

葳格高級中學附設小學

Wagor Academy-Bilingual Elementary School

115 學年暑期營菜單

2026 Summer Camp Lunch Menu

日期 Date 項目 Item		7/6 Mon. (一)	7/7 Tue. (二)	7/8 Wed. (三)	7/9 Thu. (四)	7/10 Fri. (五)
主 食 Main Dish		白米飯 Rice	芝麻飯 Sesame Rice	夏威夷炒飯 Hawaiian fried rice	養生地瓜飯 Health sweet potato rice	紫米飯 Purple Rice
主 菜 Main Dish		咖哩豚肉 Curry Pork 白菜土魷魚羹 Cabbage Fish Thick Soup	薑汁燒豚肉 Ginger Pork	雞排佐莎莎醬 Chicken Cutlet with Salsa	塔香鴨 Stir-fried duck with basil sauce	蔥油雞腿 Scallion chicken drumstick 梅干扣肉 Braised pork with pickled vegetables
副 食 Side Dish		彩椒豆包絲 Stir-fried bean curd with bell peppers	沙茶甜不辣 Tempura with Satay Sauce	焗烤洋芋 Baked Potatoes with Cheese	蕃茄炒蛋 Scrambled eggs with tomatoes	絲瓜麵線 Loofah vermicelli
時 菜 Vegetable		炒地瓜葉 Stir-fried sweet potato leaves	蒜香高麗菜 Garlic cabbage	翠綠莧菜 Stir-Fried Amaranth Greens	蒜香青江菜 Garlic green cabbage	蒜香空心菜 Stir-Fried Water Spinach with Garlic
湯 Soup		酸菜肉片湯 Pickled cabbage and pork soup	冬瓜薏米湯 Winter Melon and Job's Tears Soup	玉米濃湯 Cream Corn Soup	綜合火鍋湯 Mixed hot pot soup	蘿蔔貢丸湯 Radish meatball 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	蘿蔔糕 Turnip Cake	鮮蔬刀削麵 Fresh vegetable sliced nNoodles	鮮奶饅頭 Fresh milk steamed buns	鮮肉包 Pork Bun
營養成分 Nutrient Content	熱 量 Kcal	885	866	889	861	890
	粗 蛋 白 Protein	32.7	30.5	32.8	30.6	32.9
	粗 脂 肪 Fat	29.2	29.0	30.1	29.0	30.3
	糖 Carbohydrate	122.8	120.7	121.7	119.3	121.5