

康橋國際學校林口校區素食 112年5月份菜單
KCIS Preschool Lunch and Snack Menu, May 2023

日期 Date	午餐 Lunch Menu's Detail							下午點心 Afternoon Snack	營養成分分析 Nutrient Content Analysis							
									全穀類 纖維 (g)	蔬菜 類 (g)	油質 及 堅 果 類 (g)	水果 (g)	乳品 類 (g)	熱量 (kcal)		
5/01 (一)	糙米飯 Brown Rice	時蔬烘蛋 Vegetables Frittata	小黃瓜炒麵筋 Stir-fried Cucumber and Bean Curd	紅燒扁蒲 Stir-fried Bottle Gourd with Shredded	◎黃金香子捲 Taro Roll	履歷青菜 Fresh Vegetable	水果 Fruit	猴菇牛蒡湯 Burdock and Mushroom Soup	微笑薯餅 Hash Browns	4.8	3.3	1.3	3.0	1.0	0.0	811.0
5/2 (二)	白飯 Rice	素排骨酥 Vegetarian Pork Ribs	玉米燴豆腐 Stir-fried Tofu and Corn	鹽水蔬菜 Stir-fried Vegetables	什錦炒筍 Stir-fried Bamboo	有機青菜 Organic Vegetable	水果 Fruit	青菜蛋花湯 Vegetables and Egg Broth Soup	微笑薯餅 Hash Browns	4.7	3.0	1.2	2.5	1.0	0.0	756.5
5/3 (三)	五穀飯 Grain Rice	滑蛋燴南瓜 Steamed Pumpkin with Scrambled Eggs	三杯油豆腐 3-cup Oily Tofu	毛豆炒干丁 Stir-fried Dried Tofu and Edamame	味噌炒葫 Miso Bottle Gourd	履歷青菜 Fresh Vegetable	水果 Fruit	海芽豆腐湯 Kelp Sprouts and Tofu Soup	微笑薯餅 Hash Browns	4.5	2.8	1.2	2.6	1.0	0.0	732.0
5/4 (四)	白飯 Rice	彩椒炒凍豆腐 Stir-fried Firm Tofu with Bell Pepper	茄汁豆包 Bean Curd with Tomato Sauce	蘿蔔燒海帶結 Braised Kelp Sprouts and Radish	香菇燒肉 Braised Bean Curd and Mushroom	有機青菜 Organic Vegetable	水果 Fruit	銀耳蓮子湯 White Fungus and Lotus Seed Sweet Soup	馬拉糕 Malay Sponge Cake	4.8	3.4	1.1	2.4	1.0	0.2	810.5
5/5 (五)	特餐 Stir-fried Thick Rice Noodles with	什錦素肉炒米苔目 Stir-fried Thick Rice Noodles with	醬燒扁豆 Braised Bean Curd	芹香木耳干片 Stir-fried Dried Tofu with Celery and Black	鮮菇雙花 Stir-fried Broccoli and Cauliflower with	履歷青菜 Fresh Vegetable	水果 Fruit	奶油玉米段 White Gourd Soup with Shredded Ginger	馬拉糕(麵、蛋、奶、糖)	4.3	3.3	1.2	2.3	1.0	0.1	754.0
5/8 (一)	糙米飯 Brown Rice	古早味蒸蛋 Steamed Egg	鮮菇炒黑干 Stir-fried Black Dried Tofu with	鮮菇燻扁蒲 Stir-fried Sponge Gourd with Enoki	香椿素肉丸 Vegetarian Meat Balls with Chinese Toona	履歷青菜 Fresh Vegetable	水果 Fruit	大油湯 Assorted Vegetables Soup	墨西哥麵包 Mexican Bread	5.0	3.5	1.3	2.5	1.0	0.2	841.5
5/9 (二)	白飯 Rice	日式味噌素肉排 Miso Vegetarian Steak	素炒沙茶麵 Stir-fried Wheat Gluten with Edamame	毛豆蒸蛋 Steamed Egg with Edamame	魚香茄子 Braised Eggplants	有機青菜 Organic Vegetable	水果 Fruit	芋泥包 Cucumber and Mushroom Ball Soup	微笑薯餅 Hash Browns	4.8	2.8	1.1	2.1	1.0	0.0	728.0
