

| 康橋國際學校林口校區9月素食菜單<br>Vegetarian Lunch and Snack Menu, Sep 2026 |                                      |                                                                             |                                                                          |                                                                                 |                                                                          |                           |             |                                                      |                           |              |            |                 |           |            |              |  |
|---------------------------------------------------------------|--------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------|-------------|------------------------------------------------------|---------------------------|--------------|------------|-----------------|-----------|------------|--------------|--|
| 日期<br>Date                                                    | 午餐<br>Vegetarian Lunch Menu's Detail |                                                                             |                                                                          |                                                                                 |                                                                          |                           |             |                                                      | 營養成分分析<br>Nutrition Facts |              |            |                 |           |            |              |  |
|                                                               | 主食                                   | 主菜1                                                                         | 主菜2                                                                      | 副菜1                                                                             | 副菜2                                                                      | 副菜3                       | 水果          | 湯品                                                   | 全穀雜糧類<br>(份)              | 豆魚蛋肉類<br>(份) | 蔬菜類<br>(份) | 油脂及堅果種子類<br>(份) | 水果<br>(份) | 乳品類<br>(份) | 熱量<br>(Kcal) |  |
| 8/31<br>(一)                                                   | 糙米飯<br>Brown Rice                    | 糖醋千層干<br>Sweet and Sour Dried Tofu                                          | 豆豉芽菇燴豆腐<br>Stir-fried Tofu and Mushroom with Fermented Soy Sauce         | 竹筍烤麩<br>Bamboo Shoots and Wheat Gluten                                          | 麻油高麗菜<br>Stir-fried Cabbage with Sesame Oil                              | 履歷蔬菜<br>Fresh Vegetable   | 水果<br>Fruit | 海芽蛋花湯<br>Kelp Sprouts Egg Drop Soup                  | 4.0                       | 3.0          | 1.8        | 2.5             | 1.0       | 0.0        | 723          |  |
|                                                               | 白米 糙米                                | 千層干X4 鳳梨 紅椒                                                                 | 板豆腐 草菇 青豆                                                                | 烤麩 竹筍 紅蘿蔔                                                                       | 高麗菜 香菇 薑片 枸杞                                                             |                           |             | 海帶芽 雞蛋                                               |                           |              |            |                 |           |            |              |  |
| 9/01<br>(二)                                                   | 白飯<br>Rice                           | ◎△素蝦排<br>Vegetarian Shrimp-Style Patty                                      | 紅燒油豆腐<br>Braised Fried Tofu                                              | 爆炒千片<br>Stir-fried Shredded Bean Curd                                           | 香烤時蔬<br>Roasted Vegetables                                               | 有機蔬菜<br>Organic Vegetable | 水果<br>Fruit | 綠豆薏仁湯<br>Mung Bean and Job's Tears Soup              | 4.0                       | 3.0          | 1.9        | 3.0             | 1.0       | 0.0        | 748          |  |
|                                                               | 白米                                   | 素蝦餅X1                                                                       | 三角油豆腐X3                                                                  | 白豆干 青椒 紅蘿蔔 木耳                                                                   | 菜豆 紅蘿蔔 柳瓜 磨菇                                                             |                           |             | 綠豆 洋蔥仁                                               |                           |              |            |                 |           |            |              |  |
| 9/02<br>(三)                                                   | 五穀飯<br>Multigrain Rice               | 玉米炒蛋<br>Scrambled Eggs with Corn                                            | 素沙茶蘭花干(含芝麻)<br>Dried Tofu with Vegetarian Shacha Sauce (Contains Sesame) | 蘿蔔燒雙結<br>Braised Kelp with Radish and Bean Curd                                 | 麻油雲耳炒花椰<br>Stir-Fried Cauliflower and Wood Ear Mushrooms with Sesame Oil | 履歷蔬菜<br>Fresh Vegetable   | 水果<br>Fruit | 牛蒡海站湯<br>Burdock Soup with Kelp Sprouts              | 4.0                       | 3.0          | 1.9        | 2.5             | 1.0       | 0.0        | 725          |  |
