

# 葳格高級中學附設小學

## Wagor Academy-Bilingual Elementary School

### 113 學年暑期營菜單

### 2024 Summer Camp Lunch Menu

日期 Date 項目 Item		7/8 Mon. (一)	7/9 Tue. (二)	7/10 Wed. (三)	7/11 Thu. (四)	7/12 Fri. (五)
主 食 Main Dish		白米飯 Rice	芝麻飯 Sesame rice	夏威夷炒飯 Hawaiian fried rice	養生地瓜飯 Health sweet potato rice	小米飯 Millet rice
主 菜 Main Dish		紅燒豬腳 Braised pork knuckles  白菜土魷魚 Mackerel with cabbage	薑汁燒肉 Roasted pork with ginger sauce	蔗香雞排 Cane-flavored chicken steak	脆皮烤鴨 Crispy roast duck	蔥油雞腿 Chicken drumsticks with scallion oil  筍干扣肉 Dried bamboo shoots and pork belly
副 食 Side Dish		脆炒甜椒豆包絲 Stir-fried bell pepper and bean buns	西芹炒黑輪 Stir-fried black rounds with celery	皮蛋豆腐 Preserved egg tofu	蕃茄炒蛋 Scrambled eggs with tomatoes	絲瓜麵線 Luffa noodles
時 菜 Vegetable		蒜香空心菜 Garlic water spinach	薑汁蚵白菜 Ginger oyster cabbage	蒜香高麗菜 Garlic cabbage	翠綠油菜 Green rapeseed	蒜香青江菜 Garlic green cabbage
湯 Soup		酸菜肉片湯 Sauerkraut and pork slices soup	玉米蛋花湯 Corn and egg drop soup	蘿蔔貢丸湯 Radish meatball soup	綜合火鍋湯 Comprehensive hot pot soup	紫菜豆腐湯 Seaweed and tofu 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		鮮奶饅頭 Fresh milk steamed buns	美味水餃 Dumplings	烤地瓜 Roasted sweet potato	鮮蔬雞絲麵 Shredded chicken noodles with fresh vegetables	燒賣 Siomai
營養成分 Nutrient Content	熱 量 Kcal	877	864	883	861	886
	粗 蛋 白 Protein	31.7	31.2	31.3	30.5	31.9
	粗 脂 肪 Fat	29.2	28.6	30.1	29.0	30.3
	糖 Carbohydrate	121.8	120.5	121.7	119.4	121.5