5/10 (三)	五穀飯 Grain Rice	香芋馬鈴薯炒蛋 Scrambled Eggs with Potato	糖醋素肚 Sweet and Sour Bean Curd	彩糖雙花 Stir-fried Kelp with Basil	彩糖葫瓜 Stir-fried Bottle Gourd with Vegetables	履歷青菜 Fresh Vegetable	水果 Fruit	黃豆芽菜湯 Soy Sprouts and Radish Soup	素蘿蔔糕 Vegetarian Radish Cake	4.8	3.0	1.4	2.6	1.0	0.0	773.0
5/11 (四)	白飯 Rice	奶油芋香燴豆腐 Tofu Stew with Taro	紅燒豆包 Braised Bean Curd	紅燒炒寬冬粉 Stir-fried Mung Bean Noodles with	荷藕小炒 Stir-fried Vegetables	有機青菜 Organic Vegetable	水果 Fruit	椰香紫米露 Black Glutinous Rice with Coconut Milk	素珍珠丸 Vegetarian Pearl Ball	4.6	3.4	1.3	2.3	1.0	0.0	773.0
5/12 (五)	特餐 Hawaiian Fried Rice	夏威夷炒飯 Pan-fried Vegetarian Dumplings	△素煎餃 Vegetarian Golden Tofu Stew	素蟹黃豆腐羹 Vegetarian Golden Shredded Ginger	薑絲炒龍鬚菜 Stir-fried Gracilaria and Shredded Ginger	履歷青菜 Fresh Vegetable	水果 Fruit	青木瓜湯 Green Papaya Soup with Gooi	烤地瓜X1+豆奶 Roasted Sweet Potato+ Soy Milk	4.1	3.5	1.2	2.7	1.0	0.0	761.0
5/15 (一)	糙米飯 Brown Rice	咖哩凍豆腐 Firm Tofu Curry	三色蛋 Three-colored Steamed Egg	紅燒紫茄 Braised Eggplants	素佛跳牆 Vegetarian Stew	履歷青菜 Fresh Vegetable	水果 Fruit	冬瓜薯仁湯 White Gourd and Job's Tears Soup	瑞士捲蛋糕 Swiss Roll Cake	4.8	2.7	1.3	2.3	1.0	0.2	758.5
5/16 (二)	白飯 Rice	素沙茶燻燒豆腐 Braised Vegetarian Shacha Tofu	二細干片 Twice-cooked Dried Tofu	鮮菇黃瓜 Stir-fried Cucumber with Mushrooms	紅蘿蔔炒蛋 Scrambled Eggs with Carrot	有機青菜 Organic Vegetable	水果 Fruit	玉米濃湯 Corn Soup	奶皇包(65g) Sweet Custard Bun	4.7	2.8	1.2	2.4	1.0	0.1	749.0
5/17 (三)	五穀飯 Grain Rice	糖醋豆包 Sweet and Sour Bean Curd	筍絲炒蛋 Scrambled Eggs with Bamboo	紅燒干丁 Braised Dried Tofu	鐵板時蔬 Stir-fried Bean Sprouts and Black	履歷青菜 Fresh Vegetable	水果 Fruit	金針香菇湯 Daylily and Mushroom Soup	◎玉米香酥餅 Corn Pancakes x2	4.8	2.6	1.5	2.6	1.0	0.0	745.5
5/18 (四)	白飯 Rice	木耳炒素雞 Stir-fried Vegetarian Chicken and Fungus	山藥開素煮 Vegetarian Oden with Sweet Chili Bean	中國素炒 Chinese Cabbage with White Sauce	鮮菇海椒 Stir-fried Kelp and Shredded Ginger	有機青菜 Organic Vegetable	水果 Fruit	綠豆薯仁湯 Mung Beans and Job's Tears Soup	南瓜盒子 Pumpkin Bun	4.4	2.6	1.1	2.2	1.0	0.2	713.5
5/19 (五)	特餐 Stir-fried Bitter Noodles with Pumpkin	金瓜素肉絲炒米粉 Stir-fried Rice Noodles with Pumpkin	◎日式唐揚素雞塊 Vegetarian Karaage	豆豉苦瓜 Stir-fried Bitter Gourd	和風蒲燒 Japanese Braised Vegetables	履歷青菜 Fresh Vegetable	水果 Fruit	蕃茄蛋花湯 Tomato and Egg Drop Soup	紫米豆腐壽司 Black Rice Bean Curd Sushi	4.3	3.4	1.3	3.0	1.0	0.0	783.5