|                                                               | 白米 五穀米                               | 雞蛋 玉米                                                                       | 蘭花干 白芝麻                                                                  | 白蘿蔔 豆皮結 海帶結                                                                     | 白花菜 紅蘿蔔 雲耳                                                               |                           |             | 牛蒡 海帶結 紅蘿蔔                                           |                           |              |            |                 |           |            |              |  |
| 9/03<br>(四)                                                   | 白飯<br>Rice                           | 三杯素肚<br>Three-Cup Wheat Gluten                                              | 糖醋凍豆腐<br>Sweet and Sour Frozen Tofu                                      | 四分干炒鮮菇<br>Stir-fried Fresh Mushrooms with Dried Tofu                            | 螞蟥上樹<br>Stir-fried Mung Bean Noodles                                     | 有機蔬菜<br>Organic Vegetable | 水果<br>Fruit | 香菜蘿蔔湯<br>White Radish and Cilantro Soup              | 4.0                       | 3.0          | 1.8        | 2.4             | 1.0       | 0.0        | 718          |  |
|                                                               | 白米                                   | 素肚 九層塔 老薑                                                                   | 凍豆腐 番茄 鳳梨 青椒                                                             | 四分干 磨菇 鴻喜菇 彩椒                                                                   | 冬粉 紅蘿蔔 素皮絲 黑木耳 芹菜                                                        |                           |             | 白蘿蔔 香菜                                               |                           |              |            |                 |           |            |              |  |
| 9/04<br>(五)                                                   | 風味主食日                                | 哨子拌麵<br>Noodles with Savory Minced Sauce                                    | 栗子炒麵腸<br>Stir-Fried Wheat Gluten Rolls with Chestnuts                    | 野菇豆芽菜<br>Stir-fried Bean Sprouts with Mushroom                                  | 紅燒豆干<br>Braised Dried Tofu                                               | 履歷蔬菜<br>Fresh Vegetable   | 水果<br>Fruit | 胡瓜湯<br>Cucumber Soup                                 | 4.0                       | 3.0          | 1.8        | 2.4             | 1.0       | 0.0        | 718          |  |
|                                                               |                                      | 白麵 雞蛋 番茄 黑木耳                                                                | 麵腸 栗子 蓮藕 芹菜                                                              | 豆芽菜 腐竹 秀珍菇                                                                      | 大溪黑干 香菇 香菜                                                               |                           |             | 大黃瓜 紅蘿蔔 枸杞                                           |                           |              |            |                 |           |            |              |  |
| 9/07<br>(一)                                                   | 糙米飯<br>Brown rice                    | 塔香烘蛋<br>Basil Frittata                                                      | 芹香三絲<br>Stir-Fried Vegetables with Bean Curd                             | 冬瓜燴麵丸<br>Stir-Fried Gourd and Noodle Balls                                      | ◎椒鹽杏鮑菇<br>Salt and Pepper King Oyster Mushrooms                          | 履歷蔬菜<br>Fresh Vegetable   | 水果<br>Fruit | 紫菜湯<br>Seaweed Soup                                  | 4.0                       | 3.0          | 1.8        | 3.0             | 1.0       | 0.0        | 745          |  |
|                                                               | 白米 糙米                                | 雞蛋 九層塔                                                                      | 白干絲 紅蘿蔔 木耳 芹菜                                                            | 冬瓜 麵丸 紅蘿蔔 香菇                                                                    | 杏鮑菇                                                                      |                           |             | 紫菜 枸杞                                                |                           |              |            |                 |           |            |              |  |
| 9/08<br>(二)                                                   | 白飯<br>Rice                           | 京醬燒豆腸<br>Stir-fried Wheat Gluten                                            | 麻婆茄子豆腐<br>Mapo-style Eggplant and Tofu                                   | 土豆麵筋<br>Wheat Gluten with Peanuts                                               | 清炒佛手瓜<br>Stir-fried Chayote                                              | 有機蔬菜<br>Organic Vegetable | 水果<br>Fruit | 黑糖山粉圓甜湯<br>Brown Sugar Tapioca Pearl Soup            | 4.0                       | 3.0          | 1.8        | 2.5             | 1.0       | 0.0        | 723          |  |
