

康橋國際學校林口校區 115年01月小學部菜單
Lunch and Snack Menu, January 2026

日期 Date	午餐 Lunch Menu's Detail						下午點心 Afternoon Snack	營養成分分析 Nutritional Ingredient Analysis							
	主食	主菜1	主菜2	副菜1	副菜2	水果		湯品	全穀類 種類 (份)	蛋 類 (份)	海 藻 類 (份)	水 果 (份)	奶 類 (份)	熱 量 (Kcal)	
1/01 (四)	元旦假期快樂														
1/02 (五)	特餐	梅乾菜肉燻飯 Rice with Braised Minced Pork with Pickled Mustard Greens	◎酥炸紅糟豬排 Crispy Red Yeast Pork Chop	紅片青花 Stir-fried Broccoli	履歷蔬菜 Fresh Vegetable	水果 Fruit	日本蔬菜湯 Japanese Style Vegetable Soup	起司刈麵包(60G) Bread with Cheese Cubes	3.5	3.0	2.0	3.0	1.0	0.2	769
1/05 (一)	糙米飯 Brown Rice	黃金泡菜炒肉 Pork Slices with Golden Kimchi	冬瓜燒雞 Braised Chicken with Winter Melon	古早味蒸蛋 Steamed Egg Custard	履歷蔬菜 Fresh Vegetable	水果 Fruit	芥菜排骨湯 Mustard Green and Pork Rib Soup	麵、奶、蛋	3.0	3.1	1.5	3.0	1.0	0.0	705
1/06 (二)	白飯 Rice	◎△△酥炸脆皮排 Crispy Squid Cutlet	虎骨肉末茄子 Eggplant with Garlic Sauce and Minced Pork	甜豆鮮蔬 Sautéed Snap Peas and Jicama	有機蔬菜 Organic Vegetable	水果 Fruit	銀耳薏仁湯 White Fungus and Pearl Barley Soup	起司馬鈴薯烘蛋 Potato Frittata with Cheese	3.1	3.1	1.6	3.0	1.0	0.0	715
1/07 (三)	五穀飯 Grain Rice	芥藍炒羊肉 Stir-fried Lamb with Chinese Kale	鮮筍雞絲 Stir-fried Shredded Chicken and Bean Sprouts	菜豆炒干絲 Stir-fried Long Beans with Dried Tofu	履歷蔬菜 Fresh Vegetable	水果 Fruit	青木瓜雞湯 Green Papaya and Chicken Soup	豆腐(330ml)+雞肉飽餅(40G) Soy Milk + Pan-Fried Scallion Pork Bun (Contains Sesame)	3.2	3.1	1.6	3.0	1.0	0.0	722
1/08 (四)	白飯 Rice	香蒜雞肉豆腐煲 Chicken and Tofu Stew	中蝦子魚魚捲 Steamed Fish Rolls with Cordia	紅蘿蔔炒蛋 Scrambled Eggs with Carrot	有機蔬菜 Organic Vegetable	水果 Fruit	香茅蘿蔔排骨湯 Daikon and Pork Rib Soup with Cilantro	鮮奶(125ml)+香酥雞米花 Fresh Milk + Popcorn	3.1	3.5	1.7	3.0	1.0	0.0	747
1/09 (五)	特餐	日式燒肉炒烏龍 Yaki Udon with Pork	醬烤雞腿 Roasted Chicken Drumette	水燻白菜 Napa Cabbage with Wood Ear Mushrooms	履歷蔬菜 Fresh Vegetable	水果 Fruit	肉骨茶湯 Bak Kut Teh (Herbal Pork Rib Soup)	雞蛋紫米餅(60G) Multigrain Nut Bread	3.0	3.1	1.5	3.0	1.0	0.0	705
