

康橋國際學校林口校區6月素食菜單  
Vegetarian Lunch and Snack Menu, June 2026

日期 Date	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	全穀類 (g)	3大葉 肉類 (g)	蔬菜類 (g)	油脂及 烹調用油 (g)	水 (ml)	乳品類 (g)	熱量 (kcal)
6/01 (一)	糙米飯 Brown Rice	香料起司蒸蛋 Steamed Egg with Cheese	鳳梨咕咕蹄匙 Pineapple and Gluten Puffs	雪菜炒豆腐 Stir-fried Preserved Cabbage and Bean Curd	醬燒豆豉芋瓜 Braised Bitter Melon with Preserved Mustard Greens	履歷蔬菜 Fresh Vegetable	水果 Fruit	牛蒡蔬菜湯 Burdock Soup	4.0	3.0	2.2	2.3	1.0	0.1	732
6/02 (二)	白飯 Rice	◎△素蝦餅 Vegetarian Shrimp Patty	紅燒油豆腐 Braised Oily Tofu	三絲油片 Stir-Fried Vegetables with Bean Curd	香烤時蔬 Roasted Vegetables	有機蔬菜 Organic Vegetable	水果 Fruit	綠豆薏仁湯 Mung Bean and Pearl Barley Soup	4.0	3.0	2.0	2.6	1.0	0.0	732
6/03 (三)	五穀飯 Grain Rice	玉米炒蛋 Scrambled Eggs with Corn	素沙茶干扁(含芝麻) Sacha Dried Tofu	蘿蔔燻筍 Braised Kelp with Radish and Bean Curd	扁豆雲耳炒花膠 Stir-Fried Cauliflower and Wood Ear Mushrooms with Sesame Oil	履歷蔬菜 Fresh Vegetable	水果 Fruit	冬瓜紅棗湯 Winter Melon and Red Date Soup	4.0	3.0	2.0	2.2	1.0	0.0	714
6/04 (四)	白飯 Rice	三杯麵腸 3-cup Rolled Flour Gluten	金沙凍豆腐 Stir-fried Tofu with Salted Egg	媽媽上樹 Stir-fried Mung Bean Noodles	皇帝豆炒時蔬 Stir-fried King Beans with Mushrooms	有機蔬菜 Organic Vegetable	水果 Fruit	扁蒲湯 Bottle Gourd Soup	4.0	3.0	2.1	2.1	1.0	0.0	712
6/05 (五)	風味主食日 風味主食日	日式竹筴布老飯 Japanese Bamboo Shoot Rice	滷油腐 Braised Tofu Cubes	堅果燻時蔬 Legumes with Nuts and Plum	腐乳高麗菜 Stir-fried Cabbage with Fermented Bean Curd	履歷蔬菜 Fresh Vegetable	水果 Fruit	四神湯 Four-Herbal Soup	4.0	3.0	1.9	2.2	1.0	0.0	712
6/08 (一)	糙米飯 Brown Rice	塔香烘蛋 Basil Frittata	醬燒素肉 Stir-fried Vegetarian Meat	水滷炒豆腐絲 Stir-fried White Water Snowflake with Shredded Bean Curd Skin	◎椒鹽香脆菇 Salt and Pepper King Oyster Mushrooms	履歷蔬菜 Fresh Vegetable	水果 Fruit	紫菜素丸湯 Seaweed Soup with Vegetarian Meat Ball	4.0	3.0	2.0	2.6	1.0	0.0	732
6/09 (二)	白飯 Rice	京醬豆干 Stir-fried Dried Tofu Strips	麻婆茄子豆腐 Mapo-style Eggplant and Tofu	土豆麵筋 Wheat Gluten with Peanuts	清炒佛手瓜 Stir-fried Chayote	有機蔬菜 Organic Vegetable	水果 Fruit	黑糖山粉圓甜湯 Brown Sugar with Chia Seeds	4.0	3.0	2.0	2.3	1.0	0.0	719
