

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	副菜4 (僅美食街)	水果	湯品							
										全糖 糖類 (g)	反式 脂肪 (g)	鈉 (mg)	纖維 (g)	蛋白質 (g)	熱量 (kcal)	
5/1 (五)	<b>勞動節假日</b>															
5/4 (一)	糙米飯 Brown Rice	軟豆莢蛋 Steamed Egg with Okra	<b>塔香千層子</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	有機蔬菜 Fresh Vegetable	<b>照燒油豆腐尼布馬鈴薯</b> Teriyaki Butter Potatoes with Shio Kombu	水果 Fruit	結頭菜湯 Turnip Soup	4.2	3.0	1.2	2.3	1.0	0.1	727.5
5/5 (二)	白飯 Rice	△日式味噌素肉排 Miso Vegetarian Steak	<b>千層子X5 薑九層塔</b> 素炒茶炒豆腐(含芝麻) Stir-Fried Vegetarian Bean Intestines with Satay Sauce	鮮菇滑蛋瓜 Stir-fried Cucumber and Mushroom	豆香炒鮮筍 Stir-fried Bamboo	有機蔬菜 Organic Vegetable	千張海苔捲 Vegetable Roll	水果 Fruit	椰香紫米露 Black Glutinous Rice with Coconut Milk	4.1	3.0	1.3	3.0	1.0	0.1	754.5
5/6 (三)	五穀飯 Grain rice	紅燒油豆腐 Braised Oily Tofu	甜司地瓜烘蛋 Sweet Potato Fritata with Cheese	素肉絲黑木耳紅蘿蔔青椒 Stir-fried Vegetarian Shredded Pork	素炒皇帝豆 Stir-fried Lima Beans	有機蔬菜 Fresh Vegetable	彩紅杏露松露醬 Vegetarian Floss with Truffle Sauce	水果 Fruit	髮菜羹湯 Chinese Black Moss Soup	4.0	3.0	1.2	3.0	1.0	0.1	745.0
5/7 (四)	白飯 Rice	醬爆素雞 Stir-fried Vegetarian Chicken with Black Fungus	蜜汁豆干 Braised Radish Tofu with Honey Sauce	蘿蔔燒麵筋 Braised Radish and Sliced Wheat Gluten	豆腐菜豆 Stir-fried Legumes	有機蔬菜 Organic Vegetable	◎咖哩炸花菜 Deep-fried Cauliflower with Curry Sauce	水果 Fruit	竹筍金針菇燴菜 Chinese Cabbage and Egg Drop Soup	4.0	3.0	1.4	3.0	1.0	0.0	735.0
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	有機蔬菜 Fresh Vegetable	蔓越莓干酪生菜沙拉 Garden Salad with Cranberries and Thousand Island Dressing	水果 Fruit	<b>味噌獅子豆腐</b> Eggplant Miso Soup	4.0	3.0	1.2	2.2	1.0	0.0	694.0
5/11 (一)	糙米飯 Brown Rice	番茄炒蛋 Scrambled Eggs with Tomato	醬燒豆腐 Stir-fried Bean Curd	素肉絲黑木耳紅蘿蔔青椒 Braised White Gourd and Wheat Gluten	單炒麵筋 Stir-fried King Oyster Mushroom with Vegetables	有機蔬菜 Fresh Vegetable	蒜蓉紫高麗菜小黃瓜玉米米 蒜泥番茄醬麵麵麵麵麵	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	咖哩炒鮮蔬 Assorted Curry Vegetables	蔬食炒素肚 Seitan with Preserved Vegetables	素湯麵筋 Vegetarian Stew	毛豆干 Dried Tofu and Vegetables	有機蔬菜 Organic Vegetable	◎椒鹽牛蒡 Deep-fried Burdock Root	水果 Fruit	地瓜圓燒仙草 Sweet Potato Balls and Grass Jelly	4.0	3.0	1.3	3.0	1.0	0.1	747.5
5/13 (三)	五穀飯 Grain Rice	茶葉蛋 Scrambled Eggs with Pickled Radish	素炒茶炒豆腐(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	有機蔬菜 Fresh Vegetable	蜂蜜芥末醬綜合蔬菜棒 Assorted Vegetable Sticks	水果 Fruit	酸菜竹筍湯 Bamboo Shoots Soup with Preserved Vegetables	4.0	3.0	1.3	2.5	1.0	0.1	725.0
5/14 (四)	白飯 Rice	醬爆素雞 Stir-fried Vegetarian Chicken with Black Fungus	豆包素炒茶(含芝麻) Stir-fried Tofu with Satay Sauce	油片絲青木瓜紅蘿蔔 Stir-fried Papaya and Bean Curd	豆酥菜(含芝麻) Stir-fried Legumes (contain Sesame)	有機蔬菜 Organic Vegetable	小黃瓜紅蘿蔔素雞素菜卷 Vegetarian Oden with Sweet Chili Bean Sauce	水果 Fruit	黃金菜豆腐湯 Radish Soup	4.0	3.0	1.5	2.3	1.0	0.0	706.0
5/15 (五)	風味主食日	蘑菇醬爆麵筋 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 Choyote with Mushroom	有機蔬菜 Fresh Vegetable	和風柚子醬海菜沙拉 Seaweed Salad with Yuzu Vinaigrette	水果 Fruit	玉米濃湯 Corn Soup	4.0	3.0	1.4	3.0	1.0	0.1	750.0