1/12 (一)	糙米飯 Brown Rice	◎椒鹽排骨 Salt and Pepper Pork Ribs	五味雞 Chicken with Five-Flavor Sauce	紅片高麗菜 Stir-fried Cabbage	履歷蔬菜 Fresh Vegetable	水果 Fruit	番茄蛋花湯 Tomato and Egg Drop Soup	紐奧良風味雞腿排(100G) New Orleans Style Chicken Thigh	3.0	3.1	1.5	3.0	1.0	0.0	705
1/13 (二)	白飯 Rice	★△△醬燒鰻魚 Grilled Sea Bream with Teriyaki Sauce	黃豆芽炒肉柳 Stir-fried Soy Sprouts and Pork Tenderloin	和風糖蛋豆腐煲 Japanese Tofu and Egg Stew	有機蔬菜 Organic Vegetable	水果 Fruit	紅豆紫米湯 Sweet Black Rice and Red Bean Soup	茶葉蛋+豆干(47G) Tea Egg + Braised Dried Tofu	4.0	2.5	1.3	3.5	1.0	0.0	667.5
1/14 (三)	五穀飯 Grain Rice	咖喱豬肉 Curry Pork	鹹水雞 Taiwanese Salt-Water Chicken	塔香海菜 Sautéed Spiral Seaweed with Basil	履歷蔬菜 Fresh Vegetable	水果 Fruit	竹筍雞湯 Bamboo Shoots and Chicken Soup	花生芝麻燕麥卷(330ml)+小黃金捲(40G) Sesame and Oat Drink+Golden Roll	3.2	3.1	1.6	3.0	1.0	0.0	722
1/15 (四)	白飯 Rice	◎煎孔炸雞 Crispy Fermented Bean Curd Chicken	空家小炒 Hakka Style Stir-fry	番茄炒雞蛋 Braised Glass Noodles with Tomato	有機蔬菜 Organic Vegetable	水果 Fruit	仙草雞湯 Herbal Chicken Soup (with Mesona)	優酪乳(125ml)+烤地瓜(60G) Yogurt + Roasted Sweet Potato	3.1	3.5	1.7	3.0	1.0	0.0	747
1/16 (五)	特餐	★古早味油飯 Traditional Sticky Rice with Pork and Mushrooms	香滑雞腿 Braised Chicken Drumstick	豆絲炒蛋 Long Beans with Crispy Soybean Crumbs	履歷蔬菜 Fresh Vegetable	水果 Fruit	味噌蛋湯 Vegetable Miso Soup	御膳燒(50G) Dorayaki	3.0	3.1	1.2	3.0	1.0	0.0	698
1/19 (一)	糙米飯 Brown Rice	蔥爆豬肉柳 Stir-fried Pork Slices with Scallion	海南風味雞 Hainanese Chicken	薑蔥油條 Braised Radish with Gluten Puffs	履歷蔬菜 Fresh Vegetable	水果 Fruit	牛蒡山藥排骨湯 Burdock Root and Yam Soup with Pork Ribs	蒜香雞翅(90G) Garlic Roasted Chicken Wings	3.0	3.1	1.2	3.0	1.0	0.0	698
1/20 (二)	白飯 Rice	◎△△酥炸炸菜魚 Crispy Fried Shishamo	打拋豬肉 Thai Basil Pork (Pad Kra Pao)	鮮菇高麗菜 Stir-fried Cabbage and Mushroom	有機蔬菜 Organic Vegetable	水果 Fruit	冬瓜山藥甜湯 Sweet Winter Melon Drink with Basil Seeds	手作紅蘿蔔小蛋糕 Handmade Carrot Cupcake	3.0	3.1	1.2	3.0	1.0	0.0	698
1/21 (三)	五穀飯 Grain Rice	◎馬鈴薯煎牛柳 Braised Beef Slices	椒鹽雞腿 Braised Chicken with Kohlrabi	蔥爆豆干 Stir-fried Tofu	履歷蔬菜 Fresh Vegetable	水果 Fruit	海帶排骨湯 Seaweed and Pork Rib Soup	豆腐(330ml)+小刈麵包(30G) Soy Milk + Mini BBQ Pork Bun	3.8	3.1	1.2	3.0	1.0	0.0	754
