葳 格 高 級 中 學 附 設 小 學

Wagor Academy-Bilingual Elementary School

108 學年下學期菜單

2019 Second Semester Lunch Menu

週次 Week : 第 5 週

| Mon. (一) Tue. (二) Wed. (三) Thu. (四) Fri. (五) 東 食 Main Dish | 週次 Week · 第 <u>)</u> 週 | | | | | | | |
|---|------------------------|--------------------------|----------------|-----------------|--|--------------|------------------|--|
| Agail Item | 日 期 Date | | 3/23 | 3/24 | 3/25 | 3/26 | 3/27 | |
| 主 食 Main Dish A | | | Mon. (−) | Tue. (二) | Wed.(三) | Thu.(四) | Fri.(五) | |
| Main Dish E 業 | + A | | | • | | | | |
| 五香族内 Spiced pork with soy sauce steak Spiced pork and chicken Legs spiced assorted melon shellochi. The spiced pork and chicken Legs spiced pork and chicken Legs spiced assorted melon shellochi. The spiced pork and chicken Legs spiced assorted melon shellochi. The spiced pork and chicken Legs spiced assorted melon shellochi. The spiced pork and chicken Legs spiced assorted melon shellochi. The spiced pork and spiced pork and | | | Rice | Red quinoa rice | | | _ | |
| 主 菜 Main Dish Spiced pork with soy sauce Steak Chef Peruvian Chicken Legs Braised pork and gluten wheel McNuggets 一次 | Main Dish | | | | noodres | potato rice | griffed fisotto | |
| Main Dish soy sauce steak Chicken Legs gluten wheel McNuggets Main Dish soy sauce steak Chicken Legs gluten wheel McNuggets Main Dish soy sauce steak Chicken Legs gluten wheel McNuggets Main Dish Main Dish soy sauce Steak Chicken Legs gluten wheel McNuggets Main Dish Main Dish Soy sauce Steak Chicken Legs gluten wheel McNuggets Main Dish Main | ٠ | | | | | | | |
| ### ### ### ### ##################### | · · | | | | | • | | |
| Ancient flavor steamed egg Ancient flav | Main Dish | | soy sauce | steak | Chicken Legs | gluten wheel | McNuggets | |
| With buttered pumpkin With buttered pumpkin With buttered pumpkin With corn eggs and ham A | 副食 | | 奶油南瓜燉雞肉 | 古早味蒸蛋 | | | 綜合薯丁沙拉 | |
| Pumpkin Pu | | | | | Assorted Lochi | | | |
| 等 葉 Vegetable 素味空心業 Stir-fried spinach 蒜味空心業 Stir-fried water spinach with garlic 蒜養油菜 Stir-fried sweet pepper and sweet potato leaves 長丁ire fried cauliflower and sweet potato leaves 長丁ire fried sweet pepper and sweet potato leaves 奶油菌菇湯 Corn Meatball Soup 奶油菌菇湯 Corn Meatball Soup 場場 | ' ' | | | steamed egg | | melon | | |
| 時 菜 Vegetable Stir-fried spinach with garlic 場 人名 東京 原 中央 では、 | | | pullipkiii | | | | | |
| ## Pruit ## | , | | | · · | The state of the s | | | |
| With garlic with garlic with garlic sweet potato leaves shell noodles shell | | | | | _ | | | |
| Bank | | | Spinach | | with gariic oii | | | |
| 湯 黃瓜魚豆腐湯 Cucumber fish tofu soup 皇帝豆排骨湯 Pork ribs soup | vegetable | | | with gaile | | _ | Sherr hoodres | |
| Soup Cucumber fish tofu soup with emperor beans Soup Soup Seaweed and egg soup Soup | | | | | | | | |
| Soup | 湯 | | | · · · | | | | |
| Beans Bea | | | | | | | = | |
| Fruit | Soup | | toru soup | <u> </u> | Soup | Soup | Soup | |
| Fruit Side of Salted porridge With taro Swiss roll bread Swiss roll bread Swiss roll bread Swiss roll bread Fruit | | | | | | | | |
| Shack Sha | · ' | | | | | | | |
| Shack | | | Fruit | Fruit | Fruit | Fruit | Fruit | |
| Soup With taro Vegetables Sou | | | | | | | | |
| Snack 鮮奶 Fresh milk Snack 鮮奶 Fresh milk Snack 鮮奶 Fresh milk Snack 養 大田 大田 大田 大田 大田 大田 大田 | 點心 | | tried dumpling | | | | Swiss roll bread | |
| Fresh milk Fresh milk Resh milk R | | | 鮮奶 | Soup | with taro | vegetables | | |
| Kcal 875 878 886 881 889 成分 和蛋白 31.7 30.1 33.8 31.3 31.7 Nutrient Content 和脂肪 29.5 29.7 29.5 30.3 31.5 職 | | | • | | | | | |
| Kcal 875 878 886 881 889 成分 和蛋白 31.7 30.1 33.8 31.3 31.7 Nutrient Content 和脂肪 29.5 29.7 29.5 30.3 31.5 職 | N. | <u>الخا</u> | | | | | | |
| 成分 Protein 31.7 30.1 33.8 31.3 31.7 Nutrient Content Gentent Fat 29.5 29.7 29.5 30.3 31.5 糖 120.6 122.5 121.3 120.8 110.6 | | | 875 | 878 | 886 | 881 | 889 | |
| Nutrient An 脂肪 Fat 29.5 29.7 29.5 30.3 31.5 糖 120.6 122.5 121.3 120.8 110.6 | 成 | | 31 7 | 30 1 | 33.8 | 31 3 | 31 7 | |
| Content Fat 29.5 29.7 29.5 30.3 31.5 糖 120.6 122.5 121.3 120.8 110.6 | | | | | | | | |
| | | Fat | 29. 5 | 29. 7 | 29. 5 | 30. 3 | 31.5 | |
| | | 醣 Carbohydrate | 120. 6 | 122. 5 | 121. 3 | 120. 8 | 119. 6 | |