

| 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   | 2025/3/24                                                        | 2025/3/25                                  | 2025/3/26                                           | 2025/3/27                                                | 2025/3/28                                    |
|                            | 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                                           |
|                            | 主食8號     | 蒜味白醬烤雞飯<br>Roasted Chicken with Garlic and White Sauce           | 焗烤雞肉沙拉堡<br>Chicken Cheese Salad Burger     | 黑松露菇菇比薩<br>Pizza with Mushroom and Truffle Sauce    | ●洋蔥牛肉丼飯<br>Rice with Beef and Onion                      | 燻烤豬排咖哩飯<br>Curry Rice with Roasted Pork Chop |
|                            | 主食9號     | 焗烤青醬南瓜豬肉沙拉堡<br>Baked Pesto Salad Burger with Pumpkin and Pork    | 茄汁肉醬義大利麵<br>Bolognese Spaghetti            | 韓式泡菜時蔬鍋<br>Hot Pot with Kimchi and Vegetables       | 焗烤茄汁雞肉堡<br>Burger with Chicken and Tomato Sauce          | 日式照燒雞肉堡<br>Burger with Teriyaki Chicken      |
|                            | 湯品/飲品    | 日式味噌豆腐湯<br>Miso Soup with Tofu                                   | 薏仁湯<br>Sweet Soup with Job's Tears         | 香菇冬瓜湯<br>Mushroom and White Gourd Soup              | 巧達菇菇湯<br>Chowder Mushroom Soup                           | 白蘿蔔玉米湯<br>Soup With Radish and Corn          |
|                            |          | 8號+9號                                                            | 8號+9號                                      | 8號                                                  | 8號+9號                                                    | 8號+9號                                        |
|                            | 熱量       | 627                                                              | 716                                        | 435                                                 | 624                                                      | 641.25                                       |
|                            | 全穀雜糧類(份) | 3                                                                | 4.0                                        | 3.0                                                 | 3.6                                                      | 3.6                                          |
|                            | 豆魚蛋肉類(份) | 3.8                                                              | 3.4                                        | 0.0                                                 | 3.4                                                      | 3.4                                          |
|                            | 蔬菜類(份)   | 1.5                                                              | 1.6                                        | 1.8                                                 | 1.6                                                      | 1.7                                          |
|                            | 油脂及堅果種子類 | 1.0                                                              | 1.0                                        | 0                                                   | 2.5                                                      | 1.0                                          |
|                            | 水果(份)    | 1.0                                                              | 1.0                                        | 1.0                                                 | 1.0                                                      | 1.0                                          |
|                            | 奶類(份)    | 0.0                                                              | 0.4                                        | 1                                                   | 0.4                                                      | 0.0                                          |
|                            |          |                                                                  |                                            | 9號                                                  |                                                          |                                              |
|                            | 熱量       |                                                                  |                                            | 364                                                 |                                                          |                                              |
|                            | 全穀雜糧類(份) |                                                                  |                                            | 3.8                                                 |                                                          |                                              |
|                            | 豆魚蛋肉類(份) |                                                                  |                                            | 3.0                                                 |                                                          |                                              |
|                            | 蔬菜類(份)   |                                                                  |                                            | 1.7                                                 |                                                          |                                              |
|                            | 油脂及堅果種子類 |                                                                  |                                            | 1.0                                                 |                                                          |                                              |
|                            | 水果(份)    |                                                                  |                                            | 0.0                                                 |                                                          |                                              |
|                            | 奶類(份)    |                                                                  |                                            | 0.0                                                 |                                                          |                                              |
| 晚餐<br>Dinner               | 套餐       | 輕食                                                               | 輕食                                         | 輕食                                                  | 輕食                                                       | 輕食                                           |
|                            | 主食       | ★塔香三杯透抽鮑菇燴飯<br>Squid Risotto with Basil and King Oyster Mushroom | 時蔬軟燉蛋蓋飯<br>Rice with Omelet and Vegetables | 薑汁豬肉丼飯<br>Rice with Stir-fried Pork in Ginger Sauce | ★蒜香蛤蜊時蔬義大利麵<br>Spaghetti with Garlic Clam and Vegetables |                                              |
|                            | 湯品/飲品    | 日式味噌豆腐湯<br>Miso Soup with Tofu                                   | 韓式海苔雞汁湯<br>Korean Seaweed Chicken Soup     | 香菇冬瓜湯<br>Mushroom and White Gourd Soup              | 巧達菇菇湯<br>Chowder Mushroom Soup                           |                                              |
|                            | 熱量       | 571                                                              | 565                                        | 653                                                 | 637                                                      |                                              |
|                            | 全穀雜糧類(份) | 3.8                                                              | 3.8                                        | 3.8                                                 | 3.3                                                      |                                              |
|                            | 豆魚蛋肉類(份) | 2.4                                                              | 2.3                                        | 3.4                                                 | 2.7                                                      |                                              |
|                            | 蔬菜類(份)   | 1.5                                                              | 1.6                                        | 1.8                                                 | 1.8                                                      |                                              |
|                            | 油脂及堅果種子類 | 1.0                                                              | 1.0                                        | 1.0                                                 | 2.5                                                      |                                              |
|                            | 水果(份)    | 1.0                                                              | 1.0                                        | 1.0                                                 | 1.0                                                      |                                              |
|                            | 奶類(份)    | 0.0                                                              | 0.0                                        | 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