葳格高級中學附設小學

Wagor Academy-Bilingual Elementary School

110學年上學期菜單

2021 First Semester Lunch Menu

週次 Week ： 第 6 週

日期 Date / 項目 Item		10/4 Mon.(一)	10/5 Tue.(二)	10/6 Wed.(三)	10/7 Thu.(四)	10/08 Fri.(五)
主食 Main Dish		白飯 Rice	紅藜飯 Red quinoa rice	肉燥拌麵 Minced pork noodles	養生地瓜飯 Sweet potato rice	白飯 Rice
主菜 Main Dish		香酥魚排 Crispy fish steak 肉燥油豆腐 Tofu with minced pork and oil	黑胡椒豬柳 Black pepper pork tenderloin	烤霸王雞腿 Roasted extra large chicken drumsticks	三杯雞 Chicken with ginger and wine in casserole	粉蒸肉 Steamed pork 蠔油翅小腿 Oyster sauce fin shank
副食 Side Dish		宜蘭西魯肉 Yilan Xilu meat	紅蘿蔔炒蛋 Scrambled eggs with carrots	關東煮 Kanto cooking	鐵板豆腐 Sizzling tofu	塔香海茸 Fried seaweed rolls in brazil
時菜 Vegetable		炒地瓜葉 Fried sweet potato leaves	翠綠青江菜 Stir-fried qingjiang vegetable	蒜香高麗菜 Ginger cabbage	蒜香空心菜 Ginger convolvulus	薑汁蚵白菜 Ginger oyster cabbage
湯 Soup		瓠瓜鮮菇湯 Gourd and fresh mushroom soup	白蘿蔔玉米湯 White radish and corn soup	紫菜蛋花湯 Egg seaweed soup	酸菜白肉鍋 Sauerkraut white meat pot soup	酸辣湯 Hot and sour 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		古早味大餅 Old-fashioned flatbread 冬瓜茶 Winter melon tea	鮮蔬烏龍麵 Fresh vegetable udon	鮮肉包 Fresh meat buns	滑蛋雞絲麵 Egg flower silk noodles	杯子蛋糕 Cupcake
營養成分 Nutrient Content	熱量 Kcal	889	866	892	872	891
	粗蛋白 Protein	31.9	29.6	31.3	29.8	32.6
	粗脂肪 Fat	30.2	29.1	30.6	29.9	30.1
	醣 Carbohydrate	122.5	121.3	122.8	121.0	122.3