

2018年5月份康橋國際學校(青山校區)午餐及點心菜單

Lunch and Snack Menu, May 2018

日期 Date	星期 Day	營養午餐 Nutritional Lunch						下午點心		營養分析					
		午餐菜單內容 Lunch Menu's Detail						水果 Fruit	Afternoon Snack	五穀 根莖 類	豆蛋 魚內 類	蔬菜 類	水果 類	油脂 類	熱量
5/1	二	不供餐													
5/2	三	客家板條湯 Flat Noodle Soup	白飯 Rice	清蒸鯛魚 Fish	燒桂竹筍 Bamboo shoot	有機蔬菜	海帶黃豆芽湯 Seaweed And Sprout Soup	V	自製奶香PIZZA + 芝麻豆漿 Pizza And Black Soybean Milk	4.5	2	1.5	1	2	653
5/3	四	鮮奶+麥片+2種新鮮水果 Fruit And Cereal And Milk	綠豆仁飯 Greenbean Rice	腰果雞球 Cashew Nut And Chicken	薑燒絲瓜 Loofah	有機蔬菜	什錦菇菇肉片湯 Mushroom And Pork Soup	V	什錦蔥香炒米苔目 Rice Noodle	5	2	2.0	2	1.5	738
5/4	五	饅頭洋蔥磨菇蛋(鮮奶饅頭+洋蔥磨菇炒蛋)+五穀漿 Bun And Mixed Grain Syrup	白飯 Rice	京都排骨 Pork	西芹炒豆包 Celery And Tofu	有機蔬菜	昆布小魚湯 Seaweed And Dries Fish Soup	V	上海菜飯 Fried Rice With Vegetable	5.2	2	2.0	1	1.5	692
5/7	一	吻仔魚蔬菜粥 Porridge With anchovy And Vegetable	白飯 Rice	蘿蔔燉肉 Carrot And Pork	青椒炒豆乾 Pepper And Tofu	有機蔬菜	金針白玉燉湯 Daylily And Carrot Soup	V	花豆仙草蜜 Grass Jelly And Kidney Bean Sweet Soup	5	1.5	2.0	1	2	663
5/8	二	芋頭捲+鮮奶 Bun With Yam And Milk	紅藜麥飯 Quinoa Rice	照燒雞丁 Chicken	脆炒三絲 Seaweed	有機蔬菜	台式洋芋肉片湯 Potato And Pork Soup	V	肉包+紫菜湯 Bun And Seaweed Soup	5	2	2.0	2	1.5	738
5/9	三	義式螺旋麵 Fusilli	白飯 Rice	豆酥雪梨鯛魚 Fish	彩椒鮑菇花椰菜 Mushroom And Cauliflower And Penner	有機蔬菜	長年菜雞湯 Brassica juncea And Chicken Soup	V	鱈魚沙拉吐司+低糖桂圓紅棗茶 Toast With Salad And Longan And Jujube	4.5	2	2.0	1	1.5	643
5/10	四	鮮奶+麥片+2種新鮮水果 Fruit And Cereal And Milk	糙米飯 Brown Rice	燒雞翅 Chicken Wing	椰香咖哩時蔬 Curry And Vegetable	有機蔬菜	山藥蔥仁湯 Chinese Yam And Barley Soup	V	家常炒米粉 Fried Rice Noodle	5	2	1.8	2	2	755
5/11	五	義式烤腿排堡(小漢堡+義式烤腿排+起司)+薯仁飲 Burger And Chicken And Cheese And Barley Syrup	白飯 Rice	洋葱豬肉 And Onion	豆豉苦瓜 Bitter Melon	有機蔬菜	結頭菜燉湯 Kohlrabi Soup	V	傳統壽司+蔥香味噌湯 Sushi And Miso And Scallion Soup	5	2	1.5	1	2	688
5/14	一	皮蛋瘦肉粥 Porridge With Pork And Preserved Egg Porridge With Corn And Pork And Vegetable	燕麥飯 Oat Meal Rice	咖哩烤雞排 Curry And Chicken	菠菜炒冬粉 Spinach And Greenbean Noodle	有機蔬菜	四神湯 Four Spirit Soup	V	銀耳地瓜湯 White Fungus And Sweet Potato Soup	4.5	2	1.5	1	2	653
5/15	二	牛蒡山藥湯 Burdock And Chinese Yam Soup	白飯 Rice	粉蒸排骨 Pork	洋蔥炒蛋 Fried Egg And Onion	有機蔬菜	薑絲冬瓜湯 Winter Melon And Ginger Soup	V	關東煮(白蘿蔔*1+玉米段*1+海帶結*1) Carrot And Corn	5	2	2.0	2	1.5	738
5/16	三	味噌豚骨拉麵 Noodle With Miso And Pork	紫米飯 Black Glutinous Rice	番茄糖醋魚 Fish And Tomato	木耳瓠瓜 Fungus And Cucumber	有機蔬菜	蒜香白花椰湯 Cauliflower And Garlic Soup	V	原味小餐包+馬鈴薯濃湯 Bun And Potato Cream Soup	5.2	2	2.0	1	1.5	692