5/22 (一)	糙米飯 Brown Rice	BBQ滷花干 BBQ Bean Curd	彩蔬炒蛋 Scrambled Eggs with Vegetables	麻油高麗菜 Stir-fried Cabbage with Sesame Oil	芋香素肚 Stir-fried Taro and Bean Curd	履歷青菜 Fresh Vegetable	水果 Fruit	海帶結蘿蔔湯 Kelp Sprouts and Radish Soup	鬆餅X1+蘋果汁 Waffles+Apple Juice	4.6	3.1	1.4	2.7	1.0	0.1	783.0
5/23 (二)	白飯 Rice	雪菜干丁 Stir-fried Dried Tofu and Pickled Cabbage	塔香豆包 Bean Curd with Basil	胡瓜增粉絲 Stir-fried Mung Bean Noodles and Cucumber	銀芽三絲 Stir-fried Bean Sprouts and Black	有機青菜 Organic Vegetable	水果 Fruit	山藥蒸仁湯 Yam and Job's Tears Soup	沖繩黑糖捲 Black Sugar Roll	4.8	3.0	1.3	2.5	1.0	0.0	766.0
5/24 (三)	五穀飯 Grain Rice	蠔油油豆腐 Braised Oily Tofu with Oyster Sauce	秋葵炒蛋 Scrambled Eggs with Okra	鮮菇滑炒菜 Stir-fried Leaf Mustard and Mushrooms	糖醋素雞 Sweet and Sour Vegetarian Chicken	履歷青菜 Fresh Vegetable	水果 Fruit	鮮菇玉米湯 Mushroom and Corn Soup	油油細麵(60G)X1 Braised Oily Tofu (大豆)	4.8	2.8	1.4	2.6	1.0	0.0	758.0
5/25 (四)	白飯 Rice	香油千層干 Braised Bean Curd	西芹筍片炒豆腐 Stir-fried Dried Tofu with Celery and	蛋酥扁蒲 Bottle Gourd and Eggs	素炒皇帝豆 Stir-fried Lima Beans	有機青菜 Organic Vegetable	水果 Fruit	子圓燒仙草 Taro Balls and Grass Jelly	素麵點 Vegetarian Pan-fried Dumplings	4.6	3.3	1.2	2.4	1.0	0.0	767.5
5/26 (五)	特餐 Vegetarian Chicken Rice	素雞肉飯 Cumin Bean Curd	孜然豆包 Cumin Bean Curd	菜脯蛋 Scrambled Eggs with Preserved Radish	滷海帶豆皮結 Braised Kelp Sprouts and Bean Curd	履歷青菜 Fresh Vegetable	水果 Fruit	綠豆蛋花湯 Sponge Gourd and Egg Soup	水果雙拼 Fruits	4.5	3.2	1.1	2.6	1.0	0.0	759.5
5/29 (一)	糙米飯 Brown Rice	鐵板豆腐 Stir-fried Tofu	蕃茄炒蛋 Scrambled Eggs with Tomato	咖哩蔬菜 Vegetables Curry	梅乾菜苦瓜 Stir-fried Bitter Gourd and Preserved	履歷青菜 Fresh Vegetable	水果 Fruit	髮菜羹湯 Long Thread Moss Thick Soup	藍莓餐包X1 Blueberry Bread	4.8	2.7	1.2	2.5	1.0	0.0	741.0
5/30 (二)	白飯 Rice	蜜汁黑豆腐 Black Dried Tofu in Honey Sauce	鳳梨素肉塊 Stir-fried Vegetarian Meat and Pineapple	古早味蒸蛋 Steamed Egg	枸杞冬瓜 Stir-fried White Gourd with Gooi	有機青菜 Organic Vegetable	水果 Fruit	蓮藕玉米湯 Lotus Roots and Corn Soup	芝麻餐包 Sesame Bun	4.8	2.6	1.4	2.3	1.0	0.0	729.5
5/31 (三)	五穀飯 Grain Rice	菜炒素鮑 Stir-fried Vegetarian Squid and Vegetables	馬鈴薯烘蛋 Potato Frittata	茄汁白花椰 Cauliflower in Tomato Sauce	白菜油炒絲 SOIL-FRIED CHINESE Cabbage and Mung Bean	履歷青菜 Fresh Vegetable	水果 Fruit	苦瓜蔞瓜湯 Bitter Gourd and Preserved Gourd Soup	微笑薯餅 Hash Browns	4.8	3.2	1.2	2.3	1.0	0.0	769.5

◎表油炸物 Deep Fried Food
本校未使用輻射污染食品

菜單開立：邱筱涵(新北食品股份有限公司營養師)

菜單審核：郭怡琳(康橋國際學校林口校區營養師)