

康橋國際學校林口校區115年5月小學部菜單
Lunch and Snack Menu, May 2026

日期 Date	午餐 Lunch Menu's Detail							下午點心 Afternoon Snack	營養成分分析 Nutrition Facts						
	主食	主菜1	主菜2	副菜1	副菜2	水果	湯品		全穀雜糧類(份)	豆魚蛋肉類(份)	蔬菜類(份)	水果類(份)	奶類(份)	熱量(Kcal)	
5/1 (五)	勞動節假日														
5/4 (一)	糙米飯 Brown Rice	豉汁蒸肉 Stir-fried Minced Pork and Chive	◎糖醋雞丁 Sweet and Sour Diced Chicken	鮮菇炒時蔬 Stir-fried Sponge Gourd and Enoki Mushroom	履歷蔬菜 Fresh Vegetable	水果 Fruit	特選菜排骨湯 Turnip and Pork Ribs Soup	香油細麵(50G)+滷蛋 Braised Tofu and Egg	4.0	3.3	2.0	2.9	1.0	0.1	809
5/5 (二)	白飯 Rice	☆清蒸鱈魚片 Steamed Fish Fillet with Preserved Pineapple	竹筒炒肉絲 Stir-fried Bamboo Shoots and Shredded Pork	芋香炒蛋 Scrambled Eggs with Potato	有機蔬菜 Organic Vegetable	水果 Fruit	椰香紫米露 Black Glutinous Rice with Coconut Milk	墨西哥玉米 Elotes (Grilled Mexican Street Corn)	3.4	3.7	1.4	3.5	1.0	0.6	818
5/6 (三)	五穀飯 Grain Rice	●沙茶芥藍炒羊肉(含芝麻) Shacha Lamb with Chinese Kale (contains Sesame)	鹹水雞 Taiwanese Saltwater Chicken	芹香豆干 Stir-fried Dried Tofu with Celery	履歷蔬菜 Fresh Vegetable	水果 Fruit	髮菜羹湯 Chinese Black Moss Soup	燕麥杏仁漿(330ml)+小肉包(30G) Oat and Barley Drink + Pork Bun	3.1	3.2	2.0	3.0	1.0	0.0	732
5/7 (四)	白飯 Rice	匈牙利燻雞 Hungarian Braised Chicken	◎☆鹹酥炸脆皮魚 Crispy Cuttlefish Cutlet	彩蔬海帶 Stir-fried Vegetables and Kelp	有機蔬菜 Organic Vegetable	水果 Fruit	白菜蛋花湯 Chinese Cabbage and Egg Drop Soup	鮮奶(125ml)+蒸地瓜(60G) Fresh Milk + Steamed Sweet Potato	3.3	3.0	1.6	2.7	1.0	0.0	703
5/8 (五)	風味主食日	日式雞肉炊飯 Japanese Chicken Rice	薑燒雞排 Braised Pork Chop with Ginger	木耳白花 Stir-fried Cauliflower and Black Fungus	履歷蔬菜 Fresh Vegetable	水果 Fruit	味噌茄子豆腐湯 Eggplant Miso Soup	鬆餅X2 Waffles	3.5	3.0	1.5	2.9	1.0	0.0	727
5/11 (一)	糙米飯 Brown Rice	咖哩雞肉 Curry Pork	菜豆炒雞丁 Stir-fried Legume and Diced Chicken	塔香紅豆豆腐 Braised Tofu with Basil	履歷蔬菜 Fresh Vegetable	水果 Fruit	裙帶菜排骨湯 Kelp and Pork Ribs Soup	紅糖漿果小米粥 Oat and Walnut Porridge	4.5	3.3	2.0	2.5	1.0	0.1	820
5/12 (二)	白飯 Rice	☆△清蒸鯛魚 Kabayaki Sea Bream	日式芋炒肉絲 Stir-fried Shredded Pork and Burdock	冬瓜燒麵 Braised Gourd and Wheat Gluten	有機蔬菜 Organic Vegetable	水果 Fruit	地瓜團燒仙草 Sweet Potato Balls and Grass Jelly	地瓜球(100G) Sweet Potato	4.7	3.7	1.7	3.0	1.0	0.0	874
5/13 (三)	五穀飯 Grain Rice	◎商界肉片 Sweet and Sour Pork	照燒雞柳 Stir-fried Chicken Tenderloin and Cauliflower	毛豆蒸蛋 Steamed Egg with Edamame	履歷蔬菜 Fresh Vegetable	水果 Fruit	竹筍排骨湯 Bamboo Shoots and Pork Ribs Soup	豆漿(330ml)+小芝麻包(30G) Soy Milk + Sesame Bun	3.7	3.4	2.0	3.0	1.0	0.2	813
5/14 (四)	白飯 Rice	黃燜雞肉 Braised Chicken	*白灼鮮蝦 Blanched Shrimps	鮮菇炒年糕 Stir-fried Vegetables and Rice Cake	有機蔬菜 Organic Vegetable	水果 Fruit	黃金早蘿蔔雞湯 Radish Soup	優酪乳(125ml)+香烤馬鈴薯(60G) Yogurt + Roasted Potato	3.5	3.0	2.0	3.5	1.0	0.1	787
5/15 (五)	風味主食日	蘑菇雞飯 Stir-fried Noodles with Mushroom Sauce	海苔烤雞腿排 Seaweed Roasted Chicken Thigh	鮮菇高麗菜 Stir-fried Cabbage with Mushroom	履歷蔬菜 Fresh Vegetable	水果 Fruit	玉米濃湯 Corn Soup	起司吐司(SOG) Cheese Toast	3.9	3.0	1.5	2.8	1.0	0.0	749