|                                                               | 白米                                   | 豆腸 彩椒                                                                       | 板豆腐 茄子 毛豆                                                                | 小黃瓜 麵筋 紅蘿蔔 花生 細扣菇                                                               | 佛手瓜 木耳                                                                   |                           |             | 山粉圓 黑糖                                               |                           |              |            |                 |           |            |              |  |
| 9/09<br>(三)                                                   | 五穀飯<br>Multigrain Rice               | 菜脯炒蛋<br>Scrambled Eggs with Preserved radish                                | 五香滷豆干<br>Five-Spice Braised Dried Tofu                                   | <b>蠔油鮮蔬燴腐竹</b><br>Braised Tofu Skin with Vegetables in Oyster Sauce             | 清炒絲瓜<br>Braised Luffa with Goji Berries                                  | 履歷蔬菜<br>Fresh Vegetable   | 水果<br>Fruit | 金針鮮菇湯<br>Daylily and Mushroom Soup                   | 4.0                       | 3.0          | 1.9        | 2.6             | 1.0       | 0.0        | 730          |  |
|                                                               | 白米 五穀米                               | 雞蛋 菜脯                                                                       | 大溪黑干 香菜                                                                  | 腐竹 四季豆 紅蘿蔔 香菇 芹菜                                                                | 絲瓜 枸杞                                                                    |                           |             | 金針花 秀珍菇 金針菇                                          |                           |              |            |                 |           |            |              |  |
| 9/10<br>(四)                                                   | 白飯<br>Rice                           | △蜜汁素棒棒腿<br>Honey-Glazed Vegetarian Drumsticks                               | 沙茶油腐(含芝麻)<br>Teppanyaki Tofu with Vegetarian Shacha (Contains Sesame)    | <b>雲菜炒年糕</b><br>Vegetarian Stir-Fried Rice Cakes with Preserved Potherb Mustard | 塔香海帶根<br>Stir-Fried Sea Kelp Roots with Basil                            | 有機蔬菜<br>Organic Vegetable | 水果<br>Fruit | 枸杞扁蒲湯<br>Opo Squash Soup with Goji Berries           | 4.0                       | 3.0          | 1.8        | 2.6             | 1.0       | 0.0        | 727          |  |
|                                                               | 白米                                   | 素棒棒腿X1                                                                      | 三角油豆腐 彩椒 素沙茶(含芝麻)                                                        | 寧波年糕 豆包絲 雪裡紅                                                                    | 海帶根 紅蘿蔔 九層塔 薑                                                            |                           |             | 扁蒲 紅蘿蔔 枸杞                                            |                           |              |            |                 |           |            |              |  |
| 9/11<br>(五)                                                   | 風味主食日                                | <b>古早味香菇素燥飯</b><br>Vegetarian Braised Minced Pork Rice                      | 梅干燒豆包<br>Braised Tofu Skin with Preserved Mustard Greens                 | 蜜汁烤翅(含芝麻)<br>Honey-Glazed Wheat Gluten (Contains Sesame)                        | 甜豆炒時蔬<br>Stir-Fried Snap Peas and Vegetable                              | 履歷蔬菜<br>Fresh Vegetable   | 水果<br>Fruit | 四神湯<br>Four-Herb Soup                                | 4.0                       | 3.0          | 1.9        | 2.6             | 1.0       | 0.0        | 730          |  |
|                                                               |                                      | 白米 碎干丁 青豆仁 香菇 紅蘿蔔                                                           | 豆包 梅干菜 香菜                                                                | 烤麩 白芝麻                                                                          | 甜豆 玉米筍 紅蘿蔔 茼蒿小卷                                                          |                           |             | 山藥 洋蔥仁 蓮子 茯苓 芡實                                      |                           |              |            |                 |           |            |              |  |
| 9/14<br>(一)                                                   | 糙米飯<br>Brown rice                    | 松露磨菇炒蛋<br>Scrambled Eggs with Truffle and Mushroom                          | 黃金草拌三絲<br>Golden Herb Salad with Three Shreds                            | 香菇白菜<br>Stir-fried Cabbage with Mushrooms                                       | 鮮蔬炒青豆<br>Stir-Fried Snow Peas with Fresh Vegetables                      | 履歷蔬菜<br>Fresh Vegetable   | 水果<br>Fruit | 花瓜苦瓜湯<br>Bitter Gourd Soup                           | 4.0                       | 3.0          | 1.8        | 2.5             | 1.0       | 0.0        | 723          |  |
