

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							
		五穀飯 Grain Rice	香料咖哩豬肉 Pork Curry	綠花椰菜粉 Sponge Gourd and Mung Bean Noodles	有機蔬菜 Fresh Vegetable	水果 Fruit		全日 總量 (g)	水分 總量 (g)	蛋白質 總量 (g)	碳水化合物 總量 (g)	脂肪 總量 (g)	熱量 (kcal)		
4/01 (三)	迷迭香雞絲南瓜濃湯燻鰻 Rosemary Shredded Chicken Creamy Pasta Soup	五穀飯 Grain Rice	香料咖哩豬肉 Pork Curry	綠花椰菜粉 Sponge Gourd and Mung Bean Noodles	有機蔬菜 Fresh Vegetable	水果 Fruit	蘿蔔絲湯 Radish and Chicken Soup	蒜香奶油燻鰻 Garlic Butter Risotto	6.0	2.2	1.8	2.0	1.0	0.3	831
	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白米五穀米	豬肉片 馬鈴薯 紅蘿蔔 洋蔥 椰切(含切)	綠花椰菜粉 Sponge Gourd and Mung Bean Noodles	有機蔬菜 Fresh Vegetable	水果 Fruit	白蘿蔔 雞排丁 芹菜	白米清肉丁 青豆仁 紅蘿蔔 洋蔥 奶油 燻鰻(粉)							
4/02 (四)	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白米五穀米	豬肉片 馬鈴薯 紅蘿蔔 洋蔥 椰切(含切)	綠花椰菜粉 Sponge Gourd and Mung Bean Noodles	有機蔬菜 Fresh Vegetable	水果 Fruit	白蘿蔔 雞排丁 芹菜	爆米花-黑糖珍珠牛乳 Popcorn+ Brown Sugar Tapioca Milk	1.2	0.0	0.0	0.0	1.6	0.7	240
兒童節	水果+麥片+鮮奶(鮭、大豆、切)							乾玉米粒 奶油+粉圓 奶粉 黑糖							
4/03 (五)															
4/06 (一)															
兒童節、清明節愉快															
4/07 (二)	地瓜雞茸燕麥粥 Sweet Potato Chicken Oatmeal Porridge	白飯 Rice	◎六△酥炸柳葉魚 Deep-fried Shishamo	鮮菇白花 Stir-fried Cauliflower and Mushroom	有機蔬菜 Organic Vegetable	水果 Fruit	冬瓜雞湯 White Gourd Soup	椰汁紅豆紫米露 Black Glutinous Rice with Red Bean in Coconut Milk	5.9	2.0	1.9	2.0	1.0	0.1	788
	肉末茄子粉蒸蛋 Mung Bean Noodles Soup with Minced Pork and Eggplant	五穀飯 Grain Rice	果香雞排 Braised Pork Chop with Fruit	紅片高麗菜 Stir-fried Cabbage	有機蔬菜 Fresh Vegetable	水果 Fruit	青木瓜雞湯 Green Papaya and Chicken Soup	芝麻蜂蜜起司肉排+無糖枸杞紅豆飲 Honey Sesame Cheese Tortilla + Goji and Dates Drink	6.0	2.2	1.8	1.9	1.0	0.1	801
4/08 (三)	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白米五穀米	里肌肉排切 洋蔥 鳳梨	高麗菜 紅蘿蔔	有機蔬菜 Organic Vegetable	水果 Fruit	青木瓜 雞排丁 紅薑	墨西哥餅 起司 蜂蜜 黑芝麻+枸杞 紅豆							
4/09 (四)	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	香菇雞肉豆腐煲 Chicken and Tofu Stew	紅蘿蔔炒蛋 Scrambled Eggs with Carrot	有機蔬菜 Organic Vegetable	水果 Fruit	香菜蘿蔔排骨湯 Radish and Coriander Soup with Pork Ribs	沙茶豬肉燻飯(含芝麻) Satay Pork Rice (Contains Sesame)	5.9	2.1	1.9	2.0	1.6	0.5	870
	水果+麥片+鮮奶(鮭、大豆、切)	白米	清肉丁 油豆腐 香菇	醬 紅蘿蔔	有機蔬菜 Organic Vegetable	水果 Fruit	白蘿蔔 雞骨丁 香茶	米 豬肉絲 季節青菜 紅蘿蔔 青蔥 蛋沙茶(含芝麻)							
4/10 (五)	DIY 風味雞排肉捲+低糖豆漿 DIY Teriyaki Chicken Wrap + Low-Sugar Soy Milk	風味主食日	日式豬內炒烏龍 Japanese Stir-fried Udon with Pork	醬烤翅腿 Roasted Chicken Drumette	有機蔬菜 Fresh Vegetable	水果 Fruit	味噌蔬菜湯 Vegetables Miso Soup	乳酪丁餐包+薯麥蜂蜜蛋飲 Cheese Cube Bun + Buckwheat Tea with Osmanthus and Honey	5.8	2.0	1.7	1.8	1.0	0.1	764
