

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		7/27 Mon. (一)	7/28 Tue. (二)	7/29 Wed. (三)	7/30 Thu. (四)	7/31 Fri. (五)
主 食 Main Dish		白米飯 White Rice	紅藜飯 Red Quinoa Rice	味噌拉麵 Miso Ramen	養生地瓜飯 Health Sweet Potato Rice	小米飯 Millet Rice
主 菜 Main Dish		蔥燒豚大排 Scallion Braised Pork Chop 蘑菇雞丁 Diced Chicken with Mushrooms	京醬肉絲 Shredded Pork in Beijing Sauce	13 香滷雞翅 13-Spice Braised Chicken Wing	紅白蘿蔔燒蹄膀 Braised Pork Knuckle with Carrots and Daikon	夏日涼菜口水雞 Sichuan Cold Chicken with Chili Sauce 咕咾鳳梨肉 Sweet and Sour Pork with Pineapple
副 食 Side Dish		螞蟻上樹 Glass Noodles with Minced Pork	起司玉米烘蛋 Cheese and Corn Omelet	鮮蔬溫沙拉 Warm Vegetable Salad	紅燒鮮菇油腐 Braised Mushrooms and Fried Tofu Puffs	蛋酥絲瓜 Luffa with Crispy Egg Flakes
時 菜 Vegetable		翠綠莧菜 Stir-Fried Amaranth Greens	蒜香花椰菜 Stir-Fried Broccoli with Garlic	炒地瓜葉 Stir-fried sweet potato leaves	蒜香青江菜 Stir-Fried Bok Choy with Garlic	蒜香空心菜 Garlic Water Spinach
湯 Soup		芋香西米露 Taro Sago Dessert Soup	古早味筍湯 Traditional Bamboo Shoot Soup		蔬菜濃湯 Creamy Vegetable Soup	白蘿蔔魚丸湯 White Radish and Fish Ball 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		客家粿條 Hakka Flat Rice Noodles	美味水餃 Dumplings	台南擔仔麵 Tainan Danzai Noodles	醬燒肉包 Braised Pork Bun	烤鬆餅 Pancake
營養 成分 Nutrient Content	熱 量 Kcal	890	853	880	859	887
	粗 蛋 白 Protein	31.8	29.4	31.2	29.4	32.2
	粗 脂 肪 Fat	30.1	28.2	29.5	28.7	30.4
	糖 Carbohydrate	122.9	120.5	122.5	120.7	121.2