

# 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 18 週

日期 Date 項目 Item		12/23 Mon. (一)	12/24 Tue. (二)	12/25 Wed. (三)	12/26 Thu. (四)	12/27 Fri. (五)
主 食 Main Dish		白飯 Rice	芝麻飯 Sesame rice	茄汁義大利麵 Tomato sauce pasta	養生地瓜飯 Sweet potato rice	紫米飯 Purple rice
主 菜 Main Dish		泰式打拋肉 Thai fried pork  麻油雞 Sesame oil chicken	蔥爆肉片 Pork slices fried with green onion	炸雞翅 Fried chicken wings	蒙古炒肉 Mongolian fried pork	梅香排骨 Plum-flavored pork ribs  當歸藥膳雞 Angelica medicinal chicken
副 食 Side Dish		蟹黃豆腐 Crab roe tofu	玉米火腿蒸蛋 Steamed egg with corn and ham	焗烤洋芋 Baked potatoes	竹筍炒肉絲 Stir-fried shredded pork with bamboo shoots	白菜滷 Braised cabbage
時 菜 Vegetable		翠綠油菜 Fried rapeseed	蒜香菠菜 Garlic spinach	蒜香高麗菜 Garlic cabbage	薑汁蚵白菜 Ginger cabbage	蒜香青江菜 Garlic green vegetables
湯 Soup		黃瓜排骨湯 Cucumber pork ribs soup	鮮筍肉羹湯 Fresh bamboo shoots and meat soup	南瓜排骨湯 Pumpkin pork ribs soup	蘿蔔玉米穗湯 Carrot and corn soup	四神湯 Medicinal diet sishen 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		味噌拉麵 Miso ramen  (G1) 奶油卡士達餐 包、冬瓜茶 Cream custard meal bag、winter melon tea	烤鬆餅 Toasted waffles  (G2) 奶油卡士達餐 包、冬瓜茶 Cream custard meal bag、winter melon tea	聖誕火雞紅豆包 Christmas turkey red bean buns (G3) 奶油卡士達餐 包、冬瓜茶 Cream custard meal bag、winter melon tea	水煎包 Fried buns  (G4) 奶油卡士達餐 包、冬瓜茶 Cream custard meal bag、winter melon tea	蔥花捲 Green onion rolls  (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	890	865	887	862	890
	粗 蛋 白 Protein	32.1	30.5	31.4	30.3	31.4
	粗 脂 肪 Fat	30.3	29.0	30.5	28.9	30.6
	糖 Carbohydrate	122.3	120.4	121.6	120.1	122.3