

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 11 週

| 日期 Date 項目 Item | | 11/8 Mon. (一) | 11/9 Tue. (二) | 11/10 Wed. (三) | 11/11 Thu. (四) | 11/12 Fri. (五) |
|---|-------------------|--|---|---|--|---|
| 主 食 Main Dish | | 白飯 Rice | 芝麻飯 Red quinoa rice | 白醬義大利麵 Spaghetti with cream sauce | 養生地瓜飯 Sweet potato rice | 白飯 Rice |
| 主 菜 Main Dish | | 五香滷雞腿 Spiced braised chicken drumsticks 沙茶豬柳 Stir-fried pork tenderloin with shacha sauce | 南洋咖哩肉片 Nanyang style curry pork slices | 藍帶起司豬排 Blue ribbon cheese pork chop | 橙汁咕咾肉 Fried pork with orange juice | 三杯翅小腿 Stewed chicken wings with ginger and wine in casserole 梅干燒肉 Roasted pork and dried vegetables |
| 副 食 Side Dish | | 螞蟻上樹 Stir-fried winter noodles with cabbage and vegetables | 五香滷蛋 Spiced marinated egg | 滷五香豆干 Braised spiced dried beans | 火腿玉米炒洋芋 Stir-Fried potatoes with ham and corn | 芋香白菜 Stir-fried cabbage with diced taro |
| 時 菜 Vegetable | | 蒜香苜菜 Garlic amaranth | 蒜香空心菜 Ginger convolvulus | 薑汁蚵白菜 Ginger oyster cabbage | 蒜香高麗菜 Ginger cabbage | 蒜香福山萬苣 Garlic fushan lettuce |
| 湯 Soup | | 紅豆紫米湯 Red bean and purple rice soup | 紫菜湯 Seaweed soup | 南瓜濃湯 Pumpkin bisque | 酸菜白肉鍋湯 Sauerkraut white meat pot soup | 四神湯 Sishen 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 | | 鮮肉包 Fresh meat buns 麥茶 Barley tea | 肉絲湯麵 Pork noodle soup | 黑糖饅頭 Brown sugar buns | 肉羹雞絲麵 Silk noodles in meat ball soup | 胚芽蛋糕 Germ cake |
| 營 養 成 分 Nutrient Content | 熱 量 Kcal | 899 | 860 | 885 | 862 | 898 |
| | 粗 蛋 白 Protein | 32.5 | 30.1 | 32.6 | 30.8 | 32.0 |
| | 粗 脂 肪 Fat | 31.1 | 28.2 | 29.7 | 28.5 | 31.5 |
| | 糖 Carbohydrate | 122.2 | 121.5 | 121.9 | 120.5 | 121.7 |