

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 17 週

日期 Date 項目 Item		6/2 Mon. (一)	6/3 Tue. (二)	6/4 Wed. (三)	6/5 Thu. (四)	6/6 Fri. (五)
主 食 Main Dish		白飯 Rice	紅藜飯 Red quinoa rice	打拋肉醬乾麵 Dried noodles with meat sauce	養生地瓜飯 Sweet potato rice	小米飯 Millet rice
主 菜 Main Dish		醬燒肉片 Roasted pork slices 泰式烏魚 Thai style mullet	南洋咖哩雞 Nanyang curry chicken	卡拉脆雞排 Crispy chicken fillet	梅子珍雞 Stewed chicken with plums	豆酥鮮魚 Steamed fish with fried bean paste 宮保雞丁 Kung Pao chicken
副 食 Side Dish		白菜滷 Braised cabbage	螞蟻上樹 Fried vermicelli with minced pork	起司洋芋 Cheese potatoes	青龍豆干片 Stir-fried dried tofu with green pepper	黃金薑菇絲瓜 Roasted pumpkin, mushroom and luffa
時 菜 Vegetable		蒜香空心菜 Garlic water spinach	薑汁蚵白菜 Cabbage with ginger sauce	雙色花椰菜 Stir-fried bi-color cauliflower	蒜香高麗菜 Garlic cabbage	蒜香青江菜 Garlic green vegetables
湯 Soup		養生雞湯 Healthy chicken soup	鮮筍肉羹湯 Bamboo shoots and meat soup	蘿蔔綜合湯 Radish mixed soup	牛蒡玉米湯 Burdock and corn soup	紫菜鮮菇湯 Seaweed and mushroom 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		鍋貼 Fried dumpling G1 優格乳酪餐包、冬瓜茶 Yogurt cheese buns, winter melon tea	叉燒包 Barbecued pork buns G2 優格乳酪餐包、冬瓜茶 Yogurt cheese buns, winter melon tea	雞蛋雞絲麵 Egg and shredded chicken noodles G3 優格乳酪餐包、冬瓜茶 Yogurt cheese buns, winter melon tea	水煎包 Fried buns G4 優格乳酪餐包、冬瓜茶 Yogurt cheese buns, winter melon tea	南瓜雜糧、鮮奶小饅頭 Pumpkin grains, fresh milk steamed buns G5G6 優格乳酪餐包、冬瓜茶 Yogurt cheese buns, winter melon tea
營養成分 Nutrient Content	熱 量 Kcal	882	858	886	862	889
	粗 蛋 白 Protein	32.4	29.4	31.7	29.9	31.1
	粗 脂 肪 Fat	29.7	28.6	30.4	28.5	30.6
	糖 Carbohydrate	121.3	120.8	122.5	121.4	122.3