

康橋國際學校幼兒園(林口校區)  
111-1 學期十月份餐點表

KCIS Preschool Lunch and Snack Menu, October 2022

| 日期<br>Date   | 早餐<br>Breakfast   | 午餐<br>Lunch Menu's Detail           |   |  |                           |             |  | 下午點心<br>Afternoon Snack                                     | 營養成分分析<br>Nutrient Content Analysis |                  |                  |                             |           |           |              |
|--------------|---|-------------------------------------|---|--|---------------------------|-------------|--|---|-------------------------------------|------------------|------------------|-----------------------------|-----------|-----------|--------------|
|              |   | 黑米飯<br>Black Rice                   | ◎紅糖黑醋豬柳<br>Sweet and Sour Pork Loin             | 蛋酥白菜<br>Stir-fried Chinese Cabbage                 | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 絲瓜雞湯<br>Loofah and Chicken Soup          |   | 南瓜雞肉螺旋麵<br>Pumpkin Fusilli          | 全糖<br>糖豆漿<br>(份) | 全糖<br>雞蛋餅<br>(份) | 油鹽<br>及蛋<br>黃糖<br>子糖<br>(份) | 水果<br>(份) | 奶類<br>(份) | 熱量<br>(Kcal) |
| 10/3<br>(一)  | 水煮玉米段+薏仁漿<br>Corn+Job's Tears Milk                            | 黑米飯<br>Black Rice                   | ◎紅糖黑醋豬柳<br>Sweet and Sour Pork Loin             | 蛋酥白菜<br>Stir-fried Chinese Cabbage                 | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 絲瓜雞湯<br>Loofah and Chicken Soup          | 南瓜雞肉螺旋麵<br>Pumpkin Fusilli                                  | 6.5                                 | 2.3              | 1.9              | 1.2                         | 2.2       | 0         | 846          |
| 10/4<br>(二)  | 皮蛋瘦肉粥<br>Preserved Egg and Pork Congee                        | 糙米飯<br>Brown Rice                   | ☆蔥爆沙茶花枝<br>Sacha Cuttlefish                     | ★開陽扁扁<br>Stir-fried Bottle Gourd                   | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | 酸辣湯(不辣)<br>Chinese Hot and Sour Soup     | 芋泥包+芥菜<br>Taro Bun+Peanut Rice Milk                         | 6.1                                 | 2.2              | 1.9              | 1                           | 2.2       | 0         | 799          |
| 10/5<br>(三)  | 雞茸韭菜米粉湯<br>Minced Chicken and Vegetables with Rice Noodles    | 五穀飯<br>Grain Rice                   | 麻油豬肉片<br>Sesame oil Card Stir-fried Pork Slices | 紅燒冬瓜<br>Braised White Gourd and Goji               | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 味噌蔬菜湯<br>Miso Vegetable Soup             | 生煎包+鮮蔬湯<br>Pan Fried Bun+Fresh Vegetable Soup               | 6.1                                 | 2                | 1.7              | 1                           | 2         | 0.4       | 818          |
| 10/6<br>(四)  | 2種新鮮水果+麥片+鮮奶<br>Fruit+Cereal+Milk                             | 白飯<br>Rice                          | 字香雞球<br>Stir-Fried Chicken with Taro            | 海苔蒸蛋<br>Steamed Egg and Seaweed                    | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | 蓮藕排骨湯<br>Lotus Roots and Pork Rib Soup   | 肉絲炒飯<br>Fried Rice with Shredded Pork                       | 6.2                                 | 2                | 1.7              | 1.2                         | 2         | 0.4       | 837          |
| 10/7<br>(五)  | 義式菇蛋三明治+黑豆漿<br>Toast+Mushroom Fried Egg+Cheese+Black Soy Milk | 特餐                                  | 炸醬麵<br>Noodles With Minced Pork                 | 蔥油翅小翅<br>Braised Drummette                         | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 青木瓜排骨湯<br>Green Papaya and Pork Rib Soup | 鬆餅+無糖麥茶<br>Waffle+ Potato Soup                              | 6.1                                 | 2.2              | 1.8              | 1                           | 2.1       | 0.4       | 840          |
| 10/10<br>(一) | 國慶連假  |                                     |   |  |                           |             |  |   |                                     |                  |                  |                             |           |           |              |
