

日期Date	早餐 Breakfast	午餐 Lunch Menu's Detail	下午點心 Afternoon Snack	營養成分分析 Nutritional Analysis											
				全日 總量 (g)	全日 總量 (kcal)	全日 總量 (g)	全日 總量 (kcal)	全日 總量 (g)	全日 總量 (kcal)	全日 總量 (g)	全日 總量 (kcal)	全日 總量 (g)	全日 總量 (kcal)		
1/01 (四)	元旦假期快樂														
1/02 (五)	三杯鹽風味吐司+醃菜竹筍排骨湯 Three-Cup Sauce Pork Toast+Bamboo Shoot and Pickled Mustard Soup with Duck Balls	特餐	擔擔菜內膽飯 Rice with Braised Minced Pork with Pickled Mustard Greens	◎酥炸紅糟豬排 Crispy Red Yeast Pork Chop	履歷蔬菜 Fresh Vegetable	水果 Fruit	日本蔬菜湯 Japanese Style Vegetable Soup	奶油餐包+陳皮菊花飲 Butter Bun + Aged Citrus Peel and Chrysanthemum Drink	6.0	2.2	1.8	2.0	1.0	0.1	807
1/05 (一)	水浸玉米粒+蘿蔔排骨湯 Boiled Corn on the Cob+Daikon and Pork Rib Soup	糙米飯 Brown Rice	白米 糙米 糙米 白米 糙米 糙米	黃金泡菜炒豬肉 Stir-fried Pork Slices	古早味蛋羹 Steamed Egg Custard	履歷蔬菜 Fresh Vegetable	水果 Fruit	芥菜排骨湯 Pork Ribs and Green Mustard Soup	5.8	2.1	1.9	1.8	1.0	0.0	764
1/06 (二)	南瓜雞茸小米粥 Pumpkin and Minced Chicken Millet Porridge	白飯 Rice	◎△△酥炸鮑魚排 Deep-fried Squid Fillet	甜豆鮮蔬 Stir-fried Vegetables with Sugar Snap Pea	有機蔬菜 Organic Vegetable	水果 Fruit	黃豆芽排骨湯 Soy Sprouts and Pork Ribs Soup	椰香芋頭西米露 Taro and Sago in Coconut Milk	5.8	2.0	1.9	2.0	1.0	0.1	781
1/07 (三)	肉末香菇粉條煲 Braised Glass Noodles with Minced Pork and Tomato	五穀飯 Grain Rice	蔥板豬肉 Stir-fried Pork with Onions	菜豆炒干絲 Stir-fried Long Beans and Dried Tofu	履歷蔬菜 Fresh Vegetable	水果 Fruit	青木瓜雞湯 Green Papaya and Chicken Soup	自製鹹糖蒸布丁+麵茶 Homemade Steamed Pudding + Roasted Wheat Flour Drink (Contains Peanuts)	5.9	2.2	1.8	2.0	1.0	0.1	800
1/08 (四)	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	◎椒鹽排骨酥 Salt and Pepper Pork Ribs	紅片高麗菜 Stir-fried Cabbage	履歷蔬菜 Fresh Vegetable	水果 Fruit	香菜蘿蔔排骨湯 Radish and Coriander Soup with Pork Ribs	沙茶牛肉滷飯(含芝麻) Satay Pork Rice (Contains Sesame)	5.9	2.1	1.9	2.0	1.6	0.5	870
1/09 (五)	DIY墨西哥雞肉捲+桂花紅豆飲 DIY Mexican Chicken Wrap + Osmanthus Goji Berry Tea	特餐	日式豬肉炒烏龍 Yaki Udon with Pork	醬烤翅腿 Roasted Chicken Drumette	履歷蔬菜 Fresh Vegetable	水果 Fruit	肉骨茶湯 Bak Kut Teh (Herbal Pork Rib Soup)	馬拉糕+桂圓薑糖飲 Cantonese Sponge Cake+Logan and Ginger Drink	5.8	2.0	1.7	1.8	1.0	0.1	764
1/12 (一)	蒜香奶油烤馬鈴薯+黑豆漿 Garlic Butter Roasted Potatoes + Black Soy Milk	糙米飯 Brown Rice	◎椒鹽排骨酥 Salt and Pepper Pork Ribs	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	紅豆乾拌麵 Dry Noodles with Red Yeast Pork	6.0	2.1	1.8	2.0	1.0	0.1	800
