

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 5 週

| 日期 Date 項目 Item | | 3/10 Mon. (一) | 3/11 Tue. (二) | 3/12 Wed. (三) | 3/13 Thu. (四) | 3/14 Fri. (五) |
|-----------------------------|-------------------|--|---|---|--|---|
| 主 食 Main Dish | | 白飯 Rice | 芝麻飯 Sesame rice | 古早味油飯 Ancient style fried rice | 養生地瓜飯 Sweet potato rice | 紫米飯 Purple rice |
| 主 菜 Main Dish | | 三杯雞 Three cup chicken 鐵板豬柳 Sizzling pork fillet | 照燒豬排 Teriyaki pork chops | 蠔油雞排 Oyster sauce chicken steak | 蕃茄燒肉 Roasted pork with tomatoes | 冰糖豬腳 Rock sugar Pig knuckles 南洋獅子頭 Nanyang pork balls |
| 副 食 Side Dish | | 冬瓜什錦 Assorted winter melon | 筍干雙燒 Double roasted dried bamboo shoots | 奶香蒸南瓜 Milky steamed pumpkin | 培根高麗菜 Bacon and cabbage | 洋蔥炒蛋 Fried eggs with onions |
| 時 菜 Vegetable | | 炒地瓜葉 Fried sweet potato leaves | 蒜香菠菜 Garlic spinach | 薑汁蚵白菜 Cabbage with ginger sauce | 蒜香青江菜 Garlic green vegetables | 翠綠油菜 Green rapeseed |
| 湯 Soup | | 青木瓜鮮菇湯 Green papaya and mushroom soup | 豆薯排骨湯 Jicama and spare ribs soup | 綜合蔬菜蛋花湯 Mixed vegetable egg drop soup | 玉米濃湯 Corn soup | 芥菜香菇雞湯 Mustard green mushroom chicken 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 | | 黑糖捲饅頭 Brown sugar steamed buns G1 帕瑪森餐包、豆漿 Parmesan meal bag, soy milk | 清蒸小肉圓 Steamed meatballs G2 帕瑪森餐包、豆漿 Parmesan meal bag, soy milk | 鮮蔬雞絲麵 Shredded chicken noodles with fresh vegetable G3 帕瑪森餐包、豆漿 Parmesan meal bag, soy milk | 香煎餡餅 Pan-fried pie G4 帕瑪森餐包、豆漿 Parmesan meal bag, soy milk | 醬燒大肉包 Braised pork buns G5G6 帕瑪森餐包、豆漿 Parmesan meal bag, soy milk |
| 營 養 成 分 Nutrient Content | 熱 量 Kcal | 887 | 872 | 883 | 869 | 885 |
| | 粗 蛋 白 Protein | 31.6 | 29.7 | 32.4 | 30.4 | 31.2 |
| | 粗 脂 肪 Fat | 30.6 | 30.3 | 29.3 | 29.4 | 30.5 |
| | 糖 Carbohydrate | 121.2 | 120.2 | 122.1 | 120.6 | 121.3 |