

日期Date	早餐 Breakfast	午餐 Lunch Menu's Detail					下午點心 Afternoon Snack	營養成分分析 Nutrient Content Analysis							
		糙米飯	佛跳牆 Buddha Jumps Over the Wall (Braised Pork & Taro Stew)	★開陽扁蒲 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	全穀雜 糧類 (份)	豆及蛋內 類(份)	蔬菜 類 (份)	油脂及 堅果類 子類(份)	水果 (份)	乳品類 (份)	熱量 (Kcal)
1/26 (一)	薑汁蒸南瓜+低糖豆浆 Steamed Pumpkin with Ginger + Low-Sugar Soy Milk	糙米飯	佛跳牆 Buddha Jumps Over the Wall (Braised Pork & Taro Stew)	★開陽扁蒲 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	臘八粥 Sweet Multigrain Congee	6.0	2.2	1.7	1.9	1.0	0.0	787
1/27 (二)	白醬起司通心粉 Alfredo Macaroni	白飯 Rice	★沙茶魚丁(含芝麻) Fish Cubes in Satay Sauce (Contains Sesame)	番茄炒蛋 Tomato and Egg Stir-fry	季節蔬菜 Fresh Vegetable	水果 Fruit	豆薯蛋花湯 Jicama and Egg Drop Soup	自製蘇瓜子黑糖糕+綠豆牛乳 Homemade Brown Sugar Steamed Cake with Sunflower Seeds + Mung Bean Milk	5.8	1.8	1.7	2.0	1.0	0.2	773
1/28 (三)	豬肉韭菜米粉湯 Rice Vermicelli Soup with Pork and Chinese Chives	特餐	壽喜燒肉小亭堡 Sukiyaki Pork Bun	◎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	自製馬鈴薯QQ麻糬+無糖麥茶 Handmade Chewy Potato Mochi+ Sugar- free Barley Tea	6.0	2.0	1.7	1.9	1.0	0.2	796
1/29 (四)	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	古早味瓜仔燉雞 Braised Chicken with Pickles	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	香港風味拌麵(含芝麻) Hong Kong Style Lo Mein (Contains Sesame)	5.9	2.0	1.7	1.7	1.6	0.5	840
1/30 (五)	DIY粉紅醬雞肉口袋餅+蓬 仁漿 Creamy Tomato Chicken Pita + Pearl Barley Milk	特餐	揚州碎金炒飯 Yangzhou Fried Rice (with Pork)	◎香酥雞翅 Crispy Fried Chicken Wings	季節蔬菜 Fresh Vegetable	水果 Fruit	結頭菜排骨湯 Kohlrabi and Pork Rib Soup	手作番茄肉醬吐司披薩 Pizza Toast with Bolognese Sauce	6.0	2.1	1.9	2.0	1.0	0.2	814

☆魚魚類 Fish

◎裹油炸物，皆含麩質 Deep Fried Food, Contains gluten

★表帶殼海鮮 Shrimp and Shelled Seafood

幼兒用飲品甜度6以下

幼兒用食材一律使用國產糖、牛肉

幼兒用未使用糖耐澱粉食品

沙茶醬使用含芝麻的全蛋沙茶醬，不含花生成分

菜單開立：陳鈺文(新北食品股份有限公司營養師)

菜單審核：(康橋國際學校林口校區營養師)