

2017年10月份康橋國際學校幼兒園(青山校區)午餐及點心菜單

Lunch and Snack Menu, October 2017

日期	星期	早餐	營養午餐 Nutritional Lunch				新鮮水果	下午點心	營養分析						
Date	Day	Breakfast	午餐菜單內容 Lunch Menu's Detail				Fruit	Afternoon Snack	五穀根	豆蛋魚	蔬菜類	水果類	油脂類	熱量	
10/2	一	高麗肉茸粥Porridge With Cabbage And Pork	燕麥飯 Oat Meal Rice	沙茶牛蒡肉片 Burdock And Pork	家常寬粉 Greenbean Noodle	有機蔬菜 Organic Vegetable	四神湯 Four Spirit Soup	V	青醬蛤蜊義大利麵 Pasta With Basil And Clam	5.1	2.3	2.2	1	2	735
10/3	二	芋頭米粉湯 Rice Noodle With Yam	白飯 Rice	彩椒雞丁 Pepper And Chicken	焗烤南瓜馬鈴薯 Pumpkin And Potato And Cheese	有機蔬菜 Organic Vegetable	蛤蜊冬瓜湯 Clam And Winter Melon	V	月餅+低糖桂圓紅棗茶 Moon Cake And Longan And Chinese Red Wolfberry	5.5	2.2	2.0	1	2	750
10/4	三	中秋節													
10/5	四	鮮奶+麥片+2種新鮮水果 Fruit And Cereal And Milk	白飯 Rice	鐵路肉排 Pork	紅絲炒蛋 Fried Egg With Carrot	有機蔬菜 Organic Vegetable	客家湯圓 Hokka Dumpling	V	大滷湯餃 Dumpling Soup	5.2	2.2	2.0	1	2	729
10/6	五	雞蛋鮪魚三明治+黑芝麻豆漿 Tuna Sandwich And Black Soybean Syrup (白吐司+水煮蛋鮪魚沙拉+小黃瓜絲)	小米飯 Millet Rice	◎炸雞腿 Drumstick	鴻禧菇燒大黃瓜 Cucumber And Mushroom	有機蔬菜 Organic Vegetable	福菜排骨湯 Monochoria And Pork Soup	V	紅豆紫米湯 Redbean And Black Glutinous Sweet Soup	5.4	2.2	2.0	1	2	743
10/11	三	肉絲板條湯 Flat Noodle With Pork	白飯 Rice	蘋果雞丁 Apple And Chicken	野菜豆腐煲 Vegetable And Tofu	有機蔬菜 Organic Vegetable	藥膳排骨湯 Herb And Pork	V	全麥起司包+紫菜湯 Cheese Bun And Seaweed Soup	5.3	2.2	2.0	1	2	736
10/12	四	鮮奶+麥片+2種新鮮水果 Fruit And Cereal And Milk	五穀飯 Mixed Grain Rice	蘑菇肉片 Mushroom And Pork	椰香咖哩時蔬 Curry And Vegetable	有機蔬菜 Organic Vegetable	絲瓜蛋花湯 Loofah And Egg Soup	V	關東煮(蘿蔔*2+油豆腐*1) Kantoni	5.1	2.3	2.2	1	2	735
10/13	五	肉鬆饅頭蛋+燕麥飲 Bun And Oatmeal Milk (鮮奶饅頭+炒蛋+肉鬆)	白飯 Rice	滷雞腿 Drumstick	塔香杏鮑菇豆腐 Basil And Mushroom And Tofu	有機蔬菜 Organic Vegetable	冬瓜肉片湯 Winter Melon And Pork Soup	V	綠豆沙西米露 Greenbean Sweet Soup	5.3	2.2	2.0	1	2	736
10/16	一	地瓜肉茸鹹粥 Porridge With Sweet Potato And Pork	白飯 Rice	涼薯肉絲 Pachyrhizus erosus And Pork	枸杞絲瓜 Gouqi And Loofah	有機蔬菜 Organic Vegetable	青菜豆腐湯 Vegetable And Tofu	V	木須炒麵 Fried Noodle With Fungus	5.2	2.2	2.0	1	2	729
10/17	二	蘿蔔牛蒡排骨湯 Carrot And Burdock With Pork Soup	胚芽飯 Semi Polished Rice	麻油雞柳 Sesame And Chcken	蒲瓜炒三絲 Lagenaria Siceria	有機蔬菜 Organic Vegetable	冬菜白玉排骨湯 Carrot And Pork Soup	V	筍香肉包+五穀漿 Bun And Mixed Grain Syrup	5.1	2.2	2.0	1	2	722
