

康橋國際學校林口校區115年06月小學部菜單
Lunch and Snack Menu, June 2026

日期 Date	午餐 Lunch Menu's Detail						下午點心 Afternoon Snack	營養成分分析 Nutritional Ingredient Analysis							
	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)
6/01 (一)	糙米飯 Brown Rice	◎鳳梨咕咾肉 Sweet and Sour Pork with Pineapple	照燒雞丁 Teriyaki Chicken	香菇茶蛋 Steamed Egg with Mushrooms	履歷蔬菜 Fresh Vegetable	水果 Fruit	牛蒡紅棗雞湯 Burdock Chicken Soup	茶葉蛋X1+豆干(47G) Tea Egg + Dried Tofu	4.5	4.0	1.7	2.5	1.0	0.2	837
6/02 (二)	白飯 Rice	★白灼鮮蝦 Blanched Shrimps	玉米肉末 Stir-fry Ground Pork with Corn	豆酥菜豆(含芝麻) Stir-fried Legumes(contain Sesame)	有機蔬菜 Organic Vegetable	水果 Fruit	綠豆薏仁湯 Mung Bean and Pearl Barley Soup	起司通心粉 Macaroni and Cheese	3.8	5.0	1.2	2.6	1.0	0.2	846
6/03 (三)	五穀飯 Grain Rice	●土耳其燻羊肉 Turkish-style Lamb Stew	起司白醬嫩雞 Chicken Stew in Cheese White Sauce	鴨腿土銜 Stir-fried Mung Bean Noodles	履歷蔬菜 Fresh Vegetable	水果 Fruit	冬瓜排骨湯 Winter Melon Soup with Pork Ribs	花生麵米漿(330ml)+小銀絲捲(40G) Peanut Brown Rice Drink + Silver-Thread Roll	4.0	5.0	1.6	2.5	1.0	0.1	852
6/04 (四)	白飯 Rice	三杯雞丁 3-Cup Chicken	★生炒花枝(含芝麻) Stir-fried Cuttlefish	△蜜汁豆干 Braised Dried Tofu and Mushroom	有機蔬菜 Organic Vegetable	水果 Fruit	★青木瓜小魚雞湯 Green Papaya, Bonito Chicken Soup	鮮奶(125ml)+法式切油馬鈴薯(60G) Fresh Milk + Roasted Potato	4.5	3.7	1.2	2.5	1.0	0.5	841
6/05 (五)	風味主食日	古早味雞肉飯 Chicken Rice	菜脯炒蛋 Scrambled Eggs with Preserved Radish	紅燒高麗菜 Stir-fried Cabbage with Shredded Carrot	履歷蔬菜 Fresh Vegetable	水果 Fruit	四神湯 Four-Herbal Soup	波堤甜甜圈(45G) Donut	4.6	3.3	1.5	3.0	1.0	0.0	799
6/08 (一)	糙米飯 Brown Rice	日式豬肉角煮 Braised Pork with Vegetables	鹹水雞 Taiwanese Saltwater Chicken	蝦蛋豆包 Stir-fried Bean Sprouts with Bean Curd	履歷蔬菜 Fresh Vegetable	水果 Fruit	☆蜜茶吻魚羹 Icefish Seaweed Soup	加勁炸烤翅(90G) Caribbean Roasted Drumette	3.5	4.0	1.5	2.5	1.0	0.0	738
6/09 (二)	白飯 Rice	☆紅燒魚丁 Braised Fish	味噌高麗炒肉片 Stir-fried Pork Slices with Cabbage in Miso	蛋片絲瓜 Stir-fried Sponge Gourd with Eggs	有機蔬菜 Organic Vegetable	水果 Fruit	黑糖山粉圓甜湯 Brown Sugar with Chia Seeds	地瓜仔(100G) Sweet Potato	4.5	3.4	1.5	2.5	1.0	0.0	769
