

康橋國際學校林口校區素食 114年8月份菜單

| 日期<br>Date  | 午餐<br>Lunch Menu's Detail   |                                                                            |                                                                              |                                                               |                                                                             |                         |             |                                                   | 營養成分分析<br>Nutritional Content Analysis |                      |                |                |                |              |       |
|-------------|-----------------------------|----------------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------------------|-------------------------|-------------|---------------------------------------------------|----------------------------------------|----------------------|----------------|----------------|----------------|--------------|-------|
|             | 主食                          | 主菜1                                                                        | 主菜2                                                                          | 副菜1                                                           | 副菜2                                                                         | 副菜3                     | 水果          | 湯品                                                | 全穀<br>雜糧<br>類<br>(份)                   | 豆乳<br>蛋肉<br>類<br>(份) | 蔬菜<br>類<br>(份) | 水果<br>類<br>(份) | 乳品<br>類<br>(份) | 熱量<br>(Kcal) |       |
| 8/1<br>(五)  | 特餐                          | 蘑菇醬麵飯麵<br>Stir-fried Noodles with Mushroom Sauce                           | ◎△酥炸海苔雞排<br>Deep-fried Corn Chicken Steak                                    | 家常豆腐<br>Braised Tofu                                          | 香菇高麗菜<br>Stir-fried Cabbage                                                 | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 薑絲冬瓜湯<br>White Gourd Soup with Shredded Ginger    | 3.9                                    | 3.1                  | 1.3            | 2.5            | 1.0            | 0.0          | 710.5 |
|             | 特餐                          | 烏龍麵 素蚵絲 毛豆 磨菇 玉米 紅蘿蔔                                                       | 素玉米雞排X2 海苔粉                                                                  | 板豆腐 紅蘿蔔 薑                                                     | 高麗菜 香菇                                                                      |                         |             | 冬瓜 洋蔥仁 薑絲                                         |                                        |                      |                |                |                |              |       |
| 8/4<br>(一)  | 糙米飯<br>Brown Rice           | 九層塔烘蛋<br>Frittata with Basil                                               | 蜜汁烤翅<br>Braised Wheat Gluten in Honey Sauce                                  | 芹香炒豆干<br>Stir-fried Dried Tofu with Celery                    | 清炒雙花<br>Stir-fried Broccoli and Cauliflower                                 | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 苦瓜湯<br>Bitter Gourd and Pineapple Soup            | 4.0                                    | 3.5                  | 1.2            | 3.0            | 1.0            | 0.0          | 767.5 |
|             | 素糙米                         | 雞蛋 九層塔                                                                     | 烤翅 白芝麻 磨菇                                                                    | 白豆干 芹菜 黑木耳 紅蘿蔔                                                | 白花菜 青花菜 薑絲                                                                  |                         |             | 苦瓜 腐瓜                                             |                                        |                      |                |                |                |              |       |
| 8/5<br>(二)  | 白飯<br>Rice                  | △日式味噌素肉排<br>Miso Vegetarian Steak                                          | 素沙茶炒麵(含芝麻)<br>Stir-Fried Vegetarian Taiwanese Sausage with Satay Sauce       | 蛋片燴黃瓜<br>Stir-fried Cucumber and Egg                          | 豆薯炒茭白筍<br>Stir-fried Water Bamboo                                           | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 雙圓燒仙草<br>Taro Balls in Grass Jelly                | 4.0                                    | 3.3                  | 1.3            | 2.4            | 1.0            | 0.0          | 728.0 |
|             | 素                           | 牛蒡排X2                                                                      | 麵腸 油菜 紅蘿蔔                                                                    | 大黃瓜 雞蛋 枸杞                                                     | 豆薯 茭白筍 紅椒                                                                   |                         |             | 仙草汁 芋圓 地瓜圓                                        |                                        |                      |                |                |                |              |       |