10/18	三	米粉湯麵 Rice Noodle Soup	白飯 Rice	梅干扣肉 Preserved Vegetable And Pork	干絲炒水蓮 Tofu And White Snowflake	有機蔬菜 Organic Vegetable	玉米海結湯 Corn And Seaweed Soup	V	檸檬愛玉湯 Aiyu Sweet Soup	5.2	2	2.0	1	2.2	723
10/19	四	鮮奶+麥片+2種新鮮水果 Fruit And Cereal And Milk	芝麻飯 Sesame Rice	和風日式燒魚 Fish	西芹豆包絲 Celery And Tofu	有機蔬菜 Organic Vegetable	味噌蛋花湯 Miso And Egg Soup	V	豬肉餡貼+大黃瓜香菇湯 Dumpling And Cucumber And Mushroom Soup	5.2	2.2	2.0	1	2	729
10/20	五	海苔包飯+菇菇蔬菜湯 Origami And Vegetable Soup (海苔片+雞腿排+小黃瓜絲+炒蛋+白飯)	芋頭飯 Yam Rice	五香滷雞翅 Chicken Wing	洋葱炒蛋 Fried Egg With Onion	有機蔬菜 Organic Vegetable	羅宋湯 Tomato Soup	V	蛋塔+豆漿 Egg Tart And Soybean Syrup	5.1	2	2.1	1	2	710
10/23	一	筍香雞茸粥 Porridge With Bamboo Shoot And Chicken	白飯 Rice	冬瓜滷小排 Winter Melon And Pork	奶香洋芋 Potato	有機蔬菜 Organic Vegetable	雲耳香菇湯 Fungus And Mushroom Soup	V	葡萄乾+優格+黑芝麻粉 Raisin + Yougurt+Black Sesame Seed Powder	5.2	2.3	2.0	1	2	737
10/24	二	水煮玉米+蔬菜湯 Corn And Vegetable Soup	玉米飯 Corn Rice	◎大阪燒豬排 Pork	蒸三色蛋 Steamed Egg	有機蔬菜 Organic Vegetable	鳳梨苦瓜雞湯 Pineapple And Bitter Melon And Chicken Soup	V	自製烤PIZZA+低糖冬瓜露 Pizza+Hyptis suaveolens	5.3	2	2.0	1	2	721
10/25	三	米苔目鹹湯 Rice Pasta Soup	白飯 Rice	樹子蒸魚 Fish And Cordia Dichotoma	香菇肉燥蛋羹 Mushroom And Pork And Egg	有機蔬菜 Organic Vegetable	青木瓜燉湯 Green Papaya Soup	V	檸檬QQ愛玉湯 Aiyu Sweet Soup	5.2	2.2	2.0	1	2	729
10/26	四	鮮奶+麥片+2種新鮮水果 Fruit And Cereal And Milk	白飯 Rice	番茄獅子頭 Pork And Tomato	腰果玉米干丁 Cashew Nut And Corn And Tofu	有機蔬菜 Organic Vegetable	海鮮魚片豆腐湯 Fish And Tofu Soup	V	高麗菜包+黑芝麻豆奶 Bun And Black Soybean Syrup	5.1	2	2.1	1	2	710
10/27	五	百味小漢堡+珍珠薏仁露 Hamburger And Pearl Barley Syrup (小漢堡+蕃茄片+起司片+里肌肉絲)	薑黃飯 Turmeric Rice	莎莎鳳梨雞丁 Pineapple And Chicken	滷白菜 Chinese Cabbage	有機蔬菜 Organic Vegetable	菇菇濃湯 Mushroom Cream Soup	V	冰心地瓜+蔬菜湯 Sweet Potato And Vegetable Soup	5.2	2	2.0	1	2	714
10/30	一	小米瘦肉粥 Porridge With Millet And Pork	紅藜麥飯 Quinoa Rice	三杯雞丁 Chicken	螞蟻上樹 Greenbean	有機蔬菜 Organic Vegetable	蓮藕排骨湯 Lotus And Pork Soup	V	水煎包+金針蘿蔔湯 Fried Bun And Daylily And Carrot Soup	5.3	2	2.0	1	2	721
10/31	二	茄香起司馬鈴薯+蘿蔔湯 Baked Cheese Potato And Carrot Soup	白飯 Rice	沙茶洋葱肉片 Onion And Pork	枸杞香菇炒蛋 Fried Egg With Gouqi And Mushroom	有機蔬菜 Organic Vegetable	酸辣湯 Bamboo Shoot And Tofu Soup	V	家常炒米粉 Rice Noodle	5.2	2.2	2.0	1	2	729

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