

康橋國際學校林口校區幼兒園
112-1學期11月份菜單
KCIS Preschool Lunch and Snack Menu, November 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 Nutrient Content Analysis							
		五穀飯 Grain Rice	麵食類 Pasta	肉類 Meat	海鮮類 Seafood	蔬菜類 Vegetable		水果 Fruit	蛋白質 (g)	脂肪 (g)	碳水化合物 (g)	鈣 (mg)	鐵 (mg)	維生素A (IU)	維生素C (mg)
11/1 (三)	白菜油麵疙瘩 Braised Cabbage Gnocchi 麵疙瘩+豬肉丁+白菜+白芝麻	五穀飯 Grain Rice	醬爆豬肉片 Stir-fried Shredded Pork	紅燒紫苔 Braised Egg Plants	臘腸青菜 Fresh Vegetable	水果 Fruit	六小魚豆腐湯 Anchovy and Tofu Soup	馬拉糕+大紅豆湯 Cannonses Cake+Adzuki Bean	5.9	2.2	1.9	1.2	0.8	0	734
11/2 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal-Milk 水果+麥片+鮮奶(鮭、大豆、切)	白飯 Rice	咖哩雞肉 Chicken Curry	燻焗海苔塔 Braised Kelp Sprouts and Radish	有機青菜 Organic Vegetable	水果 Fruit	牛蒡排骨湯 Burdock and Pork Ribs Soup	自製甜米糕+無糖麥茶 Sweet Sticky Rice+Barley Tea	5.8	2	2.0	1.2	1.5	0.5	806
11/3 (五)	京醬肉絲+豆腐 Pork Burgers+Tofu Milk 小涼菜(鮭、芝麻) 豬蹄辣小黃瓜+洋蔥+豆腐(大豆)	特餐 Brown Rice	肉絲炒米粉 Stir-fried Rice Noodles	醬燒小籠包 Sauce-Braised Dumette	臘腸青菜 Fresh Vegetable	水果 Fruit	薑蔥冬瓜湯 White Gourd Soup	自製甜米糕+無糖麥茶 紅豆+麥茶 Kaoon Sticky Rice+Mung Tea	6	2	2.0	1.2	0.8	0.2	752
11/6 (一)	香菇玉米羹仁湯 Chicken Soup with Corn and Mushroom	糙米飯 Brown Rice	醬爆肉片 Braised Pork and Tomato	蒜炒雙花 Stir-fried Broccoli and Cauliflower	臘腸青菜 Fresh Vegetable	水果 Fruit	鳳梨苦瓜雞湯 Bitter Gourd and Pineapple Soup	和風雞肉飯 Japanese Chicken Risotto	5.8	2.1	1.9	1.2	0.8	0.2	743
11/7 (二)	玉米段+2種新鮮水果+白芝麻 Pumpkin and Red Dates Millet Porridge 玉米+小麥+南瓜+紅薯+枸杞	糙米飯 Brown Rice	豬肉片+薯片+洋蔥 Stir-fried Meat with Potato and Onion	白芝麻炸魚目魚條 Deep-fried Fish Strips	蒸水蛋 Steamed Egg with Edamame	有機青菜 Organic Vegetable	紫薯排骨湯 Turnip and Ribs Soup	白米+糙米+青花菜+彩椒 水煎包+什錦蔬菜湯 Pan-fried Bun+Assorted Vegetables Soup	6	2	2.1	2	0.8	0	779
11/8 (三)	青菜雞蛋蝦麵 Vegetable and Egg Noodles 白麵+雞蛋+小白菜+雞蛋+蔥花	五穀飯 Grain Rice	白菜蒜苔炒肉片 Stir-fried Pork with Cabbage and Mushrooms	蒜香海耳 Stir-fried Kelp with Basil	臘腸青菜 Fresh Vegetable	水果 Fruit	黃豆芽肉燥湯 Soy Sprouts and Pork Soup	芝麻包+甜薯洋芋 Sesame Bun+Sweet Potato Soup	8.2	2.3	2.1	1.5	0.8	0	785