|                                                               | 白米 糙米                                | 雞蛋 磨菇 松露醬                                                                   | 豆干絲 素蝴蝶絲 黃金草                                                             | 大白菜 角螺 香菇                                                                       | 豆薯 雪白菇 青豆仁 銀杏                                                            |                           |             | 苦瓜 花瓜 去籽紅棗                                           |                           |              |            |                 |           |            |              |  |
| 9/15<br>(二)                                                   | 白飯<br>Rice                           | 照燒凍豆腐(含芝麻)<br>Teriyaki Frozen Tofu (Contains Sesame)                        | 醃菜炒素肚<br>Stir-Fried Wheat Gluten with Pickled Mustard Greens             | 三絲油片<br>Stir-Fried Vegetables with Bean Curd                                    | 西芹鮑菇炒腰果<br>Stir-fried Celery, Mushroom and Cashew Nuts                   | 有機蔬菜<br>Organic Vegetable | 水果<br>Fruit | 芋圓燒仙草<br>Taro Balls and Grass Jelly                  | 4.0                       | 3.0          | 1.8        | 2.6             | 1.0       | 0.0        | 727          |  |
|                                                               | 白米                                   | 凍豆腐X5 白芝麻                                                                   | 素肚 酸菜 金針菇                                                                | 油片絲 紅甜椒 黑木耳 芹菜                                                                  | 杏鮑菇 紅蘿蔔 西洋芹 腰果                                                           |                           |             | 仙草汁 芋圓 地瓜圓 大薏仁                                       |                           |              |            |                 |           |            |              |  |
| 9/16<br>(三)                                                   | 五穀飯<br>Multigrain Rice               | 鮮蔬烘蛋<br>Vegetable Frittata                                                  | ◎△椒鹽素排骨絲<br>Deep-Fried Vegetarian Salt and Pepper Ribs                   | 素XO醬燒豆腐<br>Stir-fried Bean Curd with XO Sauce                                   | 皇帝豆炒雲耳<br>Vegetarian Stir-Fried Lima Beans                               | 履歷蔬菜<br>Fresh Vegetable   | 水果<br>Fruit | 冬菜竹筍湯<br>Preserved Vegetables and Bamboo Shoots Soup | 4.0                       | 3.0          | 1.9        | 3.0             | 1.0       | 0.1        | 756          |  |
|                                                               | 白米 五穀米                               | 雞蛋 菠菜 磨菇                                                                    | 素排骨酥X5                                                                   | 豆腐 紅蘿蔔 芹菜 素XO醬(含奶)                                                              | 皇帝豆 雲耳 玉米                                                                |                           |             | 竹筍 冬菜 枸杞                                             |                           |              |            |                 |           |            |              |  |
| 9/17<br>(四)                                                   | 白飯<br>Rice                           | 香油千層干<br>Braised Bean Curd                                                  | 竹筍香菇烤麩<br>Stir-fried Gluten with Mushrooms and Bamboo Shoots             | 胡瓜燴麵筋<br>Braised Cucumber with Wheat Gluten                                     | 甜豆炒玉米筍<br>Stir-Fried Snap Peas with Baby Corn                            | 有機蔬菜<br>Organic Vegetable | 水果<br>Fruit | 青木瓜湯<br>Green Papaya Soup                            | 4.0                       | 3.0          | 1.9        | 2.6             | 1.0       | 0.0        | 730          |  |
|                                                               | 白米                                   | 千層干X4                                                                       | 烤麩 竹筍 毛豆 香菇                                                              | 大黃瓜 麵筋泡 枸杞                                                                      | 甜豆 玉米筍 紅甜椒                                                               |                           |             | 青木瓜 去籽紅棗                                             |                           |              |            |                 |           |            |              |  |
| 9/18<br>(五)                                                   | 風味主食日                                | <b>椰香薑黃地瓜鷹嘴豆燴飯</b><br>Coconut Turmeric Rice with Sweet potato and Chickpeas | 沙嗲風味烤豆包(含芝麻)<br>Satay Flavored Tofu Wraps (Contains Sesame)              | 佛手瓜炒千絲<br>Stir-fried Chayote with Shredded Dried Tofu                           | <b>紅片雙花炒麵丸</b><br>Stir-fried Cauliflower and Broccoli with Carrot        | 履歷蔬菜<br>Fresh Vegetable   | 水果<br>Fruit | 南瓜濃湯<br>Pumpkin Soup                                 | 4.1                       | 3.0          | 1.9        | 2.7             | 1.0       | 0.3        | 765          |  |
|                                                               |                                      | 白米 地瓜 鷹嘴豆 柳瓜 青豆 番茄 黃甜椒 椰奶(含奶) 薑黃粉                                           | 豆包 花生醬 素沙茶(含芝麻) 椰奶(奶) 咖哩粉                                                | 佛手瓜 白干絲 木耳                                                                      | 白花椰 綠花椰 麵丸 紅蘿蔔                                                           |                           |             | 南瓜 紅蘿蔔 西洋芹 奶粉 麵粉                                     |                           |              |            |                 |           |            |              |  |
