

葳格高級中學附設小學

Wagor Academy-Bilingual Elementary School

114 學年下學期菜單

2026 Second Semester Lunch Menu



週次 Week : 第 11 週

日期 Date 項目 Item		4/20 Mon. (一)	4/21 Tue. (二)	4/22 Wed. (三)	4/23 Thu. (四)	4/24 Fri. (五)
主 食 Main Dish		白飯 Rice	紅藜飯 Red Quinoa Rice	味噌拉麵 Miso Ramen	養生地瓜飯 Sweet Potato Rice	紫米飯 Black Glutinous Rice
主 菜 Main Dish		左宗崇雞 Deep-fried Chicken in Sweet and Spicy Sauce 洋蔥豬柳 Stir-Fried Pork Strips with Onions	薑汁燒肉 Stir-Fried Pork with Ginger	玫瑰油雞腿 Soy Sauce Chicken Leg	薑黃南洋雞 Turmeric Nanyang Chicken	章魚燒 Takoyaki 花雕雞 Shaoxing Wine Chicken
副 食 Side Dish		蕃茄炒蛋 Scrambled Eggs with Tomatoes	腰果蔬菜 Stir-Fried Vegetables with Cashews	起司洋芋 Baked Cheesy Potatoes	芹菜豆包絲 Stir-Fried Celery with Tofu Strips	螞蟻上樹 Stir-Fried Vermicelli with Minced Pork
時 菜 Vegetable		蒜香青江菜 Stir-Fried Bok Choy with Garlic	薑汁蚵白菜 Napa Cabbage with Ginger & Oyster Sauce	炒地瓜葉 Stir-Fried Sweet Potato Leaves	蒜香高麗菜 Stir-Fried Cabbage with Garlic	蒜香空心菜 Stir-Fried Water Spinach with Garlic
湯 Soup		牛蒡排骨湯 Burdock and Pork Rib Soup	羅宋湯 Borscht		冬瓜蛤蜊湯 Winter Melon Soup with Clams	竹筍高纖湯 Bamboo Shoot High Fiber 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		雞絲麵 Shredded Chicken Noodle Soup	烤鬆餅 Baked Pancake	鮮蔬餛飩湯 Vegetable Wonton Soup	蘿蔔糕 Radish Cake	蜜紅豆餐包 Red Bean Bread Roll 豆漿 Soy Milk
營養成分 Nutrient Content	熱 量 Kcal	883	853	890	850	889
	粗 蛋 白 Protein	32.9	29.8	31.2	29.5	31.9
	粗 脂 肪 Fat	28.4	28.2	31.1	28.3	30.0
	糖 Carbohydrate	123.9	119.9	121.3	119.4	122.8