fruit	紫菜蛋花湯 Seaweed and Egg Drop Soup	南瓜螺旋麵 Pumpkin Fusilli	7.2	2.9	2.0	3.0	1.0	0.0	997
3/14 (二)	★菠菜蛤蚧粥 Spinach and Clams Congee	白飯 Rice	☆蒲燒鯛魚 Kabayaki Sea Bream	茄汁豆腐 Braised Tofu with Tomato Sauce	有機青菜 Organic Vegetable	水果 Fruit	黃金草鮮菇雞湯 Chicken Soup with Mushrooms and Cordyceps Flower	筍香包+肉絲蔬菜湯 Bamboo Shoot Steamed Bun + Vegetables and Shredded Pork soup	7.6	3.2	1.5	2.9	1.0	0.1	1041
3/15 (三)	韭菜雞肉米苔目 Chicken and Chinese Chives Rice Noodles	五穀飯 Grain Rice	什錦炒肉片 Stir-fried Assorted Vegetables and Pork Slices	塔香茄子 Stir-fried Eggplant and Basil	履歷青菜 Fresh Vegetable	水果 Fruit	枸杞山藥湯 Goji Yam Soup	葡萄乾小圓麵包+鄉村田園湯 Raisin Bun + Assorted Vegetables Soup	7.3	2.6	1.3	3.3	1.0	0.0	982
3/16 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	雞肉蔬前煮 Chicken Chikuzen	螞蟻上樹 Stir-fried Mung Bean Noodles	有機青菜 Organic Vegetable	水果 Fruit	番茄蛋花湯 Tomato and Egg Drop Soup	沙茶什錦炒麵 Shacha Fried Noodles with Vegetables	7.4	2.8	2.0	3.2	1.0	0.5	1075
3/17 (五)	豬肉堡+豆漿 Pork Hamburger+ Soy bean milk	特餐	炸醬麵 Fried Sauce Noodles	◎糖醋雞丁 Sweet and Sour Diced Chicken	履歷青菜 Fresh Vegetable	水果 Fruit	海芽薑絲湯 Kelp Sprouts Soup with Shredded Ginger	特選小饅頭+芋頭椰汁西米露 Mini Steamed Bun + Sweet Sago with Coconut Milk and Tago	7.2	3.0	2.0	3.8	1.0	0.5	1112
3/20 (一)	義式南瓜+黑豆漿 Italian Spices Pumpkin+Black Soy Bean Milk	糙米飯 Brown Rice	照燒豬肉片 Teriyaki Pork Slices	香菇高麗菜 Stir-fried Cabbage and Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	麻油雞湯 Sesame Oil Chicken Soup	白醬起司水管麵 Cheese Penne with White Sauce	7.6	3.0	2.0	3.0	1.0	0.0	1032
3/21 (二)	鮮菇青菜鮮肉粥 Porridge with Mushrooms and Vegetable and Pork	白飯 Rice	☆港式蒜蓉蒸魚片 Hong Kong Style Steamed Fish Fillet with Garlic	番茄炒蛋 Scrambled Eggs with Tomato	有機青菜 Organic Vegetable	水果 Fruit	黃豆芽肉絲湯 Soybean Sprouts and Shredded Pork Soup	水煎包+紫米紅豆湯 Pan-fried Stuffed Bun + Black Rice and Red Beans Soup	7.4	2.7	1.5	2.9	1.0	0.0	977
3/22 (三)	白菜油麵疙瘩 Cabbage Braised Gnocchi	五穀飯 Grain Rice	荷葉粉蒸肉 Steamed Pork With Lotus Leaf	胡瓜燴鮮菇 Stir-fried Cucumber and Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	芥菜雞湯 Leaf Mustard and Chicken Soup	肉絲醬油蛋炒飯 Egg Fried Rice with Shredded Pork and Soy Bean Sauce	7.5	3.1	1.3	3.1	1.0	0.0	1021
3/23 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	咖哩雞肉 Curry Chicken	蔥燒豆腐 Braised Tofu with Scallion	有機青菜 Organic Vegetable	水果 Fruit	青木瓜排骨湯 Green Papaya and Pork Ribs Soup	香菇燒賣+☆吻魚羹湯 Mushrooms Shu Mai+ Whitebait Thick Soup	7.2	2.9	2.0	3.0	1.0	0.5	1057