	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	香蒜雞肉豆腐煲 Chicken and Tofu Stew	紅蘿蔔炒蛋 Scrambled Eggs with Carrot	有機蔬菜 Organic Vegetable	水果 Fruit	青木瓜 雞排丁 紅薑	墨西哥餅 起司 蜂蜜 黑芝麻+枸杞 紅豆							
4/13 (一)	義式香料馬鈴薯+黑糖牛乳 Italian Herb Roasted Potatoes + Brown Sugar Milk	糙米飯 Brown Rice	◎椒鹽排骨 Salt and Pepper Pork Ribs	紅豆炒干絲 Stir-fried Long Beans with Dried Tofu	有機蔬菜 Fresh Vegetable	水果 Fruit	薑絲海芽湯 Kelp Sprouts Soup with Shredded Ginger	乾麵乾拌麵 Dry Noodles with Red Yeast Pork	6.0	2.1	1.8	2.0	1.0	0.1	800
	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	清肉丁 油豆腐 香菇	醬 紅蘿蔔	有機蔬菜 Organic Vegetable	水果 Fruit	白蘿蔔 雞骨丁 香茶	米 豬肉絲 季節青菜 紅蘿蔔 青蔥 蛋沙茶(含芝麻)							
4/14 (二)	山藥肉末粥 Yam and Minced Pork Congee	白飯 Rice	☆立清燒鯛魚 Kabayaki Sea Bream	塔香白芹 Stir-fried Kelp and Basil	有機蔬菜 Organic Vegetable	水果 Fruit	大貴瓜香蒜雞湯 Cucumber and Mushroom Chicken Soup	自製碗粿+青菜豆腐湯 Rice Pudding (Wa Gu) + Vegetable and Tofu Soup	6.0	2.1	1.7	1.8	1.0	0.0	773
	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	香烤雞里肌 Roasted Chicken Loins	南瓜粉絲羹 Mung Bean Noodles with Pumpkin	有機蔬菜 Organic Vegetable	水果 Fruit	仙草雞湯 Chicken Soup with Herbal	栗子豚肉炊飯 Steamed Rice with Pork and Chestnuts	5.7	2.2	2.0	1.9	1.6	0.5	860
4/15 (三)	香菇芋頭素粥 Taro and Shitake Mushroom Rice Vermicelli Soup	五穀飯 Grain Rice	馬鈴薯雞排 Potato Pork Stew	和風雞蛋豆腐 Japanese Style Egg Tofu Clay Pot	有機蔬菜 Fresh Vegetable	水果 Fruit	奶香玉米濃湯 Corn Soup	手作日本地瓜饅頭+糖醬麥茶 Handmade Sweet Potato Bun+ Sugar-free Barley Tea	6.0	2.0	1.8	2.0	1.0	0.1	792
	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	香烤雞里肌 Roasted Chicken Loins	南瓜粉絲羹 Mung Bean Noodles with Pumpkin	有機蔬菜 Organic Vegetable	水果 Fruit	仙草雞湯 Chicken Soup with Herbal	栗子豚肉炊飯 Steamed Rice with Pork and Chestnuts	5.7	2.2	2.0	1.9	1.6	0.5	860
4/16 (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	南瓜粉絲羹 Mung Bean Noodles with Pumpkin	有機蔬菜 Organic Vegetable	水果 Fruit	仙草雞湯 Chicken Soup with Herbal	栗子豚肉炊飯 Steamed Rice with Pork and Chestnuts	5.7	2.2	2.0	1.9	1.6	0.5	860
	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	香烤雞里肌 Roasted Chicken Loins	南瓜粉絲羹 Mung Bean Noodles with Pumpkin	有機蔬菜 Organic Vegetable	水果 Fruit	仙草雞湯 Chicken Soup with Herbal	栗子豚肉炊飯 Steamed Rice with Pork and Chestnuts	5.7	2.2	2.0	1.9	1.6	0.5	860
4/17 (五)	DIY 鮮蔬小飯糰+黑糖豆漿 DIY Veggie Rice Balls (Onigiri) + Black Soy Milk	風味主食日	★古早味油飯 Traditional Sticky Rice with Pork and Mushrooms	香滑雞翅 Braised Chicken Wings	有機蔬菜 Fresh Vegetable	水果 Fruit	肉骨茶湯 Bak Kut Teh	肉包+柚香鹽焗雞 Pork Buns + Citron Dried Tangerine Peel Drink	6.0	2.0	1.7	2.0	0.0	733	