| 8/6<br>(三)  | 特餐                          | 什錦沙茶炒麵(含芝麻)<br>Stir-fried Noodles with Assorted Ingredients in Satay Sauce | 照燒豆包<br>Teriyaki Bean Curd                                                   | 西芹筍片炒豆結<br>Stir-fried Dried Tofu and Bamboo Shoots and Celery | 椰瓜炒蛋<br>Stir-fried Eggs with Zucchini                                       | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 髮菜羹湯<br>Faat Choy Thick Soup                      | 3.9                                    | 3.0                  | 1.1            | 2.1            | 1.0            | 0.0          | 680.0 |
|             | 特餐                          | 黃油麵 素肉絲 空心菜 木耳絲 紅蘿蔔 素沙茶(含芝麻)                                               | 豆包 芝麻                                                                        | 豆皮結 竹筍片 西洋芹                                                   | 雞蛋 椰瓜                                                                       |                         |             | 竹筍 金針菇 髮菜                                         |                                        |                      |                |                |                |              |       |
| 8/7<br>(四)  | 白飯<br>Rice                  | △薑燒百晨雞<br>Ginger Braised Vegetarian Chicken                                | 雙鍋干片<br>Double-cooked Dried Tofu Slices                                      | 鮮菇炒寬冬粉<br>Stir-fried Mung Bean Noodles with Fresh Vegetables  | 燉菜炒麵<br>Braised Radish and Sliced Wheat Gluten                              | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 胡瓜湯<br>Gourd Soup                                 | 4.0                                    | 3.0                  | 1.3            | 2.4            | 1.0            | 0.0          | 705.5 |
|             | 素                           | 素百晨雞 薑                                                                     | 豆干片 青椒 紅椒                                                                    | 高麗菜 寬冬粉 芹菜 香菇                                                 | 白蘿蔔 麵筋泡 毛豆                                                                  |                         |             | 胡瓜 枸杞                                             |                                        |                      |                |                |                |              |       |
| 8/8<br>(五)  | 特餐                          | 韓式炸醬飯<br>Korean Jajang Rice                                                | ◎韓式辣甜豆腐<br>Korean-style Sweet and Sour Tofu                                  | 宮廷年糕<br>Royal-style Stir-fried Rice Cake                      | 韓式辣菜粉絲<br>Korean Japchae                                                    | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 紫顏蔬菜湯<br>Vegetarian Ginseng Soup                  | 4.0                                    | 3.4                  | 1.1            | 2.3            | 1.0            | 0.0          | 726.0 |
|             | 特餐                          | 白米 素雞肉 肉干丁 高麗菜                                                             | 板豆腐X6 彩椒 鳳梨                                                                  | 年糕條 素肚 紅蘿蔔 芝麻                                                 | 冬粉 蔬菜 木耳 紅蘿蔔 香菇 芝麻                                                          |                         |             | 大白米 茶顏糯米 紅棗                                       |                                        |                      |                |                |                |              |       |
| 8/11<br>(一) | 糙米飯<br>Brown Rice           | 咖哩什錦蔬菜<br>Assorted Vegetables in Curry Sauce                               | 梅菜滷筍絲麵<br>Braised Noodle Rolls with Pickled Mustard Greens and Bamboo Shoots | 菜脯蛋<br>Scrambled Eggs with Dried Radish                       | 翠炒鮑菇<br>Stir-fried King Oyster Mushroom                                     | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 肉骨茶<br>Bak Kut The                                | 3.9                                    | 3.0                  | 1.2            | 2.7            | 1.0            | 0.0          | 709.5 |
|             | 素糙米                         | 凍豆腐X5 紅蘿蔔 蘋果 米粉                                                            | 筍絲 麵筋 梅乾菜                                                                    | 雞蛋 菜脯                                                         | 杏鮑菇 甜豆 紅蘿蔔                                                                  |                         |             | 高麗菜 杏鮑菇 薑片                                        |                                        |                      |                |                |                |              |       |
| 8/12<br>(二) | 白飯<br>Rice                  | 南瓜豆結煲<br>Pumpkin and Bean Curd Stew                                        | 鮮菇炒素肚<br>Stir-fried Vegetarian Tripe with Pickled Cabbage                    | ◎咖哩炸花菜<br>Deep-fried Cauliflower with Curry Sauce             | 鮮菇炒竹筍<br>Stir-fried Bamboo Shoots and Mushroom                              | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 珍珠麥芽飲品<br>Barley Milk Tea with Pearls             | 4.0                                    | 3.1                  | 1.1            | 2.3            | 1.0            | 0.1          | 718.5 |