3/24 (五)	馬鈴薯起司炒蛋吐司+黑芝麻豆漿 Toast with Potato and Cheese and Fried Eggs+ Black Sesame Soy Bean Milk	特餐	高麗菜肉絲炒麵 Stir-fried Noodles with Cabbage and Shredded Pork	蘑菇雞丁 Stir-fried Diced Chicken and Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	芹香蘿蔔湯 Radish and Celery Soup	小泡芙+黑糖地瓜甜湯 Little Puff + Sweet Potato with Brown Sugar Soup	7.2	3.2	2.0	3.2	1.0	0.5	1091
3/25 (六)	蔬菜豆腐粥 Vegetable and Tofu Congee	白飯 Rice	◎酥炸柳葉魚 Deep-fried Shishamo	紅絲扁蒲 Stir-fried Bottle Gourd and Shredded Carrot	履歷青菜 Fresh Vegetable	水果 Fruit	番茄蛋花湯 Tomato Egg Drop Soup	豬肉水餃+味噌蔬菜湯 Pork Dumplings + Vegetables Miso Soup	7.1	3.2	2.0	3.5	1.0	0.5	1102
3/27 (一)	水煮玉米段+米漿 Blanched Corn+ Peanut and Rice Milk	糙米飯 Brown Rice	豆薯燒肉 Braised Pork with Yam Bean	★開陽白菜 Stir-fried Chinese Cabbage	履歷青菜 Fresh Vegetable	水果 Fruit	山藥排骨湯 Yam and Pork Ribs Soup	和風蘑菇燉飯 Japanese Style Mushrooms Rissoto	7.1	3.2	2.0	3.5	1.0	0.5	1102
3/28 (二)	鮑菇雞蓉粥 Porridge with Mushrooms and Chicken	白飯 Rice	☆醬爆花枝 Stir-fried Cuttlefish with Sauce	香菇炒白花椰 Stir-fried Cauliflower with Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	玉米濃湯 Corn Soup	高麗菜包+紅棗銀耳湯 Cabbage Bun+ Red Dates and Snow Fungus Sweet Soup	7.4	3.1	1.5	3.4	1.0	0.1	1049
3/29 (三)	日式醬油拉麵 Japanese Soy Sauce Udon	五穀飯 Grain Rice	芋頭豬蹄肉 Braised Pork and Taro	鮮菇燴芥菜 Stir-fried Mustard and Mushrooms	履歷青菜 Fresh Vegetable	水果 Fruit	結頭菜雞湯 Turnip and Chicken Soup	玉兔包+低糖豆漿 Jade Rabbit Steamed Bun+ Less Sugar Soy Bean Milk	7.5	2.8	1.3	3.3	1.0	0.0	1011
3/30 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal+Milk	白飯 Rice	紅燒雞肉燻馬鈴薯 Braised Chicken With Potato	翡翠蒸蛋 Steamed Eggs with Spinach	有機青菜 Organic Vegetable	水果 Fruit	鮮菇玉米湯 Corn Kernels and Enoki Mushrooms Soup	味噌鍋燒烏龍麵 Miso Udon	7.2	3.5	2.0	3.0	1.0	0.0	1042
3/31 (五)	京醬燒肉堡+無糖參茶 Pork Burger+Sugar Free Barley Tea	特餐	白醬奶油燉飯 Alfredo Risotto	獵人燻燻腿 Cacciatore	蒜香綠花椰 Garlic Broccoli	水果 Fruit	冬瓜茶三兄弟 White Gourd Tea with Pearl, Coconut Jelly and Bubble	小鴨包+綠豆薏仁湯 Sesame Bun + Mung Beans and Job's Tears Soup	7.5	2.8	1.3	3.5	1.0	0.0	1023

◎表海物物 Deep-fried Food

☆表魚類 Fish

★表帶殼海鮮 Shrimp and Shelled Seafood

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菜單開立：蔡紫蘭(新北食品股份有限公司營養師)

菜單審核：鄭涵之、陳筱菱(康橋國際學校林口校區)