

# 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

| 日期<br>Date<br>項目 Item                   |                   | 3/23<br>Mon. (一)                                    | 3/24<br>Tue. (二)                                    | 3/25<br>Wed. (三)                           | 3/26<br>Thu. (四)  | 3/27<br>Fri. (五)                                     |
|---|-------------------|---|---|--|---|--|
| 主 食<br>Main Dish                        |                   | 白米飯<br>Rice   | 紅藜飯<br>Red quinoa rice                              | 日式鮮味烏龍麵<br>Japanese udon<br>noodles        | 養生地瓜飯<br>Health sweet<br>potato rice                              | 義式焗烤燉飯<br>Italian-style<br>grilled risotto           |
| 主 菜<br>Main Dish                        |                   | 五香爌肉<br>Spiced pork with<br>soy sauce               | 烤雞排<br>Grilled chicken<br>steak                     | 主廚秘魯雞腿<br>Chef Peruvian<br>Chicken Legs    | 麵輪燒肉<br>Braised pork and<br>gluten wheel                          | 麥克雞塊<br>Chicken<br>McNuggets                         |
| 副 食<br>Side Dish                        |                   | 奶油南瓜燉雞肉<br>Chicken stew<br>with buttered<br>pumpkin | 古早味蒸蛋<br>Ancient flavor<br>steamed egg              | 什錦滷味<br>Assorted Lochi                     | 瓠瓜炒什錦<br>Fried assorted<br>melon                                  | 綜合薯丁沙拉<br>Potato salad<br>with corn eggs<br>and ham  |
| 時 菜<br>Vegetable                        |                   | 翠綠菠菜<br>Stir-fried<br>spinach                       | 蒜味空心菜<br>Stir-fried<br>water spinach<br>with garlic | 蒜香油菜<br>Stir-fried rape<br>with garlic oil | 彩椒地瓜葉<br>Stir-fried<br>sweet pepper and<br>sweet potato<br>leaves | 貝殼麵佐花椰菜<br>Fried<br>cauliflower and<br>shell noodles |
| 湯<br>Soup                               |                   | 黃瓜魚豆腐湯<br>Cucumber fish<br>tofu soup                | 皇帝豆排骨湯<br>Pork ribs soup<br>with emperor<br>beans   | 紫菜蛋花湯<br>Seaweed and egg<br>soup           | 玉米穗貢丸湯<br>Corn Meatball<br>Soup                                   | 奶油菌菇湯<br>Creamy Mushroom<br>Soup                     |
| 水 果<br>Fruit                            |                   | 時節水果<br>Fruit                                       | 時節水果<br>Fruit                                       | 時節水果<br>Fruit                              | 時節水果<br>Fruit   | 時節水果<br>Fruit  |
| 點 心<br>Snack                            |                   | 餡餅<br>fried dumpling<br><br>鮮奶<br>Fresh milk        | 什錦湯麵<br>Assorted Noodle<br>Soup                     | 芋香鹹粥<br>Salted porridge<br>with taro       | 清蔬麵疙瘩<br>Doughball with<br>vegetables                             | 瑞士捲麵包<br>Swiss roll bread                            |
| 營<br>養<br>成<br>分<br>Nutrient<br>Content | 熱 量<br>Kcal       | 875   | 878   | 886  | 881   | 889  |
|   | 粗 蛋 白<br>Protein  | 31.7  | 30.1  | 33.8                                       | 31.3  | 31.7   |
|   | 粗 脂 肪<br>Fat      | 29.5  | 29.7  | 29.5                                       | 30.3  | 31.5   |
|   | 糖<br>Carbohydrate | 120.6   | 122.5   | 121.3                                      | 120.8   | 119.6  |