|             | 素                           | 豆皮結 南瓜 紅蘿蔔                                                                 | 素肚 酸菜 薑絲                                                                     | 白花菜                                                           | 竹筍 鴻喜菇 紅蘿蔔                                                                  |                         |             | 粉圓 大麥 奶粉                                          |                                        |                      |                |                |                |              |       |
| 8/13<br>(三) | 特餐                          | 刈包<br>Gua Bao                                                              | 玉米炒蛋<br>Scrambled Eggs with Corn                                             | 梅干菜燒豆干<br>Stir-fried Diced Tofu with Preserved Mustard Greens | 鐵板時蔬<br>Stir-fried Vegetables                                               | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 奶香磨菇濃湯<br>Creamy Mushroom Soup                    | 4.0                                    | 3.0                  | 1.2            | 2.4            | 1.0            | 0.1          | 718.0 |
|             | 特餐                          | 刈包 花生粉                                                                     | 雞蛋 玉米                                                                        | 大豆干(75G) 梅干菜                                                  | 豆芽菜 白干絲 紅蘿蔔 木耳 奶油                                                           |                         |             | 馬鈴薯 磨菇 香菇 洋葱 奶粉 洋葱菜                               |                                        |                      |                |                |                |              |       |
| 8/14<br>(四) | 白飯<br>Rice                  | 木耳炒素雞<br>Stir-fried Vegetarian Chicken with Black Fungus                   | 醬燒豆腐<br>Braised Vegetarian Sausage                                           | 海山醬開東煮<br>Vegetarian Oden in Sweet Chili Bean Sauce           | 薑炒菜豆<br>Stir-fried Legumes with Ginger                                      | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 紫菜蛋花湯<br>Seaweed and Egg Drop Soup                | 4.0                                    | 2.8                  | 1.5            | 2.6            | 1.0            | 0.0          | 704.5 |
|             | 素                           | 素雞 黑木耳 紅蘿蔔 芹菜                                                              | 豆腐 紫米糕 青椒                                                                    | 板豆腐 玉米段 素甜不辣                                                  | 菜豆 薑 豆酥(含芝麻)                                                                |                         |             | 紫菜 雞蛋                                             |                                        |                      |                |                |                |              |       |
| 8/15<br>(五) | 特餐                          | 奶油蘑菇燉飯<br>Creamy Fusilli with Mushrooms                                    | BBQ烤豆干(含芝麻)<br>BBQ Dried Tofu                                                | ◎虎皮炸蛋<br>Deep-fried Egg                                       | 香料烤蔬菜<br>Roasted Vegetables                                                 | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 羅宋湯<br>Borscht                                    | 4.0                                    | 3.2                  | 1.0            | 2.2            | 1.0            | 0.0          | 704.0 |
|             | 特餐                          | 螺旋麵 素肉絲 杏鮑菇 青花菜 磨菇 番茄 香菇 玉米粒                                               | 三角豆干X4                                                                       | 雞蛋                                                            | 椰瓜 蘆筍 紅蘿蔔                                                                   |                         |             | 高麗菜 番茄 西洋芹                                        |                                        |                      |                |                |                |              |       |
| 8/18<br>(一) | 糙米飯<br>Brown Rice           | 京醬素菜鴨<br>Peking-style Vegetarian Goose                                     | 彩蔬炒蛋<br>Scrambled Eggs with Vegetables                                       | 茄汁豆包塊<br>Stir-fried Bean Curd and Tomato                      | 鮑菇雙花<br>Stir-fried Broccoli and Cauliflower with King Oyster Mushroom       | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 大油湯<br>Taiwanese Braised Vegetable Soup           | 4.0                                    | 3.3                  | 1.1            | 3.0            | 1.0            | 0.0          | 750.0 |
|             | 素糙米                         | 素菜鴨                                                                        | 雞蛋 紅蘿蔔 黃甜椒                                                                   | 豆包塊 番茄 鴻喜菇                                                    | 青花菜 白花菜 杏鮑菇                                                                 |                         |             | 板豆腐 黑木耳 金針菇 紅蘿蔔                                   |                                        |                      |                |                |                |              |       |
