康橋國際學校林口校區 美食街115年01月菜單
Restaurant Menu, January, 2026

| | | | 日期 Date | 1/26 | 1/27 | 1/28 | 1/29 | 1/30 |
|---|---|---|---|---|---|---|---|---|
| | | | 星期 Day | (一) | (二) | (三) | (四) | (五) |
| 早餐 Break-fast | 中式 | 主食 | | | 瓜仔肉燥飯<br>Braised Minced Pork Rice with Preserved Gourd | 燒餅<br>Chinese Sesame Flatbread | ◎炸銀絲卷+煉乳<br>Silver Thread Bun+ Condensed Milk | 鮮肉包(65G)<br>Meat Bun |
| | | | | | 白米 豬絞肉 冬瓜 花瓜 紅蘿蔔 | 燒餅 | 銀絲卷(70G) 煉乳 | 鮮肉包 |
| | | 副食1 | | | 荷包蛋<br>Sunny-side-up | **京醬肉排**<br>**Pork Chop with Sweet Bean Sauce** | ★沙茶肉絲(含芝麻)<br>Shacha Shredded Pork and Vegetables with Sesame | 黑胡椒炒肉片<br>Stir-fried Pork Slices with Black Pepper |
| | | | | | 雞蛋 | 里肌肉排 洋蔥 | 豬肉絲 季節蔬菜 彩椒 | 豬肉片 小黃瓜 青蔥 |
| | | 副食2 | | | 綜合油味<br>Braised Assortment | 蔥花玉米炒蛋<br>Scrambled Eggs with Corn Kernal | △鮮肉珍珠丸<br>Meat Ball | 荷包蛋<br>Sunny-side-up |
| | | | | | 黃豆干*2 素甜不辣*3 | 雞蛋 玉米 蔥花 | 鮮肉珍珠丸*2 | 雞蛋 |
| | | 副食3 | | | 季節蔬菜<br>Fresh Vegetable | 萵苣、牛番茄<br>Lettuce, Tomato | 季節蔬菜<br>Fresh Vegetable | 季節蔬菜<br>Fresh Vegetable |
| | | | | | | | | |
| | | 熱量 | | | 603 | 595 | 595 | 585 |
| | 套餐 | | | | **迷迭香烤腿排套餐** | **巧克力餐包套餐** | **沙威瑪風味雞柳套餐** | **白醬奶油燻雞螺旋麵套餐** |
| | 西式 | 主食 | | | 蒸地瓜<br>Steamed Sweet Potato | 巧克力餐包<br>Chocolate Bread | 雜糧葡萄乾麵包<br>Raisin Multigrain Bread | 白醬奶油燻雞螺旋麵<br>Creamy Smoked Chicken Fusilli |
| | | | | | 地瓜條 | 巧克力餐包 | 雜糧葡萄乾麵包 | |
| | | 副食1 | | | 迷迭香烤腿排<br>Rosemary-Roasted Chicken Thigh | ◎酥炸雞米花<br>Deep-fried Chicken | 沙威瑪風味雞柳<br>Shawarma Chicken Strips | |
| | | | | | 雞腿排 義式香料 | 雞胸丁 | 雞里肌 洋蔥 | 螺旋麵 雞肉絲 煙燻雞肉 杏鮑菇 紅蘿蔔 洋蔥 奶油 |
| | | 副食2 | | | 松露蘑菇炒蛋<br>Scrambled Eggs with Truffle and Mushrooms | 地瓜起司烘蛋<br>Sweet Potato and Cheese Frittata | 鮮蔬烘蛋<br>Vegetable Frittata | 香烤薯瓣<br>Roasted Potato |
| | | | | | 雞蛋 蘑菇 松露 | 雞蛋 地瓜 起司絲 | 雞蛋 青花菜 彩椒 | 馬鈴薯 義式香料 |
| | | 副食3 | | | 溫沙拉<br>Salade Tiede | 美式涼拌高麗菜沙拉<br>American-Style Coleslaw | 凱薩堅果沙拉<br>Caesar Nut Salad | 紅片青花<br>Stir-fried Broccoli with Carrot |
| | | | | | 白花菜 紅蘿蔔 櫛瓜 | 高麗菜 紫高麗菜 紅蘿蔔 美乃滋 | 萵苣 紅蘿蔔 豌豆苗 核桃 美乃滋 起司粉 | |
| | | 熱量 | | | 578 | 610 | 520 | 480 |