6/10 (三)	五穀飯 Grain Rice	沙茶橫板肉(含芝麻) Pork Tenderloin Teppanyaki with Shacha Sauce (Sesame Included)	椰香茄子豆腐 Pumpkin and Coconut Stew with Chicken	麻婆茄子豆腐 Mapo-style Eggplant and Tofu	履歷蔬菜 Fresh Vegetable	水果 Fruit	金針雞湯 Dayily and Chicken Soup	豆漿(330ml)+小肉包(30G) Soy Milk + Pork Bun	4.2	4.0	1.7	2.7	1.0	0.0	804
6/11 (四)	白飯 Rice	蔥燒雞肉 Braised Chicken with Scallions	☆客家小炒 Hakka style stir fry	茄汁時蔬寬粉 Stir-fried Mung Bean Noodles and Vegetables	有機蔬菜 Organic Vegetable	水果 Fruit	扁蒲排骨湯 Bottle Gourd and Pork Rib Soup	優酪乳(125ml)+水菓玉米(60G) Yogurt + Blanched Corn	4.2	3.5	1.6	2.5	1.0	0.5	817
6/12 (五)	風味主食日	哨子拌麵 Mixed Vegetable Mince Noodles	◎酥炸豬排 Deep-fried Pork Chop	蒜香蒜蔬 Vegetable with Garlic	履歷蔬菜 Fresh Vegetable	水果 Fruit	胡瓜雞湯 Cucumber and Chicken Soup	菠蘿麵包 Pineapple Bun	4.6	3.3	1.2	3.0	1.0	0.0	792
6/15 (一)	糙米飯 Brown Rice	黃金蝦豬肉 Stir-fried Pork with Taiwanese Golden Pickled Cabbage	獵人燻雞 Cacciatore	蔥花茶蛋 Scallion Steamed Egg	履歷蔬菜 Fresh Vegetable	水果 Fruit	☆花瓜苦瓜雞湯 Bitter Gourd Chicken Soup	香油豆結X4+滷蛋 Braised Bean Curd Knots x4 + Braised Egg	3.5	5.0	1.9	2.5	1.0	0.0	813
6/16 (二)	白飯 Rice	◎☆△酥炸脆皮排 Crispy Cuttlefish Cutlet	薑蔥炒肉片 Stir-fried Vegetables and Pork	焗烤紫茄 Braised Eggplant	有機蔬菜 Organic Vegetable	水果 Fruit	芋圓燒仙草 Grass Jelly and Taro Balls	香料烤雞腿排 Roasted Chicken Wing	4.5	4.0	1.7	2.5	1.0	0.1	825
6/17 (三)	五穀飯 Grain Rice	●咖哩燻牛肉 Beef Curry	鹹冬瓜燒雞 Braised Chicken with White Gourd	芹菜炒豆干 Stir-fried Dried Tofu and Celery	履歷蔬菜 Fresh Vegetable	水果 Fruit	竹筍雞湯 Bamboo Shoots and Chicken Soup	燕麥漿(330ml)+玉米包(30G) Oat Milk (330ml) + Rabbit-shaped Bun (30g)	4.5	3.5	1.5	2.5	1.0	0.0	775
6/18 (四)	特餐	香菇肉粽(150G) Rice Dumplings with Mushroom	五香滷雞翅 Spicy Braised Chicken Wings	高麗菜油 Braised Cabbage	有機蔬菜 Organic Vegetable	水果 Fruit	蘿蔔排骨湯 Radish and Pork Ribs Soup	鮮奶(125ml)+蜂蜜烤南瓜(45G) Fresh Milk + Roasted Pumpkin with Honey	4.3	3.0	1.7	2.6	1.0	0.5	800
6/19 (五)	糙米飯 Brown Rice	◎☆△酥炸脆皮排 Crispy Cuttlefish Cutlet	薑蔥炒肉片 Stir-fried Vegetables and Pork	焗烤紫茄 Braised Eggplant	有機蔬菜 Organic Vegetable	水果 Fruit	芋圓燒仙草 Grass Jelly and Taro Balls	香料烤雞腿排 Roasted Chicken Wing	4.5	4.0	1.7	2.5	1.0	0.1	825
