

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 7 週

日期 Date 項目 Item		4/6 Mon. (一)	4/7 Tue. (二)	4/8 Wed. (三)	4/9 Thu. (四)	4/10 Fri. (五)
主 食 Main Dish		白米飯 Rice	紅藜飯 Red quinoa rice	香菇肉燥飯 Shiitake Mushroom Rice	養生地瓜飯 Health sweet potato rice	青醬義大利麵 Spaghetti with green sauce
主 菜 Main Dish		蒜泥白肉 Pork fillet with garlic	照燒肉片 Pork slices with teriyaki sauce	蜜汁雞翅 Chicken wings with honey sauce	京醬肉絲 shredded pork with sweet bean paste	藍帶起司雞排 Blue Ribbon Chicken Steak with Cheese
副 食 Side Dish		黃瓜鮮燴 Braised cucumber with mushrooms and quail eggs	佛跳牆 Steamed taro with Chinese cabbage and bamboo shoots	關東煮 Kanto cooking	高麗菜炒香腸片 Fried cabbage with sausage slices	鮭魚玉米時蔬 Stir-fried Sturgeon and Corn Vegetables
時 菜 Vegetable		蒜香空心菜 Stir-fried water spinach with garlic	翠綠油菜 Stir-fried canola	薑汁蚵白菜 Baked cabbage with ginger sauce	蒜香青江菜 Garlic qingjiang	焗烤花椰菜 Baked roasted cauliflower
湯 Soup		大白菜肉羹湯 Chinese cabbage and pork thick soup	南瓜排骨湯 Pumpkin Pork Ribs Soup	豬血湯 Pork blood soup	結頭菜油豆腐湯 Rutabaga and Pork Ball Soup	洋芋濃湯 Sweet potato soup
水 果 Fruit		時節水果 Fruit	時節水果 Fruit	時節水果 Fruit	時節水果 Fruit	時節水果 Fruit
點 心 Snack		豆沙包 Bean paste bun 米漿 Rice and peanut milk	米苔目鹹湯 Rice noodles and shredded pork soup	雞茸玉米粥 Chicken and corn porridge	肉羹麵線 Pork thick and thin noodles	鮮奶吐司 Fresh milk toast
營 養 成 分 Nutrient Content	熱 量 Kcal	883	876	893	880	887
	粗 蛋 白 Protein	32.7	30.2	33.3	32.4	31.2
	粗 脂 肪 Fat	29.5	29.7	30.5	29.3	31.5
	糖 Carbohydrate	121.6	122.4	123.8	121.7	119.6