

# 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<br>Date<br>項目 Item                      |                   | 8/10<br>Mon. (一)                                                | 8/11<br>Tue. (二)                                               | 8/12<br>Wed. (三)                                    | 8/13<br>Thu. (四)                                       | 8/14<br>Fri. (五)                                                                                      |
|---------------------------------------------|-------------------|-----------------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| 主 食<br>Main Dish                            |                   | 白米飯<br>White Rice                                               | 紅藜飯<br>Red Quinoa Rice                                         | 散壽司<br>Chirashi Sushi                               | 養生地瓜飯<br>Health Sweet<br>Potato Rice                   | 小米飯<br>Millet Rice                                                                                    |
| 主 菜<br>Main Dish                            |                   | 玉米雞茸<br>Creamed Corn<br>with Chicken<br><br>薑汁燒肉<br>Ginger Pork | 泰式打拋肉<br>Thai Basil Pork                                       | BBQ 烤雞腿<br>BBQ Chicken<br>Drumstick                 | 皮絲燒肉<br>Braised Pork<br>with Shredded<br>Bamboo Shoots | 五香爌肉排<br>Five-Spice<br>Braised Pork<br>Chop<br><br>筍干燒鴨<br>Braised Dried<br>Bamboo Shoots<br>and Duck |
| 副 食<br>Side Dish                            |                   | 黃金豆腐<br>Golden Tofu                                             | 洋蔥炒蛋<br>Scrambled Eggs<br>with Onion                           | 關東煮<br>Oden                                         | 泡菜粉絲煲<br>Kimchi Glass<br>Noodle Hot Pot                | 日式蒸蛋<br>Japanese<br>Steamed Egg<br>Custard                                                            |
| 時 菜<br>Vegetable                            |                   | 翠綠莧菜<br>Stir-Fried<br>Green Amaranth                            | 炒地瓜葉<br>Stir-Fried<br>Sweet Potato<br>Leaves                   | 蒜香空心菜<br>Stir-Fried<br>Water Spinach<br>with Garlic | 蒜香高麗菜<br>Stir-Fried<br>Cabbage with<br>Garlic          | 蒜香青江菜<br>Stir-Fried Bok<br>Choy with Garlic                                                           |
| 湯<br>Soup                                   |                   | 紅豆西米露<br>Red Bean Sago<br>Soup                                  | 榨菜肉絲湯<br>Pickled Mustard<br>Green and<br>Shredded Pork<br>Soup | 玉米濃湯<br>Creamed Corn<br>Soup                        | 青菜蛋花湯<br>Vegetable Egg<br>Drop Soup                    | 山藥排骨湯<br>Pork Rib and<br>Chinese Yam Soup                                                             |
| 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                                |                   | 馬來糕<br>Malaysian<br>Steamed Sponge<br>Cake                      | 餛飩湯麵<br>Wonton Noodle<br>Soup                                  | 鮮肉包子<br>Steamed Pork Bun                            | 鍋燒意麵<br>