6/10 (三)	五穀飯 Grain Rice	毛豆炒蛋 Scrambled Eggs with Edamame	腐竹燒菇 Braised Mushrooms with Dried Bean Curd Sticks	啫香三杯素雞 3-cup Vegan Chicken	針菇時蔬 Stir-fried Sponge Gourd and Enoki Mushroom	履歷蔬菜 Fresh Vegetable	水果 Fruit	金針鮮菇湯 Daylily and Mushroom Soup	4.0	3.0	2.0	2.3	1.0	0.0	719
6/11 (四)	白飯 Rice	芹香黑干 Stir-fried Dried Tofu with Celery	素沙茶彩椒油腐(含芝麻) Toppayaki Tofu with Vegetarian Sacha (contains Sesame)	雪梨炒年糕 Green Mustard and Rice Cake	破布子龍蝦菜 Stir-fried Gracilaria	有機蔬菜 Organic Vegetable	水果 Fruit	枸杞扁蒲湯 Opo Squash Soup with Goji Berries	4.0	3.0	2.0	2.4	1.0	0.0	723
6/12 (五)	風味主食日 風味主食日	哨子拌麵 Mixed Vegetable Mince Noodles	番茄咖哩嫩豆腐 Tofu Curry	銀芽豆包 Stir-fried Bean Sprouts with Bean Curd	青木瓜炒素干絲 Stir-fried Green Papaya with Shredded Dried Tofu	履歷蔬菜 Fresh Vegetable	水果 Fruit	胡瓜湯 Cucumber Soup	4.0	3.0	2.0	2.2	1.0	0.1	722
6/15 (一)	糙米飯 Brown Rice	松露蘑菇炒蛋 Scrambled Eggs with Truffle and Mushroom	黃金單拌三絲 Golden Herb Salad with Three Shreds	香菇白菜 Stir-fried Cabbage with Mushrooms	鮮菇炒青豆 Stir-Fried Snow Peas with Fresh Vegetables	履歷蔬菜 Fresh Vegetable	水果 Fruit	花瓜苦瓜湯 Preserved Mustard with Bitter Melon Soup	4.0	3.0	2.0	2.3	1.0	0.0	719
6/16 (二)	白飯 Rice	照燒凍豆腐 Teriyaki Tofu	蜜汁素肚 Three-Cup Bean Curd Knots	青椒炒豆干 Stir-fried Dried Tofu with Bell Pepper	西洋脆菇炒腰果 Stir-fried Celery, Mushroom and Cashew Nuts	有機蔬菜 Organic Vegetable	水果 Fruit	芋圓燒仙草 Grass Jelly and Taro Balls	4.0	3.0	2.0	2.2	1.0	0.0	714
6/17 (三)	五穀飯 Grain Rice	鮮菇烘蛋 Vegetable Frittata	◎△椒鹽素排骨絲 Deep-Fried Vegetarian Salt and Pepper Ribs	香菇炒豆腐 Stir-fried Bean Curd with Tomato	高麗菜炒海蜇 Stir-fried Chinese Cabbage and Shredded Sea Kelp	履歷蔬菜 Fresh Vegetable	水果 Fruit	冬菜竹筍湯 Preserved Vegetables and Bamboo Shoots Soup	3.9	3.0	2.0	2.6	1.0	0.0	725
6/18 (四)	特餐	素花生香菇餃 Vegetarian Meat Rice Dumplings with Peanut and Mushroom	香滷千層干 Braised Bean Curd	竹筍香菇時蔬 Stir-fried Gluten with Mushrooms and Bamboo Shoots	胡瓜時蔬 Braised Cucumber with Wheat Gluten	有機蔬菜 Organic Vegetable	水果 Fruit	香菜蘿蔔湯 Daikon Soup with Cilantro	4.0	3.0	2.0	2.4	1.0	0.0	723
6/19 (五)	端午節	端午節快樂													