端午節快樂															
6/22 (一)	糙米飯 Brown Rice	豬肉豆腐燒 Braised Pork and Tofu	雞肉三絲 Chicken with Shredded Vegetables	玉米炒蛋 Scrambled Eggs with Corn	履歷蔬菜 Fresh Vegetable	水果 Fruit	牛蒡海帶排骨湯 Pork Rib Soup with Burdock and Tied Kelp	蘿蔔糕(50G)X2 Radish Cake	4.5	3.6	1.8	2.5	1.0	0.0	789
6/23 (二)	白飯 Rice	☆☆糖醋魚丁 Sweet and Sour Fish	豆豉芋頭燻豬肉 Braised Pork with Taro	鮮菇胡瓜 Stir-fried Cucumber with Mushrooms	有機蔬菜 Organic Vegetable	水果 Fruit	花生牛乳燕麥湯 Sweet Peanut Milk Out Soup	手作脆皮油年糕 Handmade Crispy Rice Cake	4.6	3.5	2.0	2.6	1.0	0.0	801
6/24 (三)	五穀飯 Grain Rice	壽喜燒豬肉 Sukiyaki Pork	雞肉茼蒿菜 Chicken with Chikuzenni	堅果梅醬時蔬 Legumes with Nuts and Plum	履歷蔬菜 Fresh Vegetable	水果 Fruit	味噌湯 Miso Soup	花生黑芝麻堅果漿(330ml)+小豆沙包(30G) Peanut and Sesame Drink + Mini Red Bean Bun	4.5	3.6	1.0	2.6	1.0	0.1	787
6/25 (四)	白飯 Rice	南洋咖哩雞肉 Curry Chicken	☆鹹鳳梨燻魚 Fish Stew with Salted Pineapple	雞菜炒粉 Stir-fried Mung Bean Noodles	有機蔬菜 Organic Vegetable	水果 Fruit	蘿蔔香蒜雞湯 Chicken Soup with Radish and Mushroom	優格(100G)+綜合水果麥片 Yogurt (100g) + Mixed Fruit Muesli	4.5	3.6	1.0	2.6	1.0	0.1	787
6/26 (五)	風味主食日	香菇肉醬燻飯 Fussili Bolognese	◎酥炸美式雞腿 Deep-Fried Drumstick	紅片雙花 Stir-fried Cauliflower and Broccoli with Carrot	履歷蔬菜 Fresh Vegetable	水果 Fruit	薑蒜南瓜濃湯 Creamy Pumpkin Soup with Minced Chicken	紫米皮卷壽司 Bean Curd Sushi	4.6	3.0	1.3	2.8	1.0	0.0	736
6/29 (一)	糙米飯 Brown Rice	◎椒鹽排骨酥 Salt and Pepper Pork Ribs	續板蔥蒜雞柳 Stir-fried Chicken and Bean Sprouts	香蒜肉末蒸蛋 Steamed Egg with Minced Pork	履歷蔬菜 Fresh Vegetable	水果 Fruit	薑絲海芽湯 Kelp Sprouts Soup with Shredded Ginger	芝麻醬炒年糕 Stir-fried Sticky Rice Stick	4.6	3.0	1.3	2.8	1.0	0.0	736
6/30 (二)	白飯 Rice	☆△燻燒鯛魚 Kabayaki Sen Bream	豆薯炒肉絲 Stir-fried Shredded Pork and Yam	三寶干丁 Stir-fried Dried Tofu and Vegetables	有機蔬菜 Organic Vegetable	水果 Fruit	綠豆苜蓿湯 Mung Bean and Rice Noodles Soup	黑糖麻糬吐司 Brown Sugar Mochi Toast	4.6	3.0	2.0	2.5	1.0	0.0	740

◎真油炸物、皆含酥質 Deen-fried Food, Contains gluten
☆大隻魚類 Fish
★夾帶殼海鮮 Shrimp or Shelled Seafood
△加工食品 Processed Product
●全年食品
沙茶醬使用含芝麻的全蛋沙茶醬，不含花生成分
食材一律使用國產豬
本校未使用輻射污染食品