| | 飲品 | | | | 鮮奶/柚子綠茶<br>Milk/Pomelo Green Tea | 黑豆漿/冬瓜鮮奶茶<br>Black Soybean Milk/White Gourd Milk Tea | 鮮奶/蜜香玫瑰紅茶<br>Milk /Honey Rose Black Tea | 低糖豆漿/可爾必思<br>Low-Sugar Soy Milk / Calpis |
| 午餐 Lunch | 套餐 | | | | **鐵路大排套餐** | **蒲燒鯛魚套餐** | **乾炒豬排板條套餐** | **匈牙利燉雞套餐** | **揚州碎金炒飯套餐** |
| | 主食 | | | | 糙米飯<br>Brown Rice | 白飯<br>Rice | **乾炒豬肉板條**<br>**Dry Stir-Fried Rice Noodles with Pork** | 白飯<br>Rice | **揚州碎金炒飯**<br>**Shredded Pork Egg Fried Rice** |
| | 主菜(必選) | | | | 鐵路大排<br>Braised Pork Chop | △☆蒲燒鯛魚<br>Kabayaki Sea Bream | | 匈牙利燉雞肉<br>Hungarian Braised Chicken | |
| | | | | | 帶骨大排 | 蒲燒鯛魚 | 板條 豬肉絲 豆芽菜 紅蘿蔔 洋蔥 | 雞胸丁 骨腿丁 紅蘿蔔 洋蔥 黑橄欖 | 白米 豬肉絲 高麗菜 雞蛋 洋蔥 紅蘿蔔 青蔥 |
| | 四選二 | 副菜1 | | | 鹽水雞<br>Salt-water Chicken | 蒜炒肉片<br>Stir-fried Pork Slices with Garlic | **港式洋蔥豬排**<br>**Hong Kong–Style Onion Pork Chop** | ☆麻辣水煮魚<br>Stir-fried Spicy Diced Fish | 蜜汁炸雞腿<br>Honey-glazed Fried Chicken Drumstick |
| | | | | | 雞胸丁 白豆干 脆筍 蒽 薑 蒜 | 豬肉片 高麗菜 紅椒 | 帶骨大排 洋蔥 | 鮪魚丁 黃豆芽 蒽花 乾辣椒 芝麻 | 棒腿 蜂蜜 芝麻 |
| | | 副菜2 | | | 日式玉米蒸蛋<br>Japanese Corn Steamed Egg | 番茄炒蛋<br>Scambled Eggs and Tomato | **醬爆炒雞蛋(含麩質)**<br>**Stir-fried Egg and Scallion (Contains Gluten)** | △油味雙拼<br>Braised Tofu and Pig Blood Rice Cake | 菜脯炒蛋<br>Scrambled Eggs with Preserved Radish |
| | | | | | 雞蛋 玉米粒 | 雞蛋 番茄 | 雞蛋 紅蘿蔔 青蔥 甜麵醬(含麩質) | 四方干 米血糕 | 雞蛋 豆薯 菜脯 |
| | | 副菜3 | | | 鮮菇烏蒲<br>Bottle Gourd and Mushroom | **△☆雙菇燴芥菜**<br>**Green Mustard and Mushrooms** | 塔香海茸<br>Stir-fried Kelp Sprouts and Basil | 螞蟻上樹<br>Stir-fried Mung Bean Noodles with Pork and Vegetables | 香油油腐<br>Braised Tofu |
| | | | | | 烏蒲 木耳 枸杞 | 芥菜仁 鴻喜菇 蟳味綠 | 海茸 紅蘿蔔 毛豆 九層塔 | 冬粉 豬絞肉 黑木耳 蔥花 | 四角油豆腐 香菜 |
| | | 副菜4 | | | 玉米雞茸拌醬<br>Minced Chicken and Corn Sauce | **堅果蔓越莓地瓜泥**<br>**Nut and Cranberry Mashed Sweet Potato** | **☆越式泡菜**<br>**Vietnamese Pickles** | 和風洋蔥絲<br>Japanese-style Onion Salad | 梅干油筍絲<br>Bamboo Shoots with Dried Mustard Greens |
| | | | | | 雞絞肉 玉米粒 洋蔥 紅蘿頭 | 地瓜 核桃碎 蔓越莓乾 奶粉 | 白蘿蔔 紅蘿蔔 香菜 魚露 檸檬汁 | 洋蔥 紫洋蔥 白芝麻 | 筍干 梅乾菜 |
