

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 8 週

日期 Date 項目 Item		10/14 Mon. (一)	10/15 Tue. (二)	10/16 Wed. (三)	10/17 Thu. (四)	10/18 Fri. (五)
主 食 Main Dish		白飯 Rice	小米飯 Millet rice	鮮蔬刀削麵 Fresh vegetable sliced noodles	養生地瓜飯 Sweet potato rice	紫米飯 Purple rice
主 菜 Main Dish		蒲燒鯛魚 Kabayaki sea bream 糖醋雞丁 Sweet and sour chicken	蒜泥白肉 Garlic pork slices	醬燒豬排 Sautéed pork chops	金黃雞翅 Fried chicken wings	京醬肉絲 Shredded pork with Beijing sauce 彩椒腰果雞丁 Chicken with colorful pepper and cashew nuts
副 食 Side Dish		鮮蔬粉絲煲 Fresh vegetable vermicelli clay pot	宜蘭西魯肉 Yilan Xilu pork	什錦滷味/珍珠丸 Assorted braised food/ Rice meat ball	鐵板豆腐 Sizzling tofu	蘿蔔花枝羹 Radish flower soup
時 菜 Vegetable		蒜香空心菜 Garlic water spinach	蒜香青江菜 Garlic green vegetables	炒地瓜葉 Fried sweet potato leaves	薑汁蚵白菜 Ginger cabbage	翠綠油菜 Fried rapeseed
湯 Soup		瓠瓜鮮菇湯 Melon and mushroom soup	白蘿蔔玉米湯 White radish and corn soup		酸菜白肉鍋湯 Sauerkraut and white meat pot soup	酸辣湯 Hot and sour 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		蒸肉圓 Steamed meatballs (G1) 椰香餐包、冬瓜茶 Coconut meal bag、Winter melon tea	烤餡餅 Bake pie (G2) 椰香餐包、冬瓜茶 Coconut meal bag、Winter melon tea	皮蛋瘦肉粥 Preserved egg and lean meat porridge (G3) 椰香餐包、冬瓜茶 Coconut meal bag、Winter melon tea	水餃 Dumplings (G4) 椰香餐包、冬瓜茶 Coconut meal bag、Winter melon tea	照燒杏鮑菇包 Teriyaki king oyster mushroom buns (G5、G6) 椰香餐包、冬瓜茶 Coconut meal bag、Winter melon tea
營養成分 Nutrient Content	熱 量 Kcal	885	851	877	853	880
	粗 蛋 白 Protein	31.5	28.9	32.3	29.4	31.5
	粗 脂 肪 Fat	29.8	28.6	29.1	28.2	29.9
	糖 Carbohydrate	122.8	119.6	121.4	120.5	121.2