	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	香烤雞里肌 Roasted Chicken Loins	南瓜粉絲羹 Mung Bean Noodles with Pumpkin	有機蔬菜 Organic Vegetable	水果 Fruit	仙草雞湯 Chicken Soup with Herbal	栗子豚肉炊飯 Steamed Rice with Pork and Chestnuts	5.7	2.2	2.0	1.9	1.6	0.5	860
4/20 (一)	英式地瓜+蜂蜜牛乳 Steamed Sweet Potato + Honey Milk	糙米飯 Brown Rice	蔥爆雞肉柳 Stir-fried Pork Slices with Scallion	醬燒紅薯 Braised Radish and Sliced Wheat Gluten	有機蔬菜 Fresh Vegetable	水果 Fruit	扁擔排骨湯 Bottle Gourd and Pork Rib Soup	肉燥湯麵 Minced Pork Noodle Soup	6.0	2.1	2.0	1.8	1.0	0.1	793
	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	香烤雞里肌 Roasted Chicken Loins	南瓜粉絲羹 Mung Bean Noodles with Pumpkin	有機蔬菜 Organic Vegetable	水果 Fruit	仙草雞湯 Chicken Soup with Herbal	栗子豚肉炊飯 Steamed Rice with Pork and Chestnuts	5.7	2.2	2.0	1.9	1.6	0.5	860
4/21 (二)	小魚雞茸粥 Millet and Minced Chicken Congee	白飯 Rice	☆照燒魚丁 Teriyaki Fish Cubes	紅燒冬瓜 Braised White Gourd	有機蔬菜 Organic Vegetable	水果 Fruit	蕃薯蛋花湯 Tomato Egg Drop Soup	手作黑糖整果小蛋糕 Handmade Brown Sugar Cupcake with Nuts	6.0	2.0	1.8	1.9	1.0	0.2	798
	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	香烤雞里肌 Roasted Chicken Loins	南瓜粉絲羹 Mung Bean Noodles with Pumpkin	有機蔬菜 Organic Vegetable	水果 Fruit	仙草雞湯 Chicken Soup with Herbal	栗子豚肉炊飯 Steamed Rice with Pork and Chestnuts	5.7	2.2	2.0	1.9	1.6	0.5	860
4/22 (三)	★什錦豬肉湯麵 Assorted Noodle Soup with Pork and Shrimp	蔬食特餐	大油湯麵 Assorted Vegetables Thick Soup Ramen	茶葉蛋+醬燒豆包 Tea Eggs + Braised Bean Curd	有機蔬菜 Fresh Vegetable	水果 Fruit	大油湯麵 Assorted Vegetables Thick Soup	花生芝麻仁豆花 Tofu Pudding with Kinney Beans and Soybeans	5.7	2.5	1.8	1.9	1.0	0.0	791
	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	香烤雞里肌 Roasted Chicken Loins	南瓜粉絲羹 Mung Bean Noodles with Pumpkin	有機蔬菜 Organic Vegetable	水果 Fruit	仙草雞湯 Chicken Soup with Herbal	栗子豚肉炊飯 Steamed Rice with Pork and Chestnuts	5.7	2.2	2.0	1.9	1.6	0.5	860
4/23 (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	大貴瓜炒蛋 Stir-fried Cucumber and Egg	有機蔬菜 Organic Vegetable	水果 Fruit	芹香蘿蔔排骨湯 Radish and Pork Ribs Soup	三杯炒雞飯 Three-Cup Chicken Fried Rice	5.7	2.0	2.0	2.0	1.6	0.5	851
	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	香烤雞里肌 Roasted Chicken Loins	南瓜粉絲羹 Mung Bean Noodles with Pumpkin	有機蔬菜 Organic Vegetable	水果 Fruit	仙草雞湯 Chicken Soup with Herbal	栗子豚肉炊飯 Steamed Rice with Pork and Chestnuts	5.7	2.2	2.0	1.9	1.6	0.5	860
4/24 (五)	DIY 奶香紅豆紫米粥 Creamy Condensed Milk with Purple Rice & Red Beans with Cone + Oat and Soy Milk	風味主食日	青醬蒜茸炒管麵 Penne Pesto	獵人燻豬 Cacciatorre	紅綠雙花 Stir-fried Cauliflower and Broccoli with Carrot	水果 Fruit	南瓜濃湯 Pumpkin Soup	蜂蜜小蛋糕+枸杞菊花茶 Honey Cake + Goji Berry and Chrysanthemum Tea	6.0	2.0	1.9	1.8	1.0	0.1	783
