

2018年2月份康橋國際學校(青山校區)午餐及點心菜單

Lunch and Snack Menu, February 2018

日期 Date	星期 Day	營養午餐 Nutritional Lunch					新鮮水果 Fruit	下午點心 Afternoon Snack	營養分析						
		午餐菜單內容 Lunch Menu's Detail							五穀 根莖	豆蛋 魚肉	蔬菜 類	水果 類	油脂 類	熱量	
1/29	一	玉米肉茸蔬菜粥 Porridge With Corn And Pork And Vegetable	白飯 Rice	義式番茄雞排 Chicken	海苔蒸蛋 Egg And Seaweed	有機蔬菜 Organic Vegetable	芥菜排骨湯 Brassica juncea And Pork Soup	V	芋頭椰奶西米露 Sweet Soup With Yam	5.4	2	2.0	1	2	728
1/30	二	蜜地瓜+豆腐蔬菜湯 Sweet Potato And Tofu And Vegetable Soup	燕麥飯 Oatmeal Rice	清蒸鯛魚 Fish	腐皮白菜 Tofu And Chinese Cabbage	有機蔬菜 Organic Vegetable	牛蒡蘿蔔燉湯 Burdock And Carrot Soup	V	蔥燒包+薏仁軟 Bun And Pearl Barley Syrup	5.2	2.2	2.0	1	2	729
1/31	三	蒜香時蔬義大利麵 Fusilli And Garlic And Vegetable	白飯 Rice	洋葱肉片 Onion And Pork	紅蘿蔔炒蛋 Fried Egg With Carrot	有機蔬菜 Organic Vegetable	薑絲冬瓜湯 Winter Melon and Ginger	V	2種水果+優格 Fruit And Yougurt	5.2	2	2.0	2	2	774
2/1	四	鮮奶+麥片+2種新鮮水果 Fruit And Cereal And Milk	白飯 Rice	◎炸雞排 Chicken	什錦蒲瓜 Cucumber	有機蔬菜 Organic Vegetable	馬鈴薯肉絲湯 Potato And Pork Soup	V	關東煮(蘿蔔*1+油豆腐*1+玉米*1) Kantoni	5.2	2.2	2.0	1	2	729
2/2	五	番茄起司雞腿堡(番茄片+起司片+雞腿排+小漢堡)+黑芝麻豆漿 Hamburger And Black Soybean Milk	紫米飯 Black Glutinous Rice	蘑菇豬排 Pork And Mushroom	九層塔炒蛋 Fried Egg With Basil	有機蔬菜 Organic Vegetable	味噌海芽湯 Miso And Seaweed Soup	V	什錦湯麵 Noodle Soup	5.1	2	2.1	1	2	710
2/5	一	清粥小菜(白粥+蘿蔔麵筋+炒高麗菜+炒蛋) Porridge And Carrot And Cabbage And Egg	白飯 Rice	三杯雞 Basil And Chicken	豆酥炒長豆 Longbean	有機蔬菜 Organic Vegetable	髮菜豆腐羹 Nostoc flagelliforme And Tofu Soup	V	紅豆小湯圓 Redbean And Dumpling	5.2	2.2	2.0	1	2	729
2/6	二	玉米海苔捲+鮮奶 Bun With Seaweed And Corn And Milk	地瓜飯 Sweet Potato Rice	薑燒豬肉炒菠菜 Ginger And Pork And Spinach	茄汁豆腐 Tofu	有機蔬菜 Organic Vegetable	洋葱清湯 Onion Soup	V	南瓜炒米粉 Rice Noodle	5.1	2.3	2.2	1	2	735
2/7	三	客家板條湯 Flat Noodle	白飯 Rice	白菜獅子頭 Pork And Cabbage	塔香茄子 Eggplant And Basil	有機蔬菜 Organic Vegetable	四神湯 Four Spirit Soup	V	沙拉蛋吐司+五穀漿 Toast And Salad And Egg And Mixed Grain	5.3	2.2	2.0	1	2	736
2/8	四	鮮奶+麥片+2種新鮮水果 Fruit And Cereal And Milk	薑黃飯 Turmeric Rice	烤雞腿 Drumstick	雙色花椰 Cauliflower	有機蔬菜 Organic Vegetable	白玉排骨湯 Carrot And Pork Soup	V	蛋*1+海帶結 Tofu And Egg And Seaweed	5.2	2.2	2.0	1	2	729
2/9	五	鮭魚沙拉潛艇堡(鮭魚沙拉+潛艇堡)+燕麥飲 Burger And Oatmeal Syrup	白飯 Rice	豆鼓豬柳 Pork	古早味蒸蛋 Egg	有機蔬菜 Organic Vegetable	香菇雞湯 Mushroom And Chicken	V	小銀絲卷+黑豆奶 Bun And Black Soybean Syrup	5.1	2.2	2.0	1	2	722
2/21	三	木須炒麵疙瘩 Fungus And Dumpling	白飯 Rice	義式烤雞排 Chicken	肉絲筍片 Bamboo Shoot And Pork	有機蔬菜 Organic Vegetable	金針蘿蔔燉湯 Daylily and Carrot Soup	V	綠豆薏仁湯 Greenbean And Barley Sweet Soup	5.2	2	2.0	1	2.2	723
2/22	四	鮮奶+麥片+2種新鮮水果 Fruit And Cereal And Milk	紫米飯 Black Glutinous Rice	壽喜燒豬肉 Pork	滷味拼盤 Tofu And Seaweed	有機蔬菜 Organic Vegetable	芹香香菇肉絲米苔目湯 Celery And Mushroom And Pork And Rice	V	炒裸仔條 Flat Noodle	5.3	2.2	2.0	1	2	736
2/23	五	起司肉蛋吐司(吐司+起司片+肉排+香菇炒蛋)薏仁飲 Toast And Pearl Barley Syrup	白飯 Rice	蘑菇雞排 Chicken And Mushroom	彩椒蘿蔔鮑菇 Pepper And Carrot And Mushroom	有機蔬菜 Organic Vegetable	三絲筍絲湯 Bamboo Shoot Soup	V	傳統壽司+紫菜湯 Sushi And Seaweed Soup	5.2	2	2.1	1	2	717
2/26	一	皮蛋瘦肉粥 Preserved Egg And Pork Soup	白飯 Rice	親子井 Chicken And Egg	塔香海茸 Basil And Seaweed	有機蔬菜 Organic Vegetable	青木瓜燉湯 Green Papaya Soup	V	2種水果鬆餅+無糖豆漿 Waffle And Fruit And Non Sugar Soybean Milk	5.1	2.3	2.0	1	2	730
2/27	二	地瓜捲+鮮奶 Bun With Sweet Potato And Milk	玉米飯 Corn Rice	瓜仔肉 Pork And Tofu	焗烤青花洋芋 Cauliflower And Cheese	有機蔬菜 Organic Vegetable	番茄蛋花湯 Tomato And Egg Soup	V	麻油高麗麵線 Vermicelli And Cabbage And Sesame Oil	5.3	2	2.0	1	2	721

菜單設計:杜嘉雯(昱品食品有限公司營養師)

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註:◎表炸物