1/13 (二)	霸王芋頭肉羹 Taro and Pork Congee with Wood Ear Mushrooms	白飯 Rice	◎★★醬燒鯛魚 Grilled Sea Bream with Teriyaki Sauce	和風雞蛋豆腐煲 Japanese Style Egg and Tofu Hot Pot	有機蔬菜 Organic Vegetable	水果 Fruit	佛手瓜雞湯 Chayote and Chicken Soup	紅三寶甜湯 Sweet Soup with Red Beans and Pearl Barley	6.0	2.1	1.7	1.8	1.0	0.0	773
1/14 (三)	女兒日魚米粉湯 Milkfish Rice Vermicelli Soup	五穀飯 Grain Rice	咖哩豬肉 Curry Pork	塔塔海草餐 Sautéed Spiral Seaweed with Basil	履歷蔬菜 Fresh Vegetable	水果 Fruit	竹筍雞湯 Bamboo Shoots and Chicken Soup	英式麵包布丁+無糖麥茶 Handmade Bread Pudding+ Sugar-free Barley Tea	6.0	2.0	1.8	2.0	1.0	0.2	804
1/15 (四)	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	香烤雞里肌 Roasted Chicken Loins	番茄粉燒肉 Braised Glass Noodles with Tomato	有機蔬菜 Organic Vegetable	水果 Fruit	仙草雞湯 Herbal Chicken Soup with Mesona	日式雞肉竹筍飯 Japanese Chicken and Mushroom Rice	5.7	2.2	2.0	1.9	1.6	0.5	860
1/16 (五)	DIY鮮蔬小飯糰+黑糖牛乳 DIY Veggie Rice Balls (Onigiri) + Brown Sugar Milk	特餐	◎★古早味油飯 Traditional Sticky Rice with Pork and Dried Shrimp	醬烤翅腿 Roasted Chicken Wing	履歷蔬菜 Fresh Vegetable	水果 Fruit	味噌蔬菜湯 Vegetable Miso Soup	蔥肉餡餅+蜂蜜陳皮飲 Pork and Scallion Bun + Honey Dried Tangerine Peel Drink	6.0	2.0	1.7	2.0	0.0	0.1	745
1/19 (一)	烤地瓜+泥漿 Roasted Sweet Potato + Soy and Peanut Rice Milk	糙米飯 Brown Rice	蔥爆豬肉柳 Stir-fried Pork Slices with Scallion	蘿蔔燒麵輪 Braised Radish with Gluten Puffs	履歷蔬菜 Fresh Vegetable	水果 Fruit	牛蒡山藥排骨湯 Burdock and Yam Soup	肉燥海麵 Minced Pork Noodle Soup	6.0	2.1	2.0	1.8	1.0	0.1	793
1/20 (二)	燕麥雞茸粥 Oat and Minced Chicken Congee	白飯 Rice	◎★★煎燒魚丁 Teriyaki Fish Cubes	鮮菇高麗菜 Stir-fried Cabbage and Mushroom	有機蔬菜 Organic Vegetable	水果 Fruit	四國蔬菜雞湯 Chicken Vegetable Soup	手作紅蘿蔔小蛋糕 Handmade Carrot Cup Cake	6.0	2.0	1.8	1.9	1.0	0.1	786
1/21 (三)	什錦豬肉湯麵 Assorted Noodle Soup with Pork and Shrimp	五穀飯 Grain Rice	◎★馬鈴薯燉肉 Braised Pork with Potatoes	蔥爆干子 Stir-fried Dried Tofu	履歷蔬菜 Fresh Vegetable	水果 Fruit	海草排骨湯 Kelp Sprouts and Pork Ribs Soup	花生薏仁豆花 Soybean Pudding with Pearl Barley	5.7	2.1	1.8	1.9	1.0	0.0	761
1/22 (四)	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	◎糖醋雞丁 Sweet and Sour Diced Chicken	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	三杯雞炒飯 Three-Cup Chicken Fried Rice	5.7	2.0	2.0	2.0	1.6	0.5	851
1/23 (五)	DIY咖哩豬肉小芋堡+米漿 DIY Curry Pork Sliders (Mini Buns) + Peanut Rice Milk	特餐	青醬蘑菇斜管麵 Penne Pesto	獵人燉雞 Chicken Cacciatore	紅球雙花 Broccoli and Carrot	水果 Fruit	南瓜濃湯 Pumpkin Soup	銀絲卷+枸杞紅棗茶 Silver Thread Roll + Goji Berry Red Date Tea	6.0	2.0	1.8	1.9	1.0	0.1	786

◎魚油粉類 Deep-fried Food
★表表魚類 Fish
★表表帶殼海鮮 Shrimp and Shelled Seafood
的兒圖食好一律使用圖產產、牛肉
的兒圖未使用輻射防腐劑食品
沙茶醬使用含芝麻的全蛋沙茶醬，不含花生成分

菜單開立：陳社文(新北食品股份有限公司營養師)

菜單審核：(康橋國際學校校門口校區營養師)