

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 12 週

日期 Date 項目 Item		11/11 Mon. (一)	11/12 Tue. (二)	11/13 Wed. (三)	11/14 Thu. (四)	11/15 Fri. (五)
主 食 Main Dish		白飯 Rice	紅藜飯 Red quinoa rice	日式炒烏龍麵 Japanese fried udon noodles	養生地瓜飯 Sweet potato rice	紫米飯 Purple rice
主 菜 Main Dish		蘑菇豬柳 Pork fillet with mushrooms 莎莎醬佐鮮魚 Salsa with fresh fish	鮮蔬雞柳 Chicken fillet with fresh vegetables	香滷雞腿 Braised chicken legs	洋芋燒肉 Braised pork with potato	洋蔥豬排 Pork chops with onions 焗香雞丁 Baked chicken cubes
副 食 Side Dish		起司馬鈴薯蒸蛋 Cheese potato steamed egg	開陽白菜 Kaiyang cabbage	奶香蒸南瓜 Milky steamed pumpkin	蝦仁炒蛋 Scrambled eggs with shrimps	蕃茄豆腐 Tomato tofu
時 菜 Vegetable		蒜香青江菜 Garlic green vegetables	翠綠油菜 Fried rapeseed	蒜香花椰菜 Garlic cauliflower	蒜香高麗菜 Garlic cabbage	薑汁蚵白菜 Ginger cabbage
湯 Soup		味噌蔬菜湯 Miso vegetable soup	竹筍排骨湯 Bamboo shoots and pork ribs soup	羅宋湯 Borscht	蘿蔔玉米排骨湯 Carrot and corn pork ribs soup	筍絲肉羹湯 Shredded Bamboo Shoots and 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		芋泥包 Taro buns (G1) 紅蘿蔔餐包、冬瓜 茶 Carrot meal bag、Winter melon tea	鮮奶乳酪捲 Fresh milk cheese roll (G2) 紅蘿蔔餐包、冬瓜 茶 Carrot meal bag、Winter melon tea	鮮蔬雞絲麵 Shredded chicken noodles with fresh vegetables (G3) 紅蘿蔔餐包、冬瓜 茶 Carrot meal bag、Winter melon tea	醬燒大肉包 Braised pork buns with soy sauce (G4) 紅蘿蔔餐包、冬瓜 茶 Carrot meal bag、Winter melon tea	鍋貼 fried dumpling (G5、G6) 紅蘿蔔餐包、冬瓜 茶 Carrot meal bag、Winter melon tea
營養 成分 Nutrient Content	熱 量 Kcal	887	851	888	855	884
	粗 蛋 白 Protein	32.7	29.7	32.6	29.3	31.5
	粗 脂 肪 Fat	30.2	28.1	30.2	28.5	30.2
	糖 Carbohydrate	121.2	119.8	121.4	120.4	121.5