

康橋國際學校林口校區素食 115年5月份菜單

Vegetarian Lunch Menu, May 2026

日期 Date	午餐 Lunch Menu's Detail							營養成分分析 Nutrition Facts							
	主食	主菜1	主菜2	副菜1	副菜2	副菜3	水果	湯品	全糖	添加糖	總脂肪	鈉	熱量		
									(g)	(g)	(g)	(mg)	(Kcal)		
5/1 (五)	<b>勞動節假日</b>														
5/4 (一)	糙米飯 Brown Rice	軟殼蒸蛋 Steamed Egg with Okra	<b>塔香千層千</b> Stir-fried Sliced Pressed Tofu with Thai Basil	小黃瓜炒素雞 Stir-fried Cucumber with Vegetarian Chicken	<b>素炒什錦冬粉</b> Stir-fried Mung Bean Noodles	履歷蔬菜 Fresh Vegetable	水果 Fruit	結頭菜湯 Turnip Soup	4.0	3.0	1.2	2.3	1.0	0.0	698.5
5/5 (二)	白飯 Rice	△日式味噌素肉排 Miso Vegetarian Steak	<b>千層千X5 薑九層塔</b> Stir-Fried Vegetarian Bean Intestines with Satay Sauce	素雞 小黃瓜 黑木耳 Stir-fried Cucumber and Mushroom	<b>冬粉 紅蘿蔔 香菇 芥菜 素雞</b> Stir-fried Bamboo	有機蔬菜 Organic Vegetable	水果 Fruit	結頭菜 紅蘿蔔 Black Glutinous Rice with Coconut Milk	4.1	3.0	1.3	3.0	1.0	0.1	754.5
5/6 (三)	白飯 Rice	牛蒡排X2 Braised Oily Tofu	豆腐油菜 紅蘿蔔 素沙茶(含芝麻) Sweet Potato Frittata with Cheese	大黃瓜 麵丸 鴻喜菇 肉松 Stir-fried Vegetarian Shredded Pork	素炒豆苗 Stir-fried Lima Beans	履歷蔬菜 Fresh Vegetable	水果 Fruit	紫米 西谷米 椰奶(奶) Chinese Black Moss Soup	4.0	3.0	1.1	3.0	1.0	0.1	742.5
5/7 (四)	白飯 Rice	醬爆素雞 Stir-fried Vegetarian Chicken with Black Fungus	蜜汁豆干 Braised Dried Tofu with Honey Sauce	蘿蔔燒麵筋 Braised Radish and Sliced Wheat Gluten	豆香素豆 Stir-fried Legumes	有機蔬菜 Organic Vegetable	水果 Fruit	白菜菜花湯 Chinese Cabbage and Egg Drop Soup	4.0	3.0	1.4	2.6	1.0	0.0	717.0
5/8 (五)	風味主食日	日式高麗菜飯 Cabbage Rice	照燒海苔烤豆包 Teriyaki Bean Curd with Seaweed	薑絲炒麵筋 Stir-fried Wheat Gluten	香料烤蔬菜 Roasted Vegetables with Spices	履歷蔬菜 Fresh Vegetable	水果 Fruit	<b>味噌茄子豆腐湯</b> Eggplant Miso Soup	4.0	3.0	1.1	2.2	1.0	0.0	691.5
5/11 (一)	糙米飯 Brown Rice	番茄炒蛋 Scrambled Eggs with Tomato	醬燒豆腐 Stir-fried Bean Curd	冬瓜油麵筋 Braised White Gourd and Wheat Gluten	素炒鮑菇 Stir-fried King Oyster Mushroom with Vegetables	履歷蔬菜 Fresh Vegetable	水果 Fruit	裙帶菜湯 Kelp Soup	4.0	3.0	1.2	2.7	1.0	0.0	716.5
5/12 (二)	白飯 Rice	咖哩什錦蔬菜 Assorted Curry Vegetables	素肚 素雞 素雞 Seitan with Preserved Vegetables	素佛跳牆 Vegetarian Stew	毛豆干丁 Dried Tofu and Vegetables	有機蔬菜 Organic Vegetable	水果 Fruit	地瓜圓燒仙草 Sweet Potato Balls and Grass Jelly	4.0	3.0	1.3	2.6	1.0	0.1	729.5
5/13 (三)	五穀飯 Grain Rice	菜膽蛋 Scrambled Eggs with Pickled Radish	素沙茶烤豆包(含芝麻) Bean Curd with Vegetarian Shacha (contain Sesame)	青木瓜炒油片絲 Stir-fried Papaya and Bean Curd	鐵板時蔬 Stir-fried Vegetables	履歷蔬菜 Fresh Vegetable	水果 Fruit	糙米竹筍湯 Bamboo Shoots Soup with Preserved Vegetables	4.0	3.0	1.2	2.5	1.0	0.1	722.5
5/14 (四)	白飯 Rice	醬爆素雞 Stir-fried Wheat Gluten	豆包 素沙茶(含芝麻) Braised Dishes with Peanut	油片絲 青木瓜 紅蘿蔔 Pumpkin and Bean Curd Stew	豆酥豆腐 Stir-fried Legumes (contain Sesame)	有機蔬菜 Organic Vegetable	水果 Fruit	黃金蘿蔔湯 Radish Soup	4.0	3.0	1.5	2.3	1.0	0.0	706.0
5/15 (五)	風味主食日	蘑菇醬麵 Stir-fried Noodles with Mushroom Sauce	◎酥炸素雞排 Deep-fried Corn Chicken Steak	家常豆腐 Braised Tofu	鮮菇佛手瓜 Stir-fried Chayote with Mushrooms	履歷蔬菜 Fresh Vegetable	水果 Fruit	玉米濃湯 Corn Soup	4.0	3.0	1.3	3.0	1.0	0.1	747.5