| | 二選一 | 青菜1 | | | 時令蔬菜<br>Seasonal Vegetable | 時令蔬菜<br>Seasonal Vegetable | 時令蔬菜<br>Seasonal Vegetable | 時令蔬菜<br>Seasonal Vegetable | 時令蔬菜<br>Seasonal Vegetable |
| | | 青菜2 | | | 季節蔬菜<br>Fresh Vegetable | 季節蔬菜<br>Fresh Vegetable | 季節蔬菜<br>Fresh Vegetable | 季節蔬菜<br>Fresh Vegetable | 季節蔬菜<br>Fresh Vegetable |
| | 湯品 | | | | **當歸冬瓜排骨湯**<br>**Angelica Root, Winter Melon and Pork Rib Soup** | 綠豆薏仁湯<br>Mung Bean and Job's Tears Soup | 奶香玉米濃湯<br>Creamy Corn Soup | 紫菜蛋花湯<br>Seaweed Egg Drop Soup | 結頭菜排骨湯<br>Turnip and Pork Ribs Soup |
| | | | | | 冬瓜 龍骨丁 當歸 | 綠豆 洋薏仁 | 玉米 紅蘿蔔 洋蔥 奶粉 洋香菜 | 雞蛋 紫菜 | 結頭菜 龍骨丁 香菜 |
| | 水果 | | | | 水果<br>Fruit | 水果<br>Fruit | 水果<br>Fruit | 水果<br>Fruit | 水果<br>Fruit |
| | 熱量 | | | | 845 | 800 | 800 | 830 | 815 |
| | 麵食 | | | | **越南河粉套餐** | **剝皮辣椒雞麵套餐** | **蛤蜊始蜊雞湯麵** | **酸菜紅燒湯餃套餐** | **清燉牛肉麵套餐** |
| | 主食 | | | | 板條<br>Rice Noodles | 陽春麵<br>Noodles | 意麵<br>Noodles | 水餃*8<br>Dumplings*8 | 家常麵<br>Homestyle Noodle |
| | 主菜 | | | | 越式豬肉片<br>Pork Slices | 棒腿丁+腿仁丁<br>Chicken | ★蛤蜊+雞骨腿丁<br>Clams+ Chicken Dices | 豬肉角<br>Pork Dices | ●牛肉<br>Beef |
| | 副菜 | | | | 洋蔥+△貢丸<br>Onions+ Meat Ball | 剝皮辣椒+白蘿蔔+紅蘿蔔<br>Fermented Chili+Radish+ Carrot | 大蒜+青蔥<br>Garlic+ Scallions | 白蘿蔔+紅蘿蔔+酸菜<br>White Radish + Carrot + Preserved Mustard Greens | 白蘿蔔+金針菇+芹菜<br>Radish+Enoki Mushrooms+Celery |
| | 二選一 | 小菜1 | | | △◎春捲<br>Spring Rolls | 蜜汁豆干(含芝麻)<br>Honey-Glazed Dried Tofu (Contains Sesame) | ☆△◎酥炸花枝丸<br>Deep-fried Cuttlefish Ball | 芹香豆干<br>Dried Tofu with Celery | 梅干油筍絲<br>Bamboo Shoots with Dried Mustard Greens |
| | | | | | 春捲*2 | 四方干 白芝麻 蜂蜜 | 花枝丸*3 | 豆干片 芹菜 紅蘿蔔 | 筍干 梅乾菜 |
| | | 小菜2 | | | ☆越式涼拌青木瓜絲<br>Green Papaya Salad | 日式玉米蒸蛋<br>Japanese Corn Steamed Egg | **☆越式泡菜**<br>**Vietnamese Pickles** | △☆冷油甜不辣<br>Chilled Braised Fish Cake | 涼拌素雞<br>Vegetarian Chicken |
| | | | | | 青木瓜 洋蔥 紅蘿蔔 花生 辣椒 檸檬汁 魚露 | 雞蛋 玉米粒 | 白蘿蔔 紅蘿蔔 香菜 魚露 檸檬汁 | 甜不辣條 | 素雞 香菜 辣椒 |
| | 青菜 | | | | 豆芽菜+九層塔+檸檬<br>Bean Sprouts+Basil+Lemon | 季節蔬菜<br>Fresh Vegetable | 川燙高麗菜<br>Blanched Cabbage | 季節蔬菜<br>Fresh Vegetable | 季節蔬菜<br>Fresh Vegetable |