1/22 (四)	白飯 Rice	◎糖醋雞丁 Sweet and Sour Diced Chicken	★燻菜鮮魚煲 Fish Stew with Pickled Cabbage	★大黃瓜炒蛋 Stir-fried Cucumber and Egg	有機蔬菜 Organic Vegetable	水果 Fruit	金針排骨湯 Daylily and Pork Ribs Soup	鮮奶(125ml)+香料烤馬鈴薯(60G) Fresh Milk + Spiced Roasted Potatoes	3.8	3.1	2.0	3.0	1.0	0.0	774
1/23 (五)	特餐	青醬蒜香炸管麵 Penne Pesto	鹽水嫩雞排 Chicken Cacciatore	香料洋芋花椰 Roasted Potatoes and Cauliflower	紅球雙花 Broccoli and Carrot	水果 Fruit	南瓜濃湯 Creamy Pumpkin Soup	菠蘿麵包(50G) Pineapple Bun	3.8	3.1	2.0	3.0	1.0	0.0	774
1/26 (一)	糙米飯 Brown Rice	咖哩雞肉 Curry Pork	三寶雞卷 Stir-fried Minced Chicken with Corn & Carrots	◎隔隔扁扁 Opo Squash with Mushrooms	季節蔬菜 Fresh Vegetable	水果 Fruit	當歸冬瓜排骨湯 Herbal Winter Melon Soup with Pork Ribs	墨西哥玉米 Mexican-style Corn	3.5	3.2	1.5	4.0	1.0	0.1	820
1/27 (二)	白飯 Rice	★△△醬燒鰻魚 Kabayaki Sea Bream	蒜泥肉片 Stir-fried Pork Slices with Garlic	番茄炒蛋 Tomato and Egg Stir-fry	季節蔬菜 Fresh Vegetable	水果 Fruit	綠豆燕麥湯 Sweet Mung Bean and Oat Soup	煙燻風味翅小籠包(80G) Smoked Roasted Drumettes	3.0	3.1	1.2	3.0	1.0	0.0	698
1/28 (三)	特餐	壽喜燒肉大串盤 Sukiyaki Pork Bun	◎△△炸雞柳條X2 Deep-fried Chicken Loins	◎地瓜薯條 Sweet Potato Fries	紅片青花 Broccoli and Carrot	水果 Fruit	奶香玉米濃湯 Creamy Corn Soup	花生糙米卷(330ml)+小豆沙包(30G) Peanut and Brown Rice Drink+ Mini Red Bean Bun	3.2	4.0	1.2	3.0	1.0	0.0	779
1/29 (四)	白飯 Rice	◎煎孔炸雞 Deep-fried Chicken with Fermented Bean Curd	◎煎孔炸雞 Deep-fried Chicken with Seafood	綜合滷味 House Special Braised Platter	季節蔬菜 Fresh Vegetable	水果 Fruit	紫菜蛋花湯 Seaweed and Egg Drop Soup	優酪乳(125ml)+手作黑糖糕(50G) Yogurt + Homemade Brown Sugar Steamed Cake	3.0	3.1	1.2	3.0	1.0	0.0	698
1/30 (五)	特餐	揚州碎金炒飯 Yangzhou Fried Rice (with Pork)	★香烤雞翅 Roasted Chicken Wings	咖哩燻菜 Vegetable Curry	季節蔬菜 Fresh Vegetable	水果 Fruit	特級菜排骨湯 Kohlrabi and Pork Rib Soup	手作番茄肉醬吐司披薩 Pizza Toast with Bolognese Sauce	3.0	3.1	1.2	3.0	1.0	0.0	698

◎表油炸物、皆含飽胃 Deep-fried Food. Contains oil
△表魚類 Fish
★表帶殼海鮮 Shrimp or Shelled Seafood
△表加工品 Processed Product
●表羊乳製品
沙茶醬使用含芝麻的全蛋沙茶醬，不含花生成分
食料一律使用國產糧
本校表使用輻射污染食品

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