

| 康橋國際學校林口校區 114年03月 美食街輕食菜單 |          |                                                      |                                                      |                                                               |                                                               |                                                          |
|----------------------------|----------|------------------------------------------------------|------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|----------------------------------------------------------|
| Restaurant Menu, Mar, 2025 |          |                                                      |                                                      |                                                               |                                                               |                                                          |
|                            | 日期Date   | 2025/3/3                                             | 2025/3/4                                             | 2025/3/5                                                      | 2025/3/6                                                      | 2025/3/7                                                 |
|                            | 星期Day    | 週一                                                   | 週二                                                   | 週三                                                            | 週四                                                            | 週五                                                       |
| 午餐<br>Lunch                | 套餐       | 輕食                                                   | 輕食                                                   | 輕食                                                            | 輕食                                                            | 輕食                                                       |
|                            | 8號       | 黑松露雞肉燉飯<br>Risotto with Chicken Leg in Truffle Sauce | 義式香料雞腿佐白飯<br>Rice with Herbal Chicken Leg            | ☆韓式魷魚燒肉拌飯<br>Rice with Korean Style Stir-Fried Pork and Squid | 焗烤白醬雞肉筆管麵<br>Baked Penne with Chicken and White Sauce         | 焗烤雞肉沙拉堡<br>Submarine Salad Sandwich with Roasted Chicken |
|                            | 9號       | 歐姆蛋Taco<br>Taco with Omelet                          | 紅醬起士燒肉比薩<br>Pizza with Cheese and Pork               | 蒜味白醬雞比薩<br>Pizza with Chicken and White Sauce                 | 甜芥末起司雞肉堡<br>Burger with Cheese and Chicken with Sweet Mustard | 義式青醬豬肉南瓜燉飯<br>Italian pesto pork and pumpkin risotto     |
|                            | 湯品/飲品    | 菠菜濃湯<br>Spinich Cream Soup                           | 綠豆地瓜甜湯<br>Sweet Soup with Mung bean and Sweet Potato | 韓式海苔雞汁湯<br>Korean Seaweed Chicken Soup                        | 日式味噌豆腐湯<br>Miso Soup with Tofu                                | 香菇蘿蔔湯<br>Soup with Mushroom and White Radish             |
|                            |          | 8號+9號                                                | 8號+9號                                                | 8號                                                            | 8號+9號                                                         | 8號+9號                                                    |
|                            | 熱量       | 790                                                  | 780                                                  | 635                                                           | 579                                                           | 626                                                      |
|                            | 全穀雜糧類(份) | 3.6                                                  | 4.3                                                  | 3.8                                                           | 3.0                                                           | 3.4                                                      |
|                            | 豆魚蛋肉類(份) | 3.7                                                  | 3.6                                                  | 3.2                                                           | 2.3                                                           | 3.4                                                      |
|                            | 蔬菜類(份)   | 1.7                                                  | 1.5                                                  | 1.7                                                           | 1.6                                                           | 1.8                                                      |
|                            | 油脂及堅果種子類 | 2.5                                                  | 1.0                                                  | 1.0                                                           | 1.0                                                           | 1.0                                                      |
|                            | 水果(份)    | 1.0                                                  | 1.0                                                  | 1.0                                                           | 1.0                                                           | 1.0                                                      |
|                            | 奶類(份)    | 0.5                                                  | 0.7                                                  | 0.0                                                           | 0.6                                                           | 0.0                                                      |
|                            |          |                                                      |                                                      | 9號                                                            |                                                               |                                                          |
|                            | 熱量       |                                                      |                                                      | 658                                                           |                                                               |                                                          |
|                            | 全穀雜糧類(份) |                                                      |                                                      | 3.0                                                           |                                                               |                                                          |
|                            | 豆魚蛋肉類(份) |                                                      |                                                      | 3.9                                                           |                                                               |                                                          |
|                            | 蔬菜類(份)   |                                                      |                                                      | 1.7                                                           |                                                               |                                                          |
|                            | 油脂及堅果種子類 |                                                      |                                                      | 1.0                                                           |                                                               |                                                          |
|                            | 水果(份)    |                                                      |                                                      | 0.0                                                           |                                                               |                                                          |
|                            | 奶類(份)    |                                                      |                                                      | 0.7                                                           |                                                               |                                                          |
| 晚餐<br>Dinner               | 套餐       | 輕食                                                   | 輕食                                                   | 輕食                                                            | 輕食                                                            | 輕食                                                       |
|                            | 主食       | ★蒜味蛤蜊義大利麵<br>Spaghetti with Clams and Garlic         | 洋蔥雞肉焗烤飯<br>Baked Rice with Chicken and Onion         | 臘香控肉飯<br>Rice with Braised Pork and Tofu                      | ☆義式紅醬魚片燴飯<br>Risotto with Fish in Red Sauce                   |                                                          |
|                            | 湯品/飲品    | 菠菜濃湯<br>Spinich Cream Soup                           | 香菇冬瓜湯<br>Mushroom and White Gourd Soup               | 韓式海苔雞汁湯<br>Korean Seaweed Chicken Soup                        | 日式味噌豆腐湯<br>Miso Soup with Tofu                                |                                                          |
|                            | 熱量       | 694                                                  | 731                                                  | 790                                                           | 685                                                           |                                                          |
|                            | 全穀雜糧類(份) | 3.3                                                  | 3.8                                                  | 3.8                                                           | 3.8                                                           |                                                          |
|                            | 豆魚蛋肉類(份) | 3.6                                                  | 3.4                                                  | 5.4                                                           | 4.0                                                           |                                                          |
|                            | 蔬菜類(份)   | 1.7                                                  | 1.5                                                  | 1.7                                                           | 1.6                                                           |                                                          |
|                            | 油脂及堅果種子類 | 2.5                                                  | 1.0                                                  | 1.0                                                           | 1.0                                                           |                                                          |
|                            | 水果(份)    | 1.0                                                  | 1.0                                                  | 1.0                                                           | 1.0                                                           |                                                          |
|                            | 奶類(份)    | 0.0                                                  | 0.7                                                  | 0.0                                                           | 0.0                                                           |                                                          |
|                            |          |                                                      |                                                      |                                                               |                                                               |                                                          |

☆表示含有魚類餐點  
★表示含有帶殼海鮮餐點  
●表示含有牛羊餐點  
△表示含有加工品  
食材一律使用國產豬  
本校未使用輻射污染食品