5/18 (一)	糙米飯 Brown Rice	蒙古烤肉(含芝麻) Mongolian Pork (contains Sesame)	蔥油雞丁 Chicken with Scallion Oil	豉香肉末蒸蛋 Steamed Egg with Minced Pork and Tomato Sauce	履歷蔬菜 Fresh Vegetable	水果 Fruit	薑絲冬瓜湯 White Gourd Soup with Shredded Ginger	六日式關東煮 Oden	4.0	3.3	2.0	2.8	1.0	0.1	803
5/19 (二)	白飯 Rice	★薑燒魚排 Braised Fish Fillet with Scallion	雙料肉片 Doubled Cooked Pork Slices	紅片青花 Stir-fried Broccoli with Carrot	有機蔬菜 Organic Vegetable	水果 Fruit	紅豆燕麥湯 Red Beans and Oatmeal Soup	◎椒鹽里肌X2 Deep-Fried Chicken	3.5	3.3	1.9	3.5	1.0	0.0	795
5/20 (三)	五穀飯 Grain Rice	●牛肉咖哩 Beef Curry	△三杯雞 3-Cup Chicken	鮮菇炒南瓜 Stir-fried Bottle Gourd with Mushrooms	履歷蔬菜 Fresh Vegetable	水果 Fruit	青木瓜雞湯 Green Papaya and Chicken Soup	花生糙米漿(330ml)+小蔥花捲(30G) Peanut and Rice Drink + Scallion Roll	3.7	3.2	2.0	3.0	1.0	0.5	774
5/21 (四)	白飯 Rice	栗子燒雞 Braised Chicken and Chestnuts	★☆西芹鮮筍魚丁 Stir-fried Diced Fish with Celery and Bamboo Shoots	蒜香菜豆 Stir-fried Legumes with Garlic	有機蔬菜 Organic Vegetable	水果 Fruit	嚴製苦瓜雞湯 Bitter Gourd and Chicken Soup with Preserved Pineapple	鮮奶(125ml)+DIY海清風味雞糰 Milk+Minced Chicken Onigiri	4.0	3.0	1.3	3.0	1.0	0.0	763
5/22 (五)	風味主食日	韓式炸醬飯 Korean Bean Sauce Rice	◎韓式辣醬肉 Korean-Style Sweet and Sour Pork	韓式醬豆腐 Korean Braised Tofu	履歷蔬菜 Fresh Vegetable	水果 Fruit	蔘雞湯 Sangjatang (Korean Ginseng Chicken Soup)	菠蘿麵包(60G) Pineapple Bread	3.9	3.2	2.0	2.7	1.0	0.0	770
5/25 (一)	糙米飯 Brown Rice	鐵板肉柳 Stir-fried Pork Tenderloin	冬瓜燒雞 Braised Chicken with White Gourd	芹菜炒麵 Stir-fried Vegetable and Mung Bean Noodles	履歷蔬菜 Fresh Vegetable	水果 Fruit	金針排骨湯 Daylily and Pork Ribs Soup	香料烤雞翅(90G)X1 Roasted Chicken Wing	4.0	3.2	2.0	2.5	1.0	0.1	777
5/26 (二)	白飯 Rice	☆炒鍋魚丁(含芝麻) Braised Diced Fish (contains Sesame)	蘿蔔燻雞 Braised Pork and Radish	紅蘿蔔蒸蛋 Steamed Egg With Carrot	有機蔬菜 Organic Vegetable	水果 Fruit	黑糖綠豆薏仁粥湯 Mung Bean and Job's Tears Soup	自製肉桂糖小蛋糕 Cinnamon Cashew nuts Cup Cake	3.4	3.6	1.3	3.5	1.0	0.0	796
5/27 (三)	五穀飯 Grain Rice	茄汁醬肉片 Tomato Sauce Pork Slices	玉米雞蓉 Corn and Chicken Mince	薑片炒南瓜 Stir-fried Cucumber and Egg	履歷蔬菜 Fresh Vegetable	水果 Fruit	海草排骨湯 Kelp Sprouts and Pork Ribs Soup	豆漿(330ml)+小芝麻包(30G) Soy Milk + Char Siu Bun	3.3	2.5	1.8	3.5	1.0	0.0	771
5/28 (四)	白飯 Rice	◎煎炸雞丁 Deep-fried Chicken with Fermented Bean Curd	☆大海鮮粉絲煲 Seafood and Mung Bean Noodles Stew	薑香高麗菜 Stir-fried Cabbage	有機蔬菜 Organic Vegetable	水果 Fruit	竹筒香蒜雞湯 Chicken Soup with Bamboo Shoots and Mushroom	優格(100G)+綜合水果麥片 Yogurt (100g) + Mixed Fruit Muesli	3.3	3.2	1.8	3.5	1.0	0.0	771
5/29 (五)	風味主食日	客家米苔目 Hakka Thick Rice Noodles	◎台式炸雞腿 Fried Chicken Drumstick	梅菜菜豆 Stir-fried Legumes with Preserved Mustard	履歷蔬菜 Fresh Vegetable	水果 Fruit	南瓜排骨湯 Pumpkin and Pork Ribs Soup	玉米烤麵包(60G) Smoked Chicken Bread	3.3	3.2	1.8	3.5	1.0	0.0	771

◎美油炸物, 含全糖質 Deep-fried Food, Contains sugar
☆美油煎 Fish
★美油煎海鮮 Shrimp or Shelled Seafood
△美加工品 Processed Product
●美牛乳製品
沙茶醬用含芝麻的全蛋沙茶醬, 不含芥末成分
食材一律使用國產豬
本校未使用福射污染食品

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