11/9 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal-Milk 小米+小麥+小麥+紅薯+大豆、切)	白飯 Rice	切油洋芋嫩雞 Chicken Stew with Potato and Butter	鮮菇炒芥菜 Stir-fried Mustard Greens with Fresh Mushrooms	有機青菜 Organic Vegetable	水果 Fruit	六味增豆腐湯 Miso Tofu Soup	日式醬油豚肉拉麵 Soy Sauce Ramen with Pork	6	2	2.0	1.2	1.5	0.5	820
11/10 (五)	起司蛋黃醬+黑豆腐 Cheese and Egg + Black Tofu 窩窩頭+雞蛋+起司+黑豆腐(鮭、蛋、豆、切)	特餐 Brown Rice	夏威夷炒飯 Hawaii Fried Rice	香煎豬排 Braised Pork Chop	臘腸青菜 Fresh Vegetable	水果 Fruit	胡瓜雞湯 Gourd and Chicken Soup	鍋貼+酸辣湯 Pan-fried Dumplings+Thick Soup	6.1	2.1	1.9	1.2	0.8	0.4	788
11/13 (一)	茶地+5穀飯 Sweet Potato+Grains Pulo 烤地瓜(豆)+5穀飯(鮭、芝麻)	糙米飯 Brown Rice	芋頭燒肉 Braised Pork with Taro	咖哩蔬菜 Vegetables Curry	臘腸青菜 Fresh Vegetable	水果 Fruit	肉骨茶湯 Bak Kut The	清炒鮮蝦炒麵 Bolognese Farfalle	8.2	2.2	1.9	1.2	0.8	0.2	779
11/14 (二)	香菇鹹粥 Mushroom Congee 米+豬肉片+香菇+毛豆仁+紅蘿蔔+芹菜(豆)	白飯 Rice	六味增魚片 Stir-fried Fish Dices and Bottle Gourd	香煎豬排 Scrambled Eggs with Tomato	有機青菜 Organic Vegetable	水果 Fruit	玉米濃湯 Corn Soup	豬蹄麵+豬蹄肉+鴻喜菇+洋蔥+紅椒+九層塔(鮭)	6.1	2.2	1.8	1.5	0.8	0.2	787
11/15 (三)	鍋貼+雞絲烏龍麵 Chicken Udon 烏龍麵+豬肉片+小白菜+雞蛋+香菇+紅蘿蔔(鮭、蛋)	五穀飯 Grain Rice	馬鈴薯燉肉 Potato and Pork Stew	鐵板時蔬 Stir-fried Seasonal Vegetables	臘腸青菜 Fresh Vegetable	水果 Fruit	金針肉絲湯 Lily Flower and Pork Soup	卡士達麵包+紅豆牛乳 Custard Bread+Red Beans Milk	6	2.2	1.7	1.8	0.8	0.2	796
11/16 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal-Milk 水果+麥片+鮮奶(鮭、大豆、切)	白飯 Rice	日式唐揚炸雞 Karaage	紅燒扁扁 Stir-fried Botle Gourd	有機青菜 Organic Vegetable	水果 Fruit	紫菜蛋花湯 Seafood Egg Drop Soup	自製碗仔+無糖麥茶 Wa Gui+Barley Tea	2.9	2.1	2.0	2	1.5	0.5	888
11/17 (五)	鮮菇起司蛋+白豆腐 Toasts+Job's Tears Milk 吐司+雞蛋+小黃瓜+起司+豆腐(鮭、蛋、切、豆)	特餐 Brown Rice	白醬奶油螺旋麵 Creamy Alfredo Fusilli	香烤雞腿 Braised Wine	臘腸青菜 Fresh Vegetable	水果 Fruit	蒜蓉蒸肉排 蒜蓉蒸肉排	豬肉水餃+味噌湯 Pork Dumplings+Miso Soup	6.1	2.0	1.5	2.0	0.8	0.2	795
11/20 (一)	Sweet Taro + Peanuts and Rice Milk 芋頭+米果(豆、芝麻、花生)	糙米飯 Brown Rice	鹽焗排骨 Deep-fried Pork	鮑魚雙花 Stir-fried Broccoli and Cauliflower with Mushroom	臘腸青菜 Fresh Vegetable	水果 Fruit	海帶結豆腐湯 Kelp and Radish Soup	焗烤起司千層麵 Lasagna	6.1	2.2	1.8	1.5	0.8	0	783
11/21 (二)	南瓜雞蓉粥 Pumpkin Chicken Congee 白米+南瓜+雞皮肉+紅蘿蔔+蔥花	白飯 Rice	巴沙魚片 Stir-fried Fish	結繩菜炒粉 Stir-fried Turnip	有機青菜 Organic Vegetable	水果 Fruit	山藥洋蔥仁湯 Yam and Job's Tears Soup	鮮肉水餃+菠菜蛋湯 Meat Bun+Spinach and Egg Drop Soup	6	2.2	1.8	1.5	0.8	0	756