	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	香烤雞里肌 Roasted Chicken Loins	南瓜粉絲羹 Mung Bean Noodles with Pumpkin	有機蔬菜 Organic Vegetable	水果 Fruit	仙草雞湯 Chicken Soup with Herbal	栗子豚肉炊飯 Steamed Rice with Pork and Chestnuts	5.7	2.2	2.0	1.9	1.6	0.5	860
4/27 (一)	香烤南瓜+胚芽牛乳 Roasted Pumpkin + Germ Milk	糙米飯 Brown Rice	咖哩豬肉 Curry Pork	★開陽扁扁 Stir-fried Bottle Gourd	有機蔬菜 Fresh Vegetable	水果 Fruit	當歸冬瓜排骨湯 Chinese Angelica & Winter Melon Pork Rib Soup	台式豬肉炒麵 Taiwanese Stir-fried Noodles	5.8	2.0	2.0	1.8	1.0	0.2	783
	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	香烤雞里肌 Roasted Chicken Loins	南瓜粉絲羹 Mung Bean Noodles with Pumpkin	有機蔬菜 Organic Vegetable	水果 Fruit	仙草雞湯 Chicken Soup with Herbal	栗子豚肉炊飯 Steamed Rice with Pork and Chestnuts	5.7	2.2	2.0	1.9	1.6	0.5	860
4/28 (二)	鮑菇豬肉鹹粥 Shredded Pork Congee with Mushroom	白飯 Rice	☆豉汁蒸魚片 Steamed Fish Fillet	番茄炒蛋 Scrambled Eggs with Tomato	有機蔬菜 Organic Vegetable	水果 Fruit	茄香蘿蔔排骨湯 Pork Ribs Soup with Sponge Gourd and Ginseng	地瓜粉綠豆甜湯 Sweet Mung Bean Soup with Sweet Potato	6.0	2.0	1.8	1.8	1.0	0.0	768
	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	香烤雞里肌 Roasted Chicken Loins	南瓜粉絲羹 Mung Bean Noodles with Pumpkin	有機蔬菜 Organic Vegetable	水果 Fruit	仙草雞湯 Chicken Soup with Herbal	栗子豚肉炊飯 Steamed Rice with Pork and Chestnuts	5.7	2.2	2.0	1.9	1.6	0.5	860
4/29 (三)	☆虱目魚米粉湯 Milkfish Rice Vermicelli Soup	五穀飯 Grain Rice	薑燒豬排 Ginger Braised Pork Slices	☆青木瓜炒小魚 Stir-fried Green Papaya and Anchovy	有機蔬菜 Fresh Vegetable	水果 Fruit	竹筍雞湯 Bamboo Shoots and Chicken Soup	手作黑糖布丁 Handmade Brown Sugar Pudding	5.7	2.0	1.8	1.8	1.0	0.1	759
	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	香烤雞里肌 Roasted Chicken Loins	南瓜粉絲羹 Mung Bean Noodles with Pumpkin	有機蔬菜 Organic Vegetable	水果 Fruit	仙草雞湯 Chicken Soup with Herbal	栗子豚肉炊飯 Steamed Rice with Pork and Chestnuts	5.7	2.2	2.0	1.9	1.6	0.5	860
4/30 (四)	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	古早味瓜仔燒雞 Braised Chicken with Preserved Cucumber	綜合滷味 Braised Dishes	有機蔬菜 Organic Vegetable	水果 Fruit	金針排骨湯 Daylily and Pork Ribs Soup	奶油燻肉丁 Chicken and Sweet Corn Out-Rice with Butter	5.8	2.0	1.8	1.9	1.6	0.6	859
	2種新鮮水果+麥片+鮮奶 Fruits + Cereal + Milk	白飯 Rice	香烤雞里肌 Roasted Chicken Loins	南瓜粉絲羹 Mung Bean Noodles with Pumpkin	有機蔬菜 Organic Vegetable	水果 Fruit	仙草雞湯 Chicken Soup with Herbal	栗子豚肉炊飯 Steamed Rice with Pork and Chestnuts	5.7	2.2	2.0	1.9	1.6	0.5	860

◎表油炸物 Deep-fried Food  
☆表魚類 Fish  
★表殼海鮮 Shrimp and Shelled Seafood  
幼兒適口甜度4以下  
幼兒園食料一律使用國產豬、牛肉  
幼兒園未使用輻射污染食品  
沙茶醬使用含芝麻的全素沙茶醬，不含花生成分

菜單開立：陳紅文(新茂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)