| 8/19<br>(二) | 白飯<br>Rice                  | 豆豉芽菜蹄豆腐<br>Stir-fried Tofu and Mushroom                                    | 糖醋麵筋<br>Sweet and Sour Vegetarian Gluten Roll                                | 木耳干絲<br>Stir-fried Dried Tofu Strips and Black Fungus         | 鹹蛋炒竹筍<br>Stir-fried Bamboo Shoots and Salted Egg                            | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 綠豆仙草凍<br>Mung Bean and Grass Jelly Dessert        | 3.9                                    | 3.0                  | 1.4            | 2.7            | 1.0            | 0.0          | 714.5 |
|             | 素                           | 板豆腐 芽菜 青豆                                                                  | 麵筋 青椒 黃椒 紅胡椒                                                                 | 白干絲 木耳 紅蘿蔔                                                    | 竹筍 鹹蛋 枸杞                                                                    |                         |             | 仙草凍 綠豆                                            |                                        |                      |                |                |                |              |       |
| 8/20<br>(三) | 特餐                          | 夏威夷蔬食炒飯<br>Hawaiian Vegetable Fried Rice                                   | ◎兩雙炸豆腐<br>Tofu Nanban                                                        | 起司地瓜烘蛋<br>Sweet Potato and Cheese Frittata                    | 日式奶油燉菜<br>Japanese-style Creamy Vegetable Stew                              | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 海草味噌湯<br>Miso Soup with Seaweed Sprouts           | 3.9                                    | 3.0                  | 1.2            | 2.5            | 1.0            | 0.1          | 715.5 |
|             | 特餐                          | 白飯 素火腿 鳳梨 毛豆 玉米                                                            | 板豆腐 地瓜粉 蜂蜜                                                                   | 雞蛋 地瓜 起司                                                      | 青花菜 紅蘿蔔 磨菇 鴻喜菇 奶粉 奶油                                                        |                         |             | 海帶芽 油片 綠金針菇                                       |                                        |                      |                |                |                |              |       |
| 8/21<br>(四) | 白飯<br>Rice                  | 糖醋千層干<br>Sweet and Sour Layered Tofu                                       | 竹筍烤翅<br>Bamboo Shoots and Wheat Gluten                                       | 麻油高麗菜<br>Stir-fried Cabbage with Sesame Oil                   | 綜合花生滷味<br>Taiwanese Braised Platter with Peanuts                            | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 山藥洋蔥仁湯<br>Yam and Job's Tears Soup                | 3.9                                    | 3.0                  | 1.4            | 2.6            | 1.0            | 0.0          | 710.0 |
|             | 素                           | 千層干X5 鳳梨 紅椒                                                                | 烤翅 竹筍 紅蘿蔔 毛豆                                                                 | 高麗菜 香菇 薑片 枸杞                                                  | 蘭花乾 茼蒿 小棒 生香菇 花生                                                            |                         |             | 白山藥 洋蔥仁 枸杞                                        |                                        |                      |                |                |                |              |       |
| 8/22<br>(五) | 鮮蔬紅燒青麵<br>Vegetable Noodles | 黃油麵<br>Noodles                                                             | 紅燒豆包<br>Braised Bean Curd                                                    | 大漢黑豆干+蝦頭菇<br>Dried Tofu+ Mushroom                             | 玉米段+紅蘿蔔<br>Corn+ Carrot                                                     | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 紅燒湯底<br>Vegetarian Braised Broth                  | 4.0                                    | 3.1                  | 1.1            | 2.4            | 1.0            | 0.0          | 708.0 |
|             | 特餐                          |                                                                            |                                                                              |                                                               |                                                                             |                         |             |                                                   |                                        |                      |                |                |                |              |       |