| 9/21<br>(一)                                                   | 糙米飯<br>Brown rice                    | 素蝴蝶蒸蛋<br>Steamed Egg Custard with Mock Shredded Crab                        | 香椿油豆腐<br>Fried Tofu with Chinese Toon                                    | 甜麵醬素素肚<br>Braised Wheat Gluten                                                  | 竹筍炒三絲<br>Stir-fried Shredded Bamboo Shoots                               | 履歷蔬菜<br>Fresh Vegetable   | 水果<br>Fruit | 冬瓜紅棗湯<br>Winter Melon and Red Date Soup              | 4.1                       | 3.0          | 1.8        | 2.5             | 1.0       | 0.0        | 730          |  |
|                                                               | 白米 糙米                                | 雞蛋 素蝴蝶                                                                      | 四角油豆腐(70G)                                                               | 素肚 杏鮑菇 毛豆仁                                                                      | 竹筍 紅蘿蔔 香菇 金針菇                                                            |                           |             | 冬瓜 薑絲 去籽紅棗                                           |                           |              |            |                 |           |            |              |  |
| 9/22<br>(二)                                                   | 白飯<br>Rice                           | 塔香油豆包<br>Braised Tofu Skin with Basil                                       | 紅燒豆結<br>Braised Tofu Knots                                               | 素乾煸菜豆<br>Stir-fried Legumes with Preserved Radish                               | 腐竹白菜<br>Stir-fried Chinese Cabbage and Tofu Skin                         | 有機蔬菜<br>Organic Vegetable | 水果<br>Fruit | 花生牛乳燕麥湯<br>Peanut, Milk, and Oat Soup                | 4.1                       | 3.0          | 2.0        | 2.6             | 1.0       | 0.2        | 755          |  |
|                                                               | 白米                                   | 豆包 九層塔                                                                      | 豆皮結 紅蘿蔔 木耳 香菇 芹菜                                                         | 菜豆 素絞肉 菜脯                                                                       | 大白菜 腐竹 枸杞                                                                |                           |             | 花生 燕麥粒 奶粉                                            |                           |              |            |                 |           |            |              |  |
| 9/23<br>(三)                                                   | 五穀飯<br>Multigrain Rice               | 毛豆炒蛋<br>Stir-Fried Eggs with Edamame                                        | 豆豉草菇燴豆腐<br>Braised Tofu with Straw Mushrooms in Black Bean Sauce         | 西芹素雞<br>Stir-Fried Vegetarian Chicken with Celery                               | 地中海洋芋佐鮮菇<br>Roasted Potato and Mushroom                                  | 履歷蔬菜<br>Fresh Vegetable   | 水果<br>Fruit | 海芽味噌湯<br>Miso Soup                                   | 4.0                       | 3.0          | 1.9        | 2.6             | 1.0       | 0.0        | 730          |  |
|                                                               | 白米 五穀米                               | 雞蛋 毛豆                                                                       | 板豆腐 草菇 青豆仁 豆豉                                                            | 素雞 西洋芹 腰果                                                                       | 馬鈴薯 杏鮑菇 香菇                                                               |                           |             | 海帶芽 味噌                                               |                           |              |            |                 |           |            |              |  |
| 9/24<br>(四)                                                   | 風味主食日                                | 醬香烤油丁飯<br>Grilled Tofu Rice Bowl with Savory Soy Glaze                      | ◎△綜合燒烤(含芝麻)<br>Taiwanese BBQ (Contains Sesame)                           | 青花菜增烤麩<br>Braised Gluten Puffs with Broccoli                                    | 鐵板豆芽<br>Stir-fried Mixed Vegetables with Bean Sprouts                    | 有機蔬菜<br>Organic Vegetable | 水果<br>Fruit | 蘿蔔香菇湯<br>Chicken Soup with Radish and Mushroom       | 4.0                       | 3.0          | 1.8        | 3.1             | 1.0       | 0.1        | 758          |  |
|                                                               |                                      | <b>白米 油豆腐 鷹嘴豆 毛豆仁</b>                                                       | 四方干 素甜不辣 紫米糕 玉米 素沙茶(含芝麻)                                                 | 青花菜 烤麩 紅蘿蔔                                                                      | 豆芽菜 青椒 奶油                                                                |                           |             | 白蘿蔔 香菇 薑絲                                            |                           |              |            |                 |           |            |              |  |
