

# 葳格高級中學附設小學

Wagor Academy-Bilingual Elementary School

## 112 學年下學期菜單

2023 Second Semester Lunch Menu



週次 Week : 第 8 週

| 日期<br>Date<br>項目 Item                   |                   | 4/1<br>Mon. (一)  | 4/2<br>Tue. (二)  | 4/3<br>Wed. (三)   | 4/4<br>Thu. (四) | 4/5<br>Fri. (五) |
|---|-------------------|--|--|---|-----------------|-----------------|
| 主 食<br>Main Dish                        |                   | 白飯<br>Rice   | 紅藜飯<br>Red quinoa rice   | 香菇肉絲炒麵<br>Fried noodles<br>with shredded<br>pork and<br>mushrooms             |                 |                 |
| 主 菜<br>Main Dish                        |                   | 彩椒雞丁<br>Stir-fried<br>chicken with<br>colorful<br>peppers<br><br>皇帝豆燒肉<br>Emperor bean<br>roast pork | 五香滷雞腿<br>Five spice<br>braised chicken<br>legs                                   | 卡啦胸肉排<br>Carla brisket<br>steak   |                 |                 |
| 副 食<br>Side Dish                        |                   | 關東煮<br>Kanto cooking   | 白菜滷<br>Braised cabbage   | 黃金豆腐炊<br>Golden tofu<br>cooking   |                 |                 |
| 時 菜<br>Vegetable                        |                   | 蒜香青江菜<br>Garlic green<br>vegetables  | 翠綠油菜<br>Green rapeseed   | 薑汁蚵白菜<br>Ginger cabbage   |                 |                 |
| 湯<br>Soup                               |                   | 鮮筍絲肉羹湯<br>Fresh bamboo<br>shoots and<br>shredded pork<br>soup  | 山藥排骨湯<br>Yam pork ribs<br>soup   | 玉米濃湯<br>Corn soup   |                 |                 |
| 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                            |                   | 蒸肉圓<br>Steamed<br>meatballs<br><br>(G1、G2)<br>洋蔥餐包、豆漿<br>Onion meal bag,<br>soy milk                 | 黑糖捲<br>Brown sugar roll<br><br>(G3、G4)<br>洋蔥餐包、豆漿<br>Onion meal bag,<br>soy milk | 鍋貼<br>Fried dumpling<br><br>(G5、G6)<br>洋蔥餐包、豆漿<br>Onion meal bag,<br>soy milk |                 |                 |
| 營<br>養<br>成<br>分<br>Nutrient<br>Content | 熱 量<br>Kcal       | 887  | 873  | 889   |                 |                 |
|   | 粗 蛋 白<br>Protein  | 31.7   | 29.6   | 31.4  |                 |                 |
|   | 粗 脂 肪<br>Fat      | 30.2   | 29.8   | 30.8  |                 |                 |
|   | 糖<br>Carbohydrate | 122.1  | 121.5  | 121.6   |                 |                 |