6/22 (一)	糙米飯 Brown Rice	素蝦絲蒸蛋 Steamed Egg with Vegetarian Crab Sticks	柚香味噌風味豆包(含芝麻) Yuzu Miso Flavored Tofu Wraps (contains Sesame)	甜麵醬燒素肚 Braised Scitan	紅片雙花 Stir-fried Cauliflower and Broccoli with Carrot	履歷蔬菜 Fresh Vegetable	水果 Fruit	牛蒡海帶湯 Burdock Soup with Kelp	4.0	3.0	2.0	2.4	1.0	0.0	723
6/23 (二)	白飯 Rice	△紅麴素肉排 Vegetarian Cutlet with Red Vinasse	椰香豆腐椰香芋 Braised Bean Curd and Taro with Coconut Milk	素乾扁菜豆 Stir-fried Legumes with Preserved Radish	腐皮白菜 Stir-fried Chinese Cabbage and Tofu Skin	有機蔬菜 Organic Vegetable	水果 Fruit	花生牛乳燕麥湯 Sweet Peanut Milk Oat Soup	4.1	3.0	2.0	2.4	1.0	0.2	746
6/24 (三)	五穀飯 Grain Rice	起司蘑菇炒蛋 Scrambled Eggs with Mushroom and Cheese	◎照燒雞蛋豆腐 Teriyaki Tofu	西芹素雞 Stir-Fried Vegetarian Chicken with Celery	地中海鮮菇洋芋 Roasted Potato and Mushroom	履歷蔬菜 Fresh Vegetable	水果 Fruit	南瓜味噌湯 Pumpkin Miso Soup	4.0	3.0	2.0	2.8	1.0	0.1	749
6/25 (四)	白飯 Rice	鐵板素黑胡椒豆腐 Teppanyaki Black Pepper Tofu	雙菜素絲炒豆腐 Bean Curd Skin with Pickled Mustard & Ginger	野菇豆芽菜 Stir-fried Bean Sprouts with Mushroom	彩蔬炒豆漿 Stir-fried Yam Bean with Bell Pepper	有機蔬菜 Organic Vegetable	水果 Fruit	筍筍香菇湯 Bamboo Shoots Soup with Mushrooms	4.0	3.0	2.1	2.4	1.0	0.0	726
6/26 (五)	風味主食日	花椰菜蘑菇咖哩嫩飯 Curried Cauliflower and Chickpea with Rice	香絲油豆腐 Fermented Tofu with Chinese Toon	冬瓜燻麵丸 Stir-Fried Gourd and Noodle Balls	紅燒蛋苔 Braised Eggplant	履歷蔬菜 Fresh Vegetable	水果 Fruit	南瓜濃湯 Pumpkin Soup	4.0	3.0	2.0	2.4	1.0	0.2	739
6/29 (一)	糙米飯 Brown Rice	起司雙瓜烘蛋 Double Squash and Cheese Frittata	△香滷素棒槌 Vegetarian Drumstick	紅燒豆腐 Braised Tofu	綠瓜寬粉煲 Winter Melon and Mung Bean Vermicelli Pot	履歷蔬菜 Fresh Vegetable	水果 Fruit	海芽蛋花湯 Kelp Sprouts Egg Drop Soup	4.0	3.0	2.0	2.5	1.0	0.1	736
6/30 (二)	白飯 Rice	南瓜豆腐煲 Pumpkin and Tofu Stew	BBQ豆包(含芝麻) Bbq Bean Curd (contains Sesame)	西芹腐竹 Stir-fried Celery and Bean Curd	鹽焗花椰菜 Salted Kelp Broccoli	有機蔬菜 Organic Vegetable	水果 Fruit	綠豆紫苜蓿湯 Mung Bean and Rice Noodles Soup	4.1	3.0	2.0	3.5	1.0	0.0	780
	白飯	椒鹽素肉瓜 香菜	豆包 素沙茶	腐竹 西洋芹 素時蔬 黃椒	青花菜 茼蒿 綠白芝麻			米苜目綠豆							

◎美油炸物，皆含糖質 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  
本校未使用輔助污染食品