| 8/25<br>(一) | 糙米飯<br>Brown Rice           | 番茄炒蛋<br>Scrambled Eggs with Tomato                                         | 青椒炒豆干<br>Stir-fried Dried Tofu with Bell Pepper                              | 鮮菇燴南瓜<br>Braised Bottle Gourd with Mushrooms                  | 薑絲麻油炒麵腸<br>Stir-fried Wheat Gluten Roll with Sesame Oil and Shredded Ginger | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 紅棗冬瓜湯<br>Jujube and White Gourd Soup              | 4.0                                    | 3.0                  | 1.0            | 2.6            | 1.0            | 0.0          | 707.0 |
|             | 素糙米                         | 雞蛋 番茄                                                                      | 白豆干 青椒 木耳 紅蘿蔔                                                                | 南瓜 雪白菇 枸杞                                                     | 麵腸 猴頭菇 九層塔 薑絲                                                               |                         |             | 冬瓜 洋蔥仁 紅棗                                         |                                        |                      |                |                |                |              |       |
| 8/26<br>(二) | 感恩餐會                        |                                                                            |                                                                              |                                                               |                                                                             |                         |             |                                                   |                                        |                      |                |                |                |              |       |
| 8/27<br>(三) | 特餐                          | 青醬蘑菇筆管麵<br>Mushroom Pesto Penne                                            | 起司玉米烘蛋<br>Cheese and Corn Frittata                                           | 巴薩米克烤蔬菜<br>Balsamic Roasted Vegetables                        | 杏仁地瓜泥<br>Mashed Sweet Potato with Almond                                    | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 義式蔬菜湯<br>Italian-style Vegetable Soup             | 4.0                                    | 3.0                  | 1.3            | 2.3            | 1.0            | 0.1          | 716.0 |
|             | 特餐                          | 筆管麵 杏鮑菇 磨菇 鴻喜菇 季節青菜 九層塔 猴頭菇                                                | 雞蛋 馬鈴薯 玉米 起司 洋葱菜                                                             | 油豆腐 X3 椰瓜 黃椒 紅椒 四季豆                                           | 地瓜 杏仁碎 奶粉                                                                   |                         |             | 高麗菜 西洋芹 紅蘿蔔 義式香料                                  |                                        |                      |                |                |                |              |       |
| 8/28<br>(四) | 白飯<br>Rice                  | 五香滷豆干<br>Braised Dried Tofu                                                | 芹菜燴蘭竹<br>Stir-fried Tofu Skin with Celery                                    | ◎酥炸秀珍菇<br>Deep-fried Shimeji Mushrooms                        | 薑絲海根<br>Stir-fried Kelp with Shredded Ginger                                | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 脆筍香菇湯<br>Bamboo Shoot and Mushroom Soup           | 3.9                                    | 3.3                  | 1.2            | 2.3            | 1.0            | 0.0          | 714.0 |
|             | 素                           | 豆干(30G)X2                                                                  | 蘭竹 芹菜 紅蘿蔔                                                                    | 秀珍菇 杏鮑菇                                                       | 海帶根 薑絲                                                                      |                         |             | 脆筍片 香菇 薑絲                                         |                                        |                      |                |                |                |              |       |
| 8/29<br>(五) | 特餐                          | 繽紛素飯<br>Colorful Vegetarian Fried Rice                                     | 蔬菜豆包捲<br>Vegetable Tofu Roll                                                 | 客家滷豆干<br>Hakka-style Braised Tofu                             | 豆薯炒百合<br>Stir-fried Asparagus with Lily                                     | 季節蔬菜<br>Fresh Vegetable | 水果<br>Fruit | 酸辣湯<br>Hot and Sour Soup with Assorted Vegetables | 4.1                                    | 2.9                  | 1.2            | 2.3            | 1.0            | 0.0          | 698.0 |
|             | 特餐                          | 白米 地瓜 毛豆 紅蘿蔔 黑豆                                                            | 豆包 紅蘿蔔 雞腿 素 椰菜 豌豆                                                            | 大漢黑豆干 酸菜 香菜                                                   | 蘆筍 杏鮑菇 百合                                                                   |                         |             | 板豆腐 筒筍 金針菇 黑木耳 紅蘿蔔                                |                                        |                      |                |                |                |              |       |

◎表油炸物，皆含麵芽 Deep-fried Food, Contains gluten

△表加工品 Processed Product

沙茶醬使用含芝麻的全素沙茶醬，不含花生成分

本表未使用輻射污染食品

菜單編立：陳紅文(新北食品股份有限公司營養師)