

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 16 週

日期 Date 項目 Item		12/9 Mon. (一)	12/10 Tue. (二)	12/11 Wed. (三)	12/12 Thu. (四)	12/13 Fri. (五)
主 食 Main Dish		白飯 Rice	紅藜飯 Red quinoa rice	香菇油飯 Mushroom oil rice	養生地瓜飯 Sweet potato rice	紫米飯 Purple rice
主 菜 Main Dish		橙汁豬排 Pork chops with orange sauce 醬燒燜雞 Braised chicken with soy sauce	皮絲燒肉 Pisi roasted pork	蠔油醬雞腿 Chicken thighs in oyster sauce	匈牙利燉肉 Hungarian goulash	當歸花生豬腳 Angelica peanut pork knuckles 香菇雞 Mushroom chicken
副 食 Side Dish		角螺白菜 Vegetarian snails and cabbage	韓式年糕 Korean rice cake	古早味滷蛋 Ancient style braised eggs	日式蒸蛋 Japanese steamed eggs	螞蟻上樹 Stir-fried winter noodles with minced pork
時 菜 Vegetable		翠綠油菜 Fried rapeseed	蒜香青江菜 Garlic green vegetables	蒜香高麗菜 Garlic cabbage	炒地瓜葉 Fried sweet potato leaves	薑汁蚵白菜 Ginger cabbage
湯 Soup		味噌蔬菜湯 Miso vegetable soup	冬瓜鮮菇湯 Winter melon and mushroom soup	青菜蛋花湯 Vegetable and egg drop soup	酸菜肉片湯 Sauerkraut and pork slices soup	金針肉絲湯 Daylily 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		蒸肉圓 Steamed meatballs (G1) 紫薯餐包、麥茶 purple sweet potato meal bag、barley tea	烤地瓜 Grilled sweet potatoes (G2) 紫薯餐包、麥茶 purple sweet potato meal bag、barley tea	廣東粥 Cantonese porridge (G3) 紫薯餐包、麥茶 purple sweet potato meal bag、barley tea	黑糖捲 Brown sugar roll (G4) 紫薯餐包、麥茶 purple sweet potato meal bag、barley tea	鮮肉包 Fresh meat buns (G5、G6) 紫薯餐包、麥茶 purple sweet potato meal bag、barley tea
營養成分 Nutrient Content	熱 量 Kcal	890	854	888	869	886
	粗 蛋 白 Protein	32.6	30.3	31.6	30.2	32.5
	粗 脂 肪 Fat	29.9	28.3	30.2	29.5	30.1
	糖 Carbohydrate	122.6	119.6	122.4	120.6	121.3