5/17	四	鮮奶+麥片+2種新鮮水果 Fruit And Cereal And Milk	白飯 Rice	鐵路豬柳 Pork	燒茄子 Eggplant	有機蔬菜	客家湯圓 Dumpling And Vegetable Soup	V	蔥燒烏龍麵 Fried Wolong Noodle	5	1.5	2.0	1	2	663
5/18	五	海苔玉米菇菇烤飯糰(白飯1/4盆+玉米粒炒鴻禧菇+海苔片)+高麗菜湯 Origini And Cabbage Soup	小米飯 Millet Rice	◎炸雞腿 Drumstick	韭菜金針菇 燒豆腐 Leek And Mushroom And Tofu	有機蔬菜	福菜排骨湯 Pickled Vegetable And Pork Soup	V	起司包+燕麥奶 Bun and Oat Meal Syrup	5	2	2.0	2	1.5	738
5/21	一	魚片粥 Porridge With Fish	白飯 Rice	蘿蔔燒雞 Carrot And Chicken	雪菜百頁 Pickled Vegetable And Tofu	有機蔬菜	玉米濃湯 Corn Cream Soup	V	綠豆沙西米露 Greenbean Sweet Soup	5	2	1.8	1	2	695
5/22	二	南瓜包+鮮奶 Bun With Pumpkin And Milk	白飯 Rice	泰式打拋肉 Pork And Tofu	白菜木耳炒紅蘿蔔 Chinese Cabbage And Fungus And Carrot	有機蔬菜	高麗菜肉骨茶 Bak Ku Te h Soup	V	雞柳蛋炒飯 Fried Rice With Egg And Chicken	5.1	2	2.0	1	1.5	685
5/23	三	麻油麵線 Vermicelli And Sesame Oil	白飯 Rice	清蒸鯛魚 Fish	彩椒海草 Seaweed And Pepper	有機蔬菜	蓮藕排骨湯 Lotus Root And Pork Soup	V	紅醬鹹派+無糖豆漿 Tart With Tomato And Non sugar Soybean Milk	5	2	2.0	1	2	700
5/24	四	鮮奶+麥片+2種新鮮水果 Fruit And Cereal And Milk	五穀飯 Mixed Grain Rice	香菇菇肉片 Mushroom And Pork	什錦年糕條 Rice Cake And Vegetable	有機蔬菜	絲瓜蛋花湯 Loofah And Egg Soup	V	木頭麵疙瘩 Dumpling And Fungus	5	2	1.5	2	2	748
5/25	五	蕃茄焗起司蛋吐司(全麥吐司+蕃茄片+起司炒蛋)+黑芝麻豆漿 Toast And Black Soybean Milk	白飯 Rice	油雞腿 Drumstick	什錦豆腐羹 Tofu	有機蔬菜	羅宋湯 Tomato Soup	V	油肉蓋飯 Rice And Pork	5	2	1.8	1	2	695
5/28	一	雞茸玉米粥 Porridge With Chicken And Corn	白飯 Rice	涼薯肉絲 Pachyrhizus erosus And Pork	枸杞絲瓜 Loofah	有機蔬菜	味噌蛋花湯 Miso And Egg Soup	V	紅豆薏仁蓮子湯 Rebban And Barley And Lotus Sweet Soup	5	2	2.0	2	1.5	738
5/29	二	芋頭米苔目湯 Rice Noodle And Yam Soup	胚芽飯 Semi Polished Rice	麻油雞 Sesame Oil And Chicken	青花扇皮 Cauliflower And Tofu	有機蔬菜	脆筒香蒜嫩湯 Bamboo Shoot And Mushroom Soup	V	油味(百頁豆腐*1+白蘿蔔*1+油蛋*1)+番茄蔬菜湯 Tofu And Carrot And Egg And Tomato Soup	5.2	2	2.0	1	1.5	692
5/30	三	韭香雞絲蔬菜湯 Mee With Leek And Vegetable And Chicken	白飯 Rice	梅干扣肉 Preserved Vegetable And Pork	干絲炒水蓮 Tofu And Water Lily	有機蔬菜	鳳梨苦瓜湯 Pineapple And Bitter Melon Soup	V	義式烤薯條+大白菜木耳湯 Potato And Chinese Cabbage And Fungus Soup	5	1.5	2.0	1	2	663
5/31	四	鮮奶+麥片+2種新鮮水果 Fruit And Cereal And Milk	白飯 Rice	玉米雞丁 Chicken And Corn	鐵板高麗菜 Cabbage	有機蔬菜	青菜豆腐湯 Vegetable And Tofu Soup	V	肉燥乾拌麵 Noodle And Pork	5	2	2.0	2	1.5	738

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註:◎表炸物