

# 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 14 週

日期 Date 項目 Item		5/11 Mon. (一)	5/12 Tue. (二)	5/13 Wed. (三)	5/14 Thu. (四)	5/15 Fri. (五)
主 食 Main Dish		白飯 Rice	紅藜飯 Red Quinoa Rice	紅燒豚骨麵 Soy-Braised Pork Bone Ramen	養生地瓜飯 Sweet Potato Rice	小米飯 Millet Rice
主 菜 Main Dish		咖哩肉丁 Diced Pork Curry  豆酥蒸鮮魚 Steamed Fresh Fish with Crispy Soybean Crumbs	蔥燒豬腳 Soy-Braised Pork Knuckle with Scallions	金黃雞翅 Golden Fried Chicken Wings	滷雞腿 Braised Chicken Leg	冰糖醬鴨 Soy-Braised Duck with Rock Sugar  奶油起司雞 Chicken with Cream Cheese
副 食 Side Dish		涼拌三絲 Chilled Shredded Vegetable Salad	蛋酥瓠瓜 Loofah with Crispy Egg Bits	奶油焗香玉米 Creamy Baked Corn	紹子豆腐 Tofu with Minced Pork	鮮蔬冬粉 Glass Noodles with Mixed Vegetables
時 菜 Vegetable		蒜香空心菜 Stir-Fried Water Spinach with Garlic	蒜香高麗菜 Stir-Fried Cabbage with Garlic	蒜香蚵白菜 Stir-Fried Napa Cabbage with Garlic & Oyster Sauce	炒地瓜葉 Stir-Fried Sweet Potato Leaves	蒜香青江菜 Stir-Fried Bok Choy with Garlic
湯 Soup		四神湯 Sishen Soup	蔬菜五行湯 Vegetable Soup	紅燒豚肉湯 Soy-Braised Pork Soup	金針紫菜湯 Daylily & Seaweed Soup	冬瓜湯 Winter Melon 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		鮮肉包 Steamed Pork Bun	冰烤番薯 Roasted Sweet Potato	滑蛋瘦肉粥 Egg Drop and Pork Congee	水餃 Dumplings	玉米餐包 Corn Bread Roll  豆漿 Soy Milk
營養 成分 Nutrient Content	熱 量 Kcal	886	862	885	855	889
	粗 蛋 白 Protein	31.7	28.6	32.1	28.9	32.6
	粗 脂 肪 Fat	29.8	29.6	30.0	28.7	30.2
	糖 Carbohydrate	122.8	120.3	121.6	120.3	121.7