

葳格高級中學附設小學

Wagor Academy-Bilingual Elementary School

113 學年上學期菜單 2024 First Semester Lunch Menu



週次 Week : 第 5 週

日期 Date 項目 Item		9/23 Mon. (一)	9/24 Tue. (二)	9/25 Wed. (三)	9/26 Thu. (四)	9/27 Fri. (五)
主 食 Main Dish		白飯 Rice	紅藜飯 Red quinoa rice	星州湯麵 Xingzhou noodle soup	養生地瓜飯 Sweet potato rice	小米飯 Millet rice
主 菜 Main Dish		藥膳雞腿 Braised chicken legs with medicinal diet 泰式打拋肉 Thai fried pork	麵輪燒肉 Roasted pork noodles	卡啦雞腿排 Kara chicken leg steak	桔醬白肉 White meat with orange sauce	五香爌肉排 Five spice braised pork steak 紅棗燉雞 Braised chicken with red dates
副 食 Side Dish		鮮菇大黃瓜 Braised cucumber with fresh mushrooms	筍干雙燒 Double roasted dried bamboo shoots	五香滷蛋/烤地瓜 Five spice braised eggs/roasted sweet potatoes	冬瓜什錦 Assorted winter melon	腰果四色 Cashew nuts four colors
時 菜 Vegetable		蒜香高麗菜 Garlic cabbage	薑汁蚵白菜 Ginger cabbage	翠綠油菜 Fried rapeseed	蒜香芥藍菜 Garlic kale	蒜香空心菜 Garlic water spinach
湯 Soup		紅豆薏仁湯 Red bean and barley soup	羅宋湯 Borscht		酸辣湯 Hot and sour soup	榨菜肉絲湯 Mustard shredded pork 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		鮮奶乳酪捲 Fresh milk cheese roll (G1) 奶油卡士達餐包、冬瓜茶 Cream custard meal bag, Winter melon tea	馬來糕 Malay cake (G2) 奶油卡士達餐包、冬瓜茶 Cream custard meal bag, Winter melon tea	奶黃包 Custard bun (G3) 奶油卡士達餐包、冬瓜茶 Cream custard meal bag, Winter melon tea	古早味大餅 Ancient style flatbread (G4) 奶油卡士達餐包、冬瓜茶 Cream custard meal bag, Winter melon tea	蘿蔔糕 Carrot cake (G5、G6) 奶油卡士達餐包、冬瓜茶 Cream custard meal bag, Winter melon tea
營養成分 Nutrient Content	熱 量 Kcal	892	865	887	857	887
	粗 蛋 白 Protein	32.3	29.8	31.7	29.5	30.6
	粗 脂 肪 Fat	30.2	29.2	30.8	29.0	30.1
	糖 Carbohydrate	122.5	120.7	120.7	119.5	123.4