| 10/11<br>(二) | 滑蛋雞粥<br>Chicken and Egg Congee                                | 糙米飯<br>Brown Rice                   | ☆紅燒魚丁<br>Braised Fish Dices                     | 木耳白花<br>Stir-fried Cauliflower and Black Fungus    | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | 養生雞湯<br>Healthy Chicken Soup             | 鮮肉包+冬瓜薏仁湯<br>Fresh Meat Buns+Pork Ribs Soup with Huanren    | 6.2                                 | 2                | 2.0              | 1                           | 2.1       | 0.4       | 837          |
| 10/12<br>(三) | 時蔬粉條羹<br>Mung Bean Noodles With Vegetables                    | 五穀飯<br>Grain Rice                   | 南洋咖喱豬<br>Coconut Curry Pork                     | 鮮菇燻雞<br>Stir-fried Loofah and Mushrooms            | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 山椒排骨湯<br>Yam Pork Rib Soup               | 牛奶饅頭+青菜豆腐湯<br>Milk Bun+Vegetable Tofu Soup                  | 6.1                                 | 2.2              | 1.9              | 1                           | 1.9       | 0         | 785          |
| 10/13<br>(四) | 2種新鮮水果+麥片+鮮奶<br>Fruit+Cereal+Milk                             | 白飯<br>Rice                          | 醬爆雞丁<br>Stir-fried Chicken with Soy Sauce       | 紅蘿蔔炒蛋<br>Scrambled Eggs with Carrot                | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | 肉片鮮菇湯<br>Mushroom Pork Slices Soup       | 古早味蘿蔔糕湯<br>Traditional Flavor Carrot Cake Soup              | 6                                   | 2.1              | 1.9              | 1.2                         | 2         | 0.4       | 835          |
| 10/14<br>(五) | 燒肉時蔬刈包+薏仁漿<br>Pork Belly Bun+ Mixed Grain Milk                | 特餐                                  | 日式豬肉炒烏龍<br>Japanese Stir-fried Oolong           | 味噌燒雞<br>Miso Chicken                               | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 南瓜濃湯<br>Pumpkin Soup                     | 杯子蛋糕+低糖豆漿<br>Cupcakes + Soy Milk with Lower Sugar           | 6.2                                 | 2                | 2.1              | 1                           | 2.1       | 0         | 791          |
| 10/17<br>(一) | 烤地瓜+紫菜豆腐湯<br>Sweet Potato + Seaweed Tofu Soup                 | 黑米飯<br>Black Rice                   | ◎炸醬排骨<br>Deep Fried Pork Ribs                   | 紅燒四季豆<br>Stir-fried Green Beans and Carrots        | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 玉米海椒湯<br>Corn and Kelp Soup              | 茄汁雞肉野菇蟹管麵<br>Chicken and Mushroom Fusilli with Tomato Sauce | 6.2                                 | 2.3              | 2.1              | 1                           | 2.3       | 0         | 823          |
| 10/18<br>(二) | 毛豆南瓜小米粥<br>Porridge with Pumpkin and Green Soybean            | 糙米飯<br>Brown Rice                   | ☆和風醬蒸魚<br>Steamed Fish with Japanese Sauce      | 海結燒豆腐<br>Braised Kelp and Tofu                     | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | 番茄金針湯<br>Tomato and Enoki Mushroom Soup  | 芝麻包+紅豆薏仁湯<br>Sesame Bao+ Red Bean and Job's Tears Soup      | 6.1                                 | 2.2              | 1.8              | 1                           | 2         | 0         | 787          |
| 10/19<br>(三) | 雞肉芹菜飯條湯<br>Chicken and Celery Rice Noodle Soup                | 五穀飯<br>Grain Rice                   | 蔥爆雞肉片<br>Stir-fried Pork Slices with Scallion   | 和風蒸蛋<br>Japanese Style Steamed Eggs                | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 黃豆芽肉絲湯<br>Soy Sprouts and Pork Soup      | 蔓越莓餐包+燒仙草<br>Cranberry Bread+Grass Jelly                    | 6.3                                 | 2.1              | 1.9              | 1                           | 2.2       | 0.4       | 853          |
| 10/20<br>(四) | 2種新鮮水果+麥片+鮮奶<br>Fruit+Cereal+Milk                             | 白飯<br>Rice                          | ◎糖醋雞丁<br>Sweet and Sour Chicken                 | 紅片胡瓜<br>Stir-fried Cucurbit and Carrot             | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | 什錦蛋花湯<br>Assorted Egg Drop Soup          | 鮮肉肉絲炒米粉<br>Thick Rice Noodles with Meat                     | 6.2                                 | 2.2              | 1.9              | 1.2                         | 2.1       | 0.4       | 861          |