5/18 (一)	糙米飯 Brown Rice	△BBQ素茶鴨 BBQ Bean Curd	彩蔬炒蛋 Scrambled Eggs with Vegetables	煎豆腐甜豆紅椒薑 Stir-fried Bean Curd and Tomato	鮑菇雙花 Stir-fried Broccoli and Cauliflower with King Oyster Mushroom	有機蔬菜 Fresh Vegetable	蒜蓉紫高麗菜小黃瓜玉米米 蒜泥番茄醬麵麵麵麵麵	水果 Fruit	白米飯 White Rice	4.0	3.0	1.5	2.5	1.0	0.1	725.0
5/19 (二)	白飯 Rice	豆豉蒜蓉炸豆腐 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	素燒油炒高麗菜 Stir-fried Cabbage with Vegetarian Oyster Sauce	有機蔬菜 Organic Vegetable	船水壽司X2 Bean Curd Sushi	水果 Fruit	紅豆赤米湯 Red Beans and Oatmeal Soup	4.1	3.0	1.4	2.5	1.0	0.0	719.5
5/20 (三)	五穀飯 Grain rice	五穀炒蛋 Scrambled Eggs with Corn	素食茶炒豆腐(含芝麻) Vegetarian Sacha Teppanyaki Tofu	梅菜油筍干麵筋 Braised Dried Bamboo Shoots and Seitan with Preserved Mustard Greens	鮮菇佛手瓜 Stir-fried Loofah and Mushroom	有機蔬菜 Fresh Vegetable	◎酥炸素雞排 Deep-fried Mushroom	水果 Fruit	青木瓜湯 Green Papaya Soup	4.0	3.5	1.3	3.0	1.0	0.1	785.0
5/21 (四)	白飯 Rice	沙茶千層子(含芝麻) Sacha Dried Tofu	竹筍烤翅 Bamboo Shoots and Wheat Gluten	鮮菇佛手瓜 Bean Curd and Vegetables	清炒炒芥藍 Stir-fried Mustard Green	有機蔬菜 Organic Vegetable	烤茄子鷹嘴豆泥佐墨西哥餅 Roasted Eggplant and Hummus with Tortilla	水果 Fruit	鳳梨苦瓜湯 Bitter Gourd and Pineapple Soup	4.1	3.0	1.5	3.0	1.0	0.0	744.5
5/22 (五)	風味主食日	韓式炸醬飯 Korean Bean Sauce Rice	脆皮炸醬麵 Crispy Korean Sweet and Sour Tofu	年糕炸醬麵 Stir-fried Rice Cake	Japchae	有機蔬菜 Fresh Vegetable	和風味噌菜沙拉 Japanese Miso Salad	水果 Fruit	茶筒白菜湯 Ginseng and Chinese Cabbage Soup	4.0	3.0	1.8	3.0	1.0	0.0	745.0
5/25 (一)	糙米飯 Brown Rice	塔香千層子 Stir-fried Tofu with Basil and Egg	蒜香茄子九層塔 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	有機蔬菜 Fresh Vegetable	◎酥炸素雞排 Vegetarian Roll	水果 Fruit	金針花湯 Daylily Soup	4.0	3.2	1.2	2.8	1.0	0.0	736.0
5/26 (二)	白飯 Rice	紅燒素肉排 Vegetarian Cutlet with Red Vinasse	青椒炒豆干 Stir-fried Dried Tofu with Bell Pepper	醬燒素肚 Braised Wheat Gluten	鮮菇佛手瓜 Stir-fried Bottle Gourd with Mushrooms	有機蔬菜 Organic Vegetable	◎酥炸素雞排 Roasted Sweet Potato	水果 Fruit	黑糖燒豆薯仁甜湯 Mung Bean and Job's Tears Soup	4.0	3.0	1.2	3.0	1.0	0.1	745.0
5/27 (三)	五穀飯 Grain Rice	三杯豆包 3-Cup Bean Curd	蛋片炒黃瓜 Stir-fried Cucumber and Egg	<b>煎乳薯薯絲</b> Sautéed Greens with Fermented Tofu Sauce	麻油黃豆芽 Sesame Oil Bean Sprouts	有機蔬菜 Fresh Vegetable	◎西西西素雞炸豆腐 Sicilian Pesto Fried Tofu	水果 Fruit	薑絲芽菜湯 Kelp Sprouts Soup with Shredded Ginger	4.0	3.0	1.4	3.0	1.0	0.0	735.0
5/28 (四)	白飯 Rice	<b>紅燒麵筋</b> Braised Wheat Gluten	滷味雙拼 Marinated Platter	茄汁凍燒麵 Tomato Tofu Stew	鮮菇滑蛋瓜 Stir-fried Pumpkin and Enoki Mushroom	有機蔬菜 Organic Vegetable	<b>高麗菜玉米蛋餅</b> Cabbage and Corn Pancakes	水果 Fruit	竹筍香薯湯 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	客家茶葉蛋 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	有機蔬菜 Fresh Vegetable	凱薩洋芋蛋沙拉 Caesar Potato and Egg Salad	水果 Fruit	南瓜紅棗湯 Pumpkin Soup with Chestnuts and Red Dates	4.0	3.0	1.6	3.0	1.0	0.1	755.0

◎夾油炸物，皆含麵質 Deep-fried Food, Contains gluten  
△夾加工品 Processed Product  
沙茶醬使用含芝麻的全素沙茶醬，不含花生成分  
本村未使用純鮮炸油食品

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