

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 9 週

日期 Date 項目 Item		4/20 Mon. (一)	4/21 Tue. (二)	4/22 Wed. (三)	4/23 Thu. (四)	4/24 Fri. (五)
主 食 Main Dish		白米飯 Rice	大麥飯 Barley rice	茄汁蛋炒飯 Egg fried rice with tomato sauce	養生地瓜飯 Health sweet potato rice	茄汁海鮮義大利 麵 Seafood pasta with tomato sauce
主 菜 Main Dish		蔗香棒腿 Roasted chicken legs with cane sugar	紅燒豬腳 Braised pork feet	黑胡椒豬排 Pork chop with black pepper sauce	紅燒虱目魚柳 Braised Milkfish Fillet with tofu	藍帶起司豬排 Blue Ribbon Cheese Pork Chops
副 食 Side Dish		絲瓜麵線 Loofah noodles	爆皮白菜 Braised cabbage with carrots and fungus	豆干丁滷米血 Stewed dried beans and rice blood cake	古早味蒸蛋 Steamed egg	起司烤洋芋 Roasted Potatoes with Cheese
時 菜 Vegetable		蒜香空心菜 Fried water spinach with garlic	翠綠菠菜 Stir-fried spinach	椒鹽毛豆莢 Scald bean pods with black pepper and salt	薑汁蚵白菜 Baked cabbage with ginger sauce	蒜香花椰菜 Stir-fried broccoli with garlic
湯 Soup		黃瓜大骨湯 Large cucumber and pork meatball soup	高麗菜蛋花湯 Cabbage and egg soup	結頭菜菇湯 Kale and mushroom soup	白蘿蔔味噌湯 White radish with miso soup	法式洋蔥湯 French onion 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		燒賣 Shao mai 豆腐湯 Tofu Soup	菜包 Vegetable bun	雞茸玉米粥 Chicken diced with corn porridge	雲吞湯麵 Wonton noodle soup	肉鬆麵包 Bread with pork floss
營 養 成 分 Nutrient Content	熱 量 Kcal	879	888	891	884	886
	粗 蛋 白 Protein	31.6	30.9	33.5	32.4	31.8
	粗 脂 肪 Fat	29.8	30.3	29.6	30.2	31.0
	糖 Carbohydrate	121.2	122.8	122.7	120.6	119.9