

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)	油脂及堅果種子類(份)	水果(份)	奶類(份)	熱量(Kcal)
5/1 (五)	勞動節假日														
5/4 (一)	糙米飯 Brown Rice	茶燻頭 Stir-fried Mincd Pork and Chive	◎鹽醋雞丁 Sweet and Sour Diced Chicken	斜絲炸絲瓜 Stir-fried Sponge Gourd and Enoki Mushroom	履歷蔬菜 Fresh Vegetable	水果 Fruit	結頭菜排骨湯 Turnip and Pork Ribs Soup	香油細腐(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	☆蒜泥蒸魚片 Steamed Fish Fillet with Preserved Pineapple	竹筍炒肉絲 Stir-fried Bamboo Shoots and Shredded Pork	洋芋炒蛋 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	蟹菜羹湯 Chinese Black Moss Soup	燕麥紫仁漿(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	◎☆☆蒜香炸魷魚排 Crispy Cuttlefish Cutlet	彩蔬海帶 Stir-fried Vegetables and Kelp	有機蔬菜 Organic Vegetable	水果 Fruit	白菜菜花湯 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	日式雞肉飯 Japanese Chicken Rice	薑燒豬排 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	紅糖堅果小米粥 Oat and Walnut Porridge	4.5	3.3	2.0	2.5	1.0	0.1	820
5/12 (二)	白飯 Rice	☆△滷燒鯛魚 Kabuyaki Sea Bream	日式牛蒡炒肉絲 Stir-fried Shredded Pork and Burdock	冬瓜燒麵 Braised Gourd and Wheat Gluten	有機蔬菜 Organic Vegetable	水果 Fruit	地瓜圓燒仙草 Sweet Potato Balls and Grass Jelly	地瓜條(100G) Sweet Potato	4.7	3.7	1.7	3.0	1.0	0.0	874
5/13 (三)	五穀飯 Grain Rice	◎高昇肉片 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	貴門雞肉 Braised Chicken	★白灼鮮蝦 Blanched Shrimps	鮮蔬炒年糕 Stir-fried Vegetables and Rice Cake	有機蔬菜 Organic Vegetable	水果 Fruit	黃金豆腐羹湯 Radish Soup	優酪乳(125ml)+香烤馬鈴薯塊(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	蒜香醬蝦麵 Stir-fried Noodles with Mushroom Sauce	蒜香滷豬排 Garlic braised leg steak	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(50G) 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	蛋香肉末蒸蛋 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	☆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	☆蟹燒魚排 Braised Fish Fillet with Scallion	回鍋肉片 Doubled Cooked Pork Slices	紅片青花 Stir-fried Broccoli with Carrot	有機蔬菜 Organic Vegetable	水果 Fruit	紅豆蒸麥湯 Red Beans and Oatmeal Soup	◎椒鹽雞腿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	鮮菇燻絲瓜 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)+小銀絲捲(40G) Peanut and Rice Drink+Silver-Thread 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	鳳梨苦瓜雞湯 Bitter Gourd and Chicken Soup with Preserved Pineapple	鮮奶(125ml)+DIY海南風味雞骨飯 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	◎韓式燻雞 Korean-Style Sweet and Sour Pork	韓式豆腐 Korean Braised Tofu	履歷蔬菜 Fresh Vegetable	水果 Fruit	茶葉湯 Samgyetang (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	椒板肉柳 Stir-fried Pork Tenderloin	冬瓜燒雞 Braised Chicken with White Gourd	時蔬粉絲 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	☆砂鍋魚丁(含芝麻) Braised Fish (contain Sasame)	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	鳳凰綠豆薏仁粥 Mung Bean and Job's Tears Soup	自製肉桂糖桃小蛋糕 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	茄汁燻肉片 Tomato Sauce Pork Slices	玉米雞茸 Corn and Chicken Mince	塔香菜瓜 Stir-fried Cucumber and Egg	履歷蔬菜 Fresh Vegetable	水果 Fruit	海芽排骨湯 Kelp Sprouts and Pork Ribs Soup	豆漿(330ml)+小叉燒包(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	◎腐乳炸雞丁 Deep-fried Chicken with Fermented Bean Curd	☆★海鮮粉燒漿 Seafood and Mung Bean Noodles Stew	履歷高麗菜 Stir-fried Cabbage	有機蔬菜 Organic Vegetable	水果 Fruit	竹筍香菇雞湯 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	◎台式炸鹽焗 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	玉米燒雞麵包(60G) Smoked Chicken Bread	3.3	3.2	1.8	3.5	1.0	0.0	771

◎表油炸物，皆含脂肪 Deep-fried Food. Contains eluten
☆表魚類 Fish
★表帶殼海鮮 Shrimp or Shelled Seafood
△表加工品 Processed Product
●表牛乳製品
沙茶醬皆用含芝麻的含全蛋沙茶醬，不含花生油成分
食材一律選用國產豬
未封裝使用無射汙食品