| | 湯品 | | | | ☆塔香湯<br>Basil Soup | 剝皮辣椒雞湯底<br>Fermented Chili Soup | 蒜頭蛤蜊雞高湯<br>Garlic Clam Chicken Broth | 紅燒湯底<br>Red-Braised Broth | 清燉牛肉湯底<br>Beef Soup |
| | 水果 | | | | 水果<br>Fruit | 水果<br>Fruit | 水果<br>Fruit | 水果<br>Fruit | 水果<br>Fruit |
| | 熱量 | | | | 732 | 845 | 820 | 720 | 760 |
| 晚餐 Dinner | 套餐 | | | | **韓式辣奶油義大利麵套餐** | **海鮮粗麵套餐** | **唐揚雞拌烏龍麵套餐** | **泰式綠咖哩雞套餐** | **高昇排骨套餐** |
| | 主食 | | | | **韓式辣奶油義大利麵**<br>**Spicy Milky Pasta** | **貴油麵**<br>**Noodles** | ☆拌烏龍麵(含芝麻)<br>Udon with Sesame | 胚芽飯<br>Germ Rice | 糙米飯<br>Brown Rice |
| | 主菜1 | | | | | **☆★豬肉絲+魷魚+蝦仁**<br>**Pork+ Squid+ Shrimp** | ◎唐揚雞塊<br>Chicken Karaage | 泰式綠咖哩雞<br>Green Curry | 高昇排骨<br>Braised Pork |
| | | | | | 義大利麵 豬絞肉 鴻喜菇 洋蔥 奶油 奶粉 | | 雞肉丁 芝麻 | 骨腿丁 棒腿丁 馬鈴薯 紅蘿蔔 洋蔥 菠菜 椰奶(含奶粉) | 豬肉角 豬軟骨丁 芝麻 |
| | 主菜2 | | | | 義式烤豬棒腿<br>Italian-Style Roasted Pork Shank | **△☆蟶味絲+蛋花+香菇+香菜**<br>**Fish Cake+Egg +Mushroom+Cilantro** | 雞蛋+玉米+蔥花+辣椒絲<br>Egg+ Corn+ Scallion+ Red Pepper | 水煮蛋<br>Boiled Egg | 腐乳炒雞丁<br>Stir-fried Diced Chicken with Fermented Bean Curd |
| | | | | | 豬棒腿 義式香料 | | | 雞蛋 | 雞胸丁 綠花椰 紅椒 豆腐乳 |
| | 副菜1 | | | | 煎雞蛋<br>Fried Egg | **冷油黑干**<br>**Braised Dried Tofu** | 薄鹽毛豆莢<br>Edamame | **麻麻黃金豆腐**<br>**Mala Crispy Tofu** | 韭香豆芽菜<br>Bean Sprouts and Chives |
| | | | | | 雞蛋 | **黑豆干 酸菜 青蔥** | 毛豆莢 | 板豆腐 洋蔥 香菜 蒜頭 辣椒 | 豆芽菜 韭菜 |
| | 副菜2 | | | | 蘑菇雙花<br>Mushrooms with Broccoli and Cauliflower | **大白菜+竹筍+紅蘿蔔**<br>**Chinese Cabbage + Bamboo Shoots+ Carrots** | 川燙菠菜<br>Spinach | 季節蔬菜<br>Fresh Vegetable | 季節蔬菜<br>Fresh Vegetable |
| | 水果 | | | | 水果<br>Fruit | **水果**<br>**Fruit** | 水果<br>Fruit | 水果<br>Fruit | 水果<br>Fruit |
| | 湯品 | | | | 韓式裙帶菜湯<br>Korean Wakame Soup | **☆★海鮮湯底**<br>**Seafood Broth** | 味噌豆腐湯<br>Miso Tofu Soup | 蜂蜜山粉圓<br>Chia Seeds and Honey Drink | 黃豆芽雞湯<br>Soy Sprouts Soup |
| | | | | | 裙帶菜 豬肉片 | **柴魚** | 板豆腐 味噌 | 山粉圓 蜂蜜 | 黃豆芽 雞排丁 枸杞 |
| | 熱量 | | | | 830.5 | 900 | 760 | 820 | 810 |

△表加工品 Processed Food
◎表油炸物 Deep-fried Food
☆表魚類 Fish
★表帶殼海鮮 Shrimp and Shelled Seafood
●表牛羊製品
沙茶醬含帶殼海鮮及芝麻，不含花生成分
本校食材一律使用國產豬、未使用輻射污染食品