

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 12 週

日期 Date 項目 Item		4/29 Mon. (一)	4/30 Tue. (二)	5/1 Wed. (三)	5/2 Thu. (四)	5/3 Fri. (五)
主 食 Main Dish		白飯 Rice	芝麻飯 Sesame rice	味噌奶香拉麵 Miso milk ramen	養生地瓜飯 Sweet potato rice	紫米飯 Purple rice
主 菜 Main Dish		蔥燒豬排 Grilled pork chops with green onion 鮮蔬雞柳 Chicken fillet with fresh vegetables	梅干扣肉 Braised pork with dried plums	霸王雞腿 Overlord chicken legs	蔥燒豬腳丁 Braised pork knuckles with green onions	香菇蒸雞 Steamed chicken with mushrooms 皮絲燒肉 Pisi roasted pork
副 食 Side Dish		蛋燒豆腐 Egg-roasted tofu	瓠瓜什錦 Assorted gourds	滷海帶結拌豆干 鹵鴨蛋 Braised kelp mixed with dried beans and quail eggs	絲瓜麵線 Luffa noodles	鮮蔬年糕 Fresh vegetable rice cake
時 菜 Vegetable		蒜香高麗菜 Garlic cabbage	翠綠油菜 Fried rapeseed	蒜香青江菜 Garlic green vegetables	炒地瓜葉 Fried sweet potato leaves	薑汁蚵白菜 Ginger cabbage
湯 Soup		玉米排骨湯 Corn ribs soup	鮮筍雞湯 Fresh bamboo shoots and chicken soup		南瓜排骨湯 Pumpkin pork ribs soup	肉骨茶湯 Bak kut teh 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		蘿蔔糕 carrotcake (G1) 裸麥葡萄餐包、豆漿 Rye grape lunch bag, soy milk	烤地瓜 Roasted sweet potato (G2) 裸麥葡萄餐包、豆漿 Rye grape lunch bag, soy milk	雙色花捲 two-color flower roll	美味水餃 Dumplings	滑蛋瘦肉粥 Smooth egg and lean meat porridge
營養成分 Nutrient Content	熱 量 Kcal	886	853	887	861	885
	粗 蛋 白 Protein	32.8	29.5	31.1	30.5	31.4
	粗 脂 肪 Fat	30.1	28.2	30.5	28.7	30.4
	糖 Carbohydrate	120.9	120.4	122.1	120.1	121.5