

# 葳格高級中學附設小學

Wagor Academy-Bilingual Elementary School

## 113 學年下學期菜單

2025 Second Semester Lunch Menu



週次 Week : 第 4 週

| 日期<br>Date<br>項目 Item             |                   | 3/3<br>Mon. (一)  | 3/4<br>Tue. (二)   | 3/5<br>Wed. (三)  | 3/6<br>Thu. (四)  | 3/7<br>Fri. (五)   |
|-----------------------------------|-------------------|--|---|--|--|---|
| 主 食<br>Main Dish                  |                   | 白飯<br>Rice   | 紅藜飯<br>Red quinoa rice  | 蘑菇鐵板麵<br>Mushroom<br>Teppanyaki  | 養生地瓜飯<br>Sweet potato<br>rice  | 小米飯<br>Millet rice  |
| 主 菜<br>Main Dish                  |                   | 烤雞排<br>Grilled chicken<br>steak<br><br>泰式打拋肉<br>Thai fried pork                  | 薑汁燒肉<br>Ginger sauce<br>roast pork  | 當歸雞翅<br>Angelica<br>sinensis<br>chicken wings  | 紅麴燉肉<br>Red yeast rice<br>stew   | 醬爆雞丁<br>Stir-fried<br>chicken with<br>soy sauce<br><br>豆輪燒肉<br>Bean wheel<br>roast pork       |
| 副 食<br>Side Dish                  |                   | 芹香豆包絲<br>Shredded celery<br>bean buns  | 咖哩洋芋<br>Curry potatoes  | 海帶結滷豆干<br>Dried kelp<br>marinated tofu   | 雙色花椰炒鮮蔬<br>Two-color<br>cauliflower<br>fresh<br>vegetables                                       | 蝦仁蒸蛋<br>Steamed egg<br>with shrimp  |
| 時 菜<br>Vegetable                  |                   | 蒜香菠菜<br>Garlic spinach   | 薑汁蚵白菜<br>Cabbage with<br>ginger sauce   | 蒜香青江菜<br>Garlic green<br>vegetables  | 蒜香高麗菜<br>Garlic cabbage  | 翠綠油菜<br>Green rapeseed  |
| 湯<br>Soup                         |                   | 芋香西米露<br>Sweet taro and<br>sago soup   | 日式味噌湯<br>Japanese miso<br>soup  | 結頭菜貢丸湯<br>Cabbage soup<br>with meatballs   | 青菜蛋花湯<br>Vegetable and<br>egg drop soup  | 冬瓜九片湯<br>Winter melon<br>ball soup  |
| 水 果<br>Fruit                      |                   | 時節水果<br>Fruit  | 時節水果<br>Fruit   | 時節水果<br>Fruit  | 時節水果<br>Fruit  | 時節水果<br>Fruit   |
| 點 心<br>Snack                      |                   | 美味水餃<br>Dumplings<br><br>G1<br>蔓越莓餐包、麥<br>茶<br>Cranberry meal<br>bag, barley tea | 烤地瓜<br>Grilled sweet<br>potatoes<br><br>G2<br>蔓越莓餐包、麥<br>茶<br>Cranberry meal<br>bag, barley tea | 鮮蔬麵疙瘩<br>Fresh vegetable<br>gnocchi<br><br>G3<br>蔓越莓餐包、麥<br>茶<br>Cranberry meal<br>bag, barley tea | 香煎鍋貼<br>Pan-fried pot<br>stickers<br><br>G4<br>蔓越莓餐包、麥<br>茶<br>Cranberry meal<br>bag, barley tea | 叉燒包<br>Barbecue pork<br>buns<br><br>G5G6<br>蔓越莓餐包、麥<br>茶<br>Cranberry meal<br>bag, barley tea |
| 營 養<br>成 分<br>Nutrient<br>Content | 熱 量<br>Kcal       | 891  | 854   | 877  | 867  | 886   |
|                                   | 粗 蛋 白<br>Protein  | 31.0   | 28.2  | 31.1   | 30.2   | 32.6  |
|                                   | 粗 脂 肪<br>Fat      | 31.4   | 28.3  | 29.2   | 29.0   | 30.7  |
|                                   | 糖<br>Carbohydrate | 121.2  | 121.1   | 122.5  | 120.7  | 120.4   |