

# 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 18 週

日期 Date 項目 Item		6/9 Mon. (一)	6/10 Tue. (二)	6/11 Wed. (三)	6/12 Thu. (四)	6/13 Fri. (五)
主 食 Main Dish		白飯 Rice	小米飯 Millet rice	白醬義大利麵 Pasta with white sauce	白飯 Rice	紫米飯 Purple rice
主 菜 Main Dish		桔醬白肉 Pork slices with orange sauce  三杯花枝鮮菇 Three cups of squid and mushrooms	照燒大排 Teriyaki pork chops	烤雞腿 Grilled chicken legs	五香爌肉排 Braised five-spice pork steak	滷雞排 Braised chicken steak  莎莎醬佐鮮魚 Fresh fish with salsa
副 食 Side Dish		沙茶肉羹 Shacha meat soup	奶香蒸南瓜 Steamed pumpkin with milk flavor	烤冰心地瓜 Grilled sweet potatoes	蕃茄炒蛋 Scrambled eggs with tomatoes	桂竹筍炒肉絲 Stir-fried pork with bamboo shoots
時 菜 Vegetable		炒地瓜葉 Stir-fried sweet potato leaves	蒜香高麗菜 Garlic cabbage	薑汁蚵白菜 Cabbage with ginger sauce	蒜香青江菜 Garlic green vegetables	蒜香空心菜 Garlic water spinach
湯 Soup		蒜頭雞湯 Garlic chicken soup	酸辣湯 Hot and sour soup	羅宋湯 Borscht	蔬菜濃湯 Vegetable soup	日式味噌湯 Japanese miso 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		美味水餃 Dumplings  G1 蜂蜜全麥餐包、豆漿 Honey whole wheat meal bread, soy milk	烤鬆餅 Toasted waffles  G2 蜂蜜全麥餐包、豆漿 Honey whole wheat meal bread, soy milk	雞茸玉米粥 Chicken and polenta  G3 蜂蜜全麥餐包、豆漿 Honey whole wheat meal bread, soy milk	醬燒肉包 Roast pork buns  G4 蜂蜜全麥餐包、豆漿 Honey whole wheat meal bread, soy milk	黑糖雙色花卷 Brown sugar double color flower roll G5 蜂蜜全麥餐包、豆漿 Honey whole wheat meal bread, soy milk
營養成分 Nutrient Content	熱 量 Kcal	895	871	879	868	885
	粗 蛋 白 Protein	32.5	31.3	31.8	30.4	31.2
	粗 脂 肪 Fat	31.0	29.5	29.0	29.3	30.6
	糖 Carbohydrate	121.4	120.7	122.8	120.6	121.3