

# 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 13 週

| 日期<br>Date<br>項目 Item           |                   | 5/4<br>Mon. (一)   | 5/5<br>Tue. (二)                                      | 5/6<br>Wed. (三)                                  | 5/7<br>Thu. (四)                                      | 5/8<br>Fri. (五)  |
|---------------------------------|-------------------|---|--|--|--|--|
| 主 食<br>Main Dish                |                   | 白飯<br>Rice  | 紅藜飯<br>Red Quinoa Rice                               | 古早味油飯<br>Traditional<br>Taiwanese<br>Sticky Rice | 養生地瓜飯<br>Sweet Potato<br>Rice                        | 小米飯<br>Millet Rice   |
| 主 菜<br>Main Dish                |                   | 蔥燒豬腳<br>Braised Pork<br>Knuckle with<br>Scallions<br><br>珍珠土魷魚塊<br>Crispy Fried<br>Spanish<br>Mackerel Chunks | 橙汁咕咾肉<br>Sweet and Sour<br>Pork with Orange<br>Sauce | 淋汁大排<br>Pork Chop with<br>Gravy                  | 五香滷雞腿<br>Five-Spice<br>Chicken Leg                   | 皮絲燒肉<br>Braised Pork<br>Belly with<br>Shredded Bean<br>Curd<br><br>蒜頭雞<br>Garlic Chicken<br>Soup |
| 副 食<br>Side Dish                |                   | 三色豆包絲<br>Three-Color<br>Tofu Skin<br>Strips   | 栗子燒白菜<br>Braised Napa<br>Cabbage with<br>Chestnuts   | 什錦滷味<br>Assorted<br>Braised<br>Delicacies        | 黃瓜鮮燴<br>Stir-Fried<br>Cucumber with<br>Bamboo Shoots | 蕃茄炒蛋<br>Scrambled Eggs<br>with Tomatoes  |
| 時 菜<br>Vegetable                |                   | 蒜香蚵白菜<br>Stir-Fried Napa<br>Cabbage with<br>Garlic & Oyster<br>Sauce  | 蒜香空心菜<br>Stir-Fried<br>Water Spinach<br>with Garlic  | 蒜香青江菜<br>Stir-Fried Bok<br>Choy with<br>Garlic   | 蒜香高麗菜<br>Stir-Fried<br>Cabbage with<br>Garlic        | 炒地瓜葉<br>Stir-Fried<br>Sweet Potato<br>Leaves   |
| 湯<br>Soup                       |                   | 紅豆粉圓湯<br>Red Bean and<br>Tapioca Soup   | 結頭鮮菇湯<br>Fresh Mushroom<br>Soup                      | 魷魚蒜湯<br>Squid and<br>Garlic Soup                 | 關東煮湯<br>Oden Soup                                    | 酸菜白肉鍋<br>Pickled Cabbage<br>& Pork Hot Pot   |
| 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                    |                   | 烤鬆餅<br>Baked Pancake  | 鮮奶乳酪卷<br>Fresh Milk &<br>Cream Cheese<br>Roll        | 客家板條湯<br>Hakka Flat<br>Noodle Soup               | 芋頭糕<br>Hakka Flat<br>Noodle Soup                     | 胚芽餐包<br>Wheat Germ<br>Bread Roll<br><br>豆漿<br>Soy Milk   |
| 營養<br>成分<br>Nutrient<br>Content | 熱 量<br>Kcal       | 889   | 858  | 898  | 868  | 893  |
|                                 | 粗 蛋 白<br>Protein  | 32.6  | 29.7   | 31.9   | 30.1   | 31.7   |
|                                 | 粗 脂 肪<br>Fat      | 30.3  | 28.4   | 31.2   | 29.3   | 30.8   |
|                                 | 糖<br>Carbohydrate | 121.5   | 120.8  | 122.4  | 120.9  | 122.2  |