11/22 (三)	壽喜燒豬肉烏龍麵 Sukiyaki Udon 烏龍麵+豬肉片+大白菜+洋蔥+紅蘿蔔(鮭)	五穀飯 Grain Rice	甜酸豬排 Sweet and Sour Pork and Pineapple	鮮菇炒肉片 Stir-fried Wide Glass Noodles with Fresh Vegetables	臘腸青菜 Fresh Vegetable	水果 Fruit	鮮菇玉米雞湯 Mushroom and Corn Soup	蔥花捲+枸杞紅薯茶 Scallion Bun+Goji and Dates Tea	5.8	2.2	1.8	2.0	0.8	0.2	796
11/23 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal-Milk 水果+麥片+鮮奶(鮭、大豆、切)	馬鈴薯泥 Smashed Potato	烤火雞+蘋果醬 Turkey+Berry Sauce	水浸玉米 Blanched Corn	水浸花椰菜 Blanched Broccoli	水果 Fruit	巧凍湯 Chowder	★古早味油飯 Oil Rice	5.4	2.2	1.8	2.2	1.5	0.5	848
11/24 (五)	紅絲蛋小麥+杏仁蓉 Scrambled Egg Bun+Job's Tears Milk 雞蛋+紅蘿蔔+小麥+小黃瓜+杏仁蓉(鮭、蛋、花生)	特餐 Brown Rice	雞肉飯 Chicken Rice	香煎豬排 Scrambled Eggs with Dried Radish	臘腸青菜 Fresh Vegetable	水果 Fruit	芥菜+豬肉片 Mustard and Pork Soup	小籠包+青菜豆腐湯 Xiao Long Bao+Tofu Soup	6.0	2.5	1.8	2.0	0.8	0.0	809
11/27 (一)	奶油玉米+義式蕃茄湯 Butter Corn+Tomato Soup 玉米段+蕃茄+高麗菜+洋蔥+西芹(切)	糙米飯 Brown Rice	鐵板豬排 Stir-fried Pork Loin	芹香炒豆干 Stir-fried Dried Tofu with Celery	臘腸青菜 Fresh Vegetable	水果 Fruit	紫菜羹湯 Faat Chov Thick Soup	白醬蘑菇燉飯 Risotto with Cream Sauce	6.0	2.5	1.8	2.0	0.8	0.0	809
11/28 (二)	胡瓜肉絲鹹粥 Gourd and Shredded Pork Congee 米+豬肉絲+胡瓜+紅蘿蔔+青蔥	白飯 Rice	蒜香豬排 Deep-fried Shishamo	古早味蛋卷 Steamed Egg	有機青菜 Organic Vegetable	水果 Fruit	冬瓜排骨湯 White Gourd Soup	地瓜包+綠豆薯仁湯 Sweet Potato Bun+Mung Bean Soup	6.1	2.2	1.8	1.2	0.8	0	769
11/29 (三)	什錦米粉湯 Rice Noodles with Assorted Vegetables 細米粉+豬肉絲+白蘿蔔+紅蘿蔔+芹菜	五穀飯 Grain Rice	蠔油高麗肉片 Stir-fried Pork with Sauce	木耳白菜 Stir-fried Chinese Cabbage	臘腸青菜 Fresh Vegetable	水果 Fruit	大油湯 Assorted Vegetables Soup	黑糖小饅頭+青花菜湯 Brown Sugar Steamed Bun+Broccoli Soup	6	2.2	1.8	1.5	0.8	0	780
11/30 (四)	2種新鮮水果+麥片+鮮奶 Fruits+Cereal-Milk 水果+麥片+鮮奶(鮭、大豆、切)	白飯 Rice	安東燉雞 Andong Braised Chicken	蒜香菜豆 Stir-fried Legumes	有機青菜 Organic Vegetable	水果 Fruit	蕃茄蛋花湯 Tomato and Egg Drop Soup	肉絲炒飯 Fried Rice	5.8	2.1	1.9	1.5	1.5	0.5	829

◎魚類肉類 Deep-fried Food
★魚類海鮮 Shrimp and Shelled Seafood
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菜單週立：林長芳(輔北食品股份有限公司營養師)

菜單審核：(康橋國際學校林口校區營養師)