| 9/25<br>(五)                                                   | 中秋節快樂                                |                                                                             |                                                                          |                                                                                 |                                                                          |                           |             |                                                      |                           |              |            |                 |           |            |              |  |
| 中秋節                                                           |                                      |                                                                             |                                                                          |                                                                                 |                                                                          |                           |             |                                                      |                           |              |            |                 |           |            |              |  |
| 9/28<br>(一)                                                   | 教師節快樂                                |                                                                             |                                                                          |                                                                                 |                                                                          |                           |             |                                                      |                           |              |            |                 |           |            |              |  |
| 教師節                                                           |                                      |                                                                             |                                                                          |                                                                                 |                                                                          |                           |             |                                                      |                           |              |            |                 |           |            |              |  |
| 9/29<br>(二)                                                   | 白飯<br>Rice                           | 南瓜豆腐煲<br>Pumpkin and Tofu Stew                                              | BBQ豆包(含芝麻)<br>BBQ Tofu Skin (Contains Sesame)                            | 三杯麵腸<br>Three-Cup Wheat Gluten Rolls                                            | <b>鹽昆布拌花椰菜</b><br>Salted Kelp Broccoli                                   | 有機蔬菜<br>Organic Vegetable | 水果<br>Fruit | 綠豆西米露<br>Mung Bean Sweet Soup                        | 4.0                       | 3.0          | 1.8        | 2.6             | 1.0       | 0.0        | 727          |  |
|                                                               | 白米                                   | 板豆腐 南瓜 毛豆                                                                   | 豆包 素沙茶(含芝麻)                                                              | 麵腸 九層塔 老薑                                                                       | 青花菜 鴻喜菇 昆布絲                                                              |                           |             | 綠豆 西谷米                                               |                           |              |            |                 |           |            |              |  |
| 9/30<br>(三)                                                   | 五穀飯<br>Multigrain Rice               | <b>香梅蒸蛋</b><br>Steamed Eggs with Chinese Toon                               | 鳳梨咕咕烤麩<br>Pineapple and Gluten Puffs                                     | 酸菜薑絲炒豆腸<br>Bean Curd Skin with Pickled Mustard & Ginger                         | 醬燒豆豉苦瓜<br>Braised Bitter Melon with Preserved Mustard Greens             | 履歷蔬菜<br>Fresh Vegetable   | 水果<br>Fruit | 裙帶菜玉米湯<br>Wakame seaweed and Corn soup               | 4.0                       | 3.0          | 1.8        | 2.5             | 1.0       | 0.0        | 723          |  |
|                                                               | 白米 五穀米                               | 雞蛋 香椿                                                                       | 烤麩 鳳梨 青椒 番茄 紅甜椒                                                          | 豆腸 黑木耳 酸菜 香菜 薑                                                                  | 苦瓜 香菇 豆豉                                                                 |                           |             | 裙帶菜 玉米粒 枸杞                                           |                           |              |            |                 |           |            |              |  |

◎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

本校未使用輻射污染食品

菜單開立：陳鈺文(新北食品股份有限公司營養師)