| 10/21<br>(五) | 菇菇海苔小飯糰+低糖豆漿<br>Mushrooms Onigiri+ Soy Milk                   | 特餐                                  | 白醬奶油筆管麵<br>Alfredo Penne                        | 醬燒豬肉片<br>Stir-fried Pork Slices                    | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 番茄濃湯<br>Tomato Soup                      | 小籠包+五穀漿<br>Xiao Long Bao + Five Grain Soy Milk              | 6.2                                 | 2.2              | 1.9              | 1.2                         | 2.1       | 0.4       | 861          |
| 10/24<br>(一) | 南瓜沙拉+風味花椰菜燉湯<br>Pumpkin Salad + Flavored Cauliflower Stew     | 黑米飯<br>Black Rice                   | 豆瓣洋芋炒肉絲<br>Fermented Bean stir Sliced Pork      | 大黃瓜炒金針菇<br>Stir-fried Gherkin and Enoki Mushrooms  | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 玉米豆腐湯<br>Corn and Tofu Soup              | 咖喱雞肉飯<br>Chicken Rice with Curry Sauce                      | 6.1                                 | 2.3              | 1.6              | 1.4                         | 2.1       | 0         | 818          |
| 10/25<br>(二) | 雞茸玉米燕麥粥<br>Chicken and Corn Oatmeal Porridge                  | 糙米飯<br>Brown Rice                   | ☆咖喱燻魚丁<br>Curry Fish Dices with Vegetables      | 碧香茄子<br>Stir-fried Eggplant with Basil             | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | 蔬菜肉絲湯<br>Vegetable and Pork Soup         | 筒香肉包+黑豆漿<br>Bamboo Shoot and Pork Buns+Rice Milk            | 6.4                                 | 2.2              | 1.8              | 1.2                         | 1.9       | 0         | 816          |
| 10/26<br>(三) | 白菜油麵疙瘩<br>Cabbage Braised Gnocchi                             | 五穀飯<br>Grain Rice                   | 豚肉壽喜燒<br>Sukiyaki Pork                          | 鮮蔬炒寬粉<br>Assorted Vegetables and Mung Bean Noodles | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | ☆响仔魚蛋羹<br>Anchovy, Seaweed Soup          | 馬拉糕+黑糖地瓜湯<br>Cantonese Cake+Sweet Potato Soup               | 6.3                                 | 2.2              | 1.9              | 1.2                         | 2.2       | 0         | 825          |
| 10/27<br>(四) | 2種新鮮水果+麥片+鮮奶<br>Fruit+Cereal+Milk                             | 白飯<br>Rice                          | 三杯雞丁<br>Three-Cup Chicken Fillet                | 番茄炒蛋<br>Scrambled Egg with Tomato                  | 有機青菜<br>Organic Vegetable | 水果<br>Fruit | 金針花排骨湯<br>Lily Flower and Rib Soup       | 日式醬油肉拉麵<br>Ramen and Rib Chop                               | 6.2                                 | 2.1              | 1.5              | 1.2                         | 2.2       | 0.4       | 848          |
| 10/28<br>(五) | 饅頭夾蔥蛋+芥菜<br>Steamed Bun with Egg+Peanut Rice Milk             | 特餐                                  | 高麗肉絲炒飯<br>Cabbage and Pork Shreds Fried Rice    | ◎古早味鹽酥雞<br>Fried Chicken                           | 履歷青菜<br>Fresh Vegetable   | 水果<br>Fruit | 芥香蘿蔔湯<br>Radish Soup                     | 玉米餐包+薏仁飲<br>Corn Bun+Pearl Barley Milk                      | 6.5                                 | 2.3              | 1.7              | 1.2                         | 2.3       | 0         | 846          |
| 10/31<br>(一) | 蜜汁芋頭+金針肉絲湯<br>Honey Taro+ Lily Pork Soup                      | 粉紅義大利麵<br>Spaghetti with Pink Sauce | 蒲燒雞翅<br>Kabayaki Chicken                        | 滑蛋燻南瓜<br>Pumpkin with Scrambled Eggs               | 溫沙拉<br>Salade Tiede       | 水果<br>Fruit | 亞婆湯<br>Witch Soup                        | 米苔目海神花湯<br>Thick Rice Noodles with Roselle                  | 6.1                                 | 2.1              | 2.0              | 1                           | 1.9       | 0         | 780          |

☆表煎類 Fish ◎表油炸類 Deep Fried Food ★表帶殼海鮮 Shrimp and Shelled Seafood ●表牛牛製品

1. 幼兒園飲品甜度8以下 2. 幼兒園食材一律使用國產豬 3. 幼兒園未使用輻射污染食品

菜單開立：陳曠、蔡紫鳳(新北食品股份有限公司營養師)；菜單審核：鄭涵之、劉育麟(康橋國際學校林口校區營養師)