

# 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		7/29 Mon. (一)	7/30 Tue. (二)	7/31 Wed. (三)	8/1 Thu. (四)	8/2 Fri. (五)
主 食 Main Dish		白米飯 Rice	紅藜飯 Red quinoa rice	味噌奶香拉麵 Miso milk ramen	養生地瓜飯 Health sweet potato rice	紫米飯 Purple rice
主 菜 Main Dish		匈牙利燉肉 Hungarian goulash  蒲燒鯛魚 Kabayaki sea bream	炸雞翅 Fried chicken wings	十三香滷雞腿 Thirteen-spice braised chicken legs	京醬肉絲 Shredded pork with Beijing sauce	杏鮑菇雞絲 Shredded chicken with king oyster mushroom 咕咾肉 Sweet and sour pork
副 食 Side Dish		螞蟻上樹 Stir-fried mung bean noodles with minced pork	日式蒸蛋 Japanese steamed eggs	陽光溫沙拉 Sunshine warm salad	紅燒鮮菇油豆腐 Braised fresh mushrooms and tofu in oil	絲瓜煨蛋 Loofah stewed egg
時 菜 Vegetable		蒜香空心菜 Garlic water spinach	蒜香培根高麗菜 Garlic bacon cabbage	焗汁花椰菜 Cauliflower gratin	蒜香青江菜 Garlic green cabbage	薑汁蚶白菜 Ginger oyster cabbage
湯 Soup		芋香西米露 Taro fragrant sago dew	古早味筍湯 Ancient style bamboo shoot soup		蘿蔔魚丸湯 Carrot and fish ball soup	蔬菜濃湯 Vegetable 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		奶黃包 Custard bun	蘿蔔綜合湯 Radish mixed soup	醬燒肉包 Sauce roasted pork buns	鍋貼 Fried dumpling	鮮菇雞絲麵 Shredded chicken noodles with fresh mushrooms
營養成分 Nutrient Content	熱 量 Kcal	890	868	885	862	887
	粗 蛋 白 Protein	32.9	30.9	31.4	29.7	31.3
	粗 脂 肪 Fat	30.1	29.3	30.2	29.0	30.5
	糖 Carbohydrate	121.9	120.1	122.0	120.6	121.7