5/18 (一)	糙米飯 Brown Rice	△BBQ素茶鴨 BBQ Bean Curd	彩蔬炒蛋 Scrambled Eggs with Vegetables	茄汁豆包塊 Stir-fried Bean Curd and Tomato	鮑菇雙花 Stir-fried Broccoli and Cauliflower with King Oyster Mushroom	履歷蔬菜 Fresh Vegetable	水果 Fruit	薑絲冬瓜湯 White Gourd Soup with Shredded Ginger	4.0	3.0	1.3	2.5	1.0	0.0	710.0
5/19 (二)	白飯 Rice	豆豉菜絲燴豆腐 Stir-fried Tofu and Mushroom	糖醋麵筋 Sweet and Sour Wheat Gluten Roll	木耳干絲 Stir-fried Dried Tofu Strips and Black Fungus	素綠油炒高麗菜 Stir-fried Cabbage with Vegetarian Oyster Sauce	有機蔬菜 Organic Vegetable	水果 Fruit	紅豆燕麥湯 Red Beans and Oatmeal Soup	4.0	3.0	1.4	2.5	1.0	0.0	712.5
5/20 (三)	五穀飯 Grain rice	玉米炒蛋 Scrambled Eggs with Corn	鐵板油筋 Vegetarian Sacha Teppanyaki Tofu	梅菜油筋干麵筋 Braised Dried Bamboo Shoots and Seitan with Preserved Mustard Greens	鮮菇辣瓜 Stir-fried Luffah and Mushroom	履歷蔬菜 Fresh Vegetable	水果 Fruit	青木瓜湯 Green Papaya Soup	4.0	3.5	1.3	2.7	1.0	0.1	771.5
5/21 (四)	白飯 Rice	沙茶千層干(含芝麻) Sacha Dried Tofu	竹筍烤翅 Bamboo Shoots and Wheat Gluten	鮮菇燴肉片 Bean Curd and Vegetables	清炒芥藍 Stir-fried Mustard Green	有機蔬菜 Organic Vegetable	水果 Fruit	鳳梨苦瓜湯 Bitter Gourd and Pineapple Soup	4.0	3.0	1.5	3.0	1.0	0.0	737.5
5/22 (五)	風味主食日	韓式炸醬飯 Korean Bean Sauce Rice	◎韓式糖醋豆腐 Crispy Korean Sweet and Sour Tofu	宮廷年糕 Stir-fried Rice Cake	韓式雜菜粉條 Japchae	履歷蔬菜 Fresh Vegetable	水果 Fruit	參蔘白菜湯 Ginseng and Chinese Cabbage Soup	4.0	3.0	1.7	3.0	1.0	0.0	742.5
5/25 (一)	糙米飯 Brown Rice	塔香茄子燴蛋 Stir-fried Eggplants with Basil and Egg	塔香茄子燴蛋 Braised Oily Tofu with Preserved White Gourd	薑絲油炒麵筋 Stir-fried Wheat Gluten Roll with Sesame Oil and Shredded Ginger	清炒裙帶菜 Stir-fried Kelp and Konjac	履歷蔬菜 Fresh Vegetable	水果 Fruit	金針花湯 Daylily Soup	4.0	3.2	1.1	2.8	1.0	0.0	733.5
5/26 (二)	白飯 Rice	紅燻素肉排 Vegetarian Cutlet with Red Vinasse	青椒炒豆干 Stir-fried Dried Tofu with Bell Pepper	醬燒素肚 Braised Wheat Gluten	鮮菇燴南瓜 Stir-fried Bottle Gourd with Mushrooms	有機蔬菜 Organic Vegetable	水果 Fruit	黑糖綠豆薏仁甜湯 Mung Bean and Job's Tears Soup	4.0	3.0	1.2	3.0	1.0	0.0	730.0
5/27 (三)	五穀飯 Grain Rice	三杯豆包 3-Cup Bean Curd	蜜片燴黃瓜 Stir-fried Cucumber and Egg	<b>腐乳醬菜絲</b> Sautéed Greens with Fermented Tofu Sauce	麻油素豆芽 Sesame Oil Bean Sprouts	履歷蔬菜 Fresh Vegetable	水果 Fruit	薑絲海菜湯 Kelp Sprouts Soup with Shredded Ginger	4.0	3.0	1.4	2.7	1.0	0.0	721.5
5/28 (四)	白飯 Rice	紅燒麵筋 Braised Wheat Gluten	調味雙拼 Marinated Platter	茄汁凍肉塊 Tomato Tofu Stew	鮮菇燴辣瓜 Stir-fried Sponge Gourd and Enoki Mushroom	有機蔬菜 Organic Vegetable	水果 Fruit	竹筍香菇湯 Bamboo Shoot and Mushroom Soup	4.0	3.0	1.6	1.7	1.0	0.0	681.5
5/29 (五)	風味主食日	客家米苔目 Hakka Thick Rice Noodles	◎塔香豆腐酥 Deep-fried Tofu with Basil	<b>西洋菜素雞</b> Stir-fried Bean Curd, Celery and Cashew Nuts	梅菜菜豆 Stir-fried Legumes with Preserved Mustard	履歷蔬菜 Fresh Vegetable	水果 Fruit	南瓜紅栗湯 Pumpkin Soup with Chestnuts and Red Dates	4.0	3.0	1.5	3.0	1.0	0.0	737.5

◎表油炸物，皆含麩質 Deep-fried Food, Contains gluten  
 △表加工品 Processed Product  
 沙茶醬使用含芝麻的全素沙茶醬，不含花生成分  
 本校未使用輔助清潔食品  
 菜單開立：陳紅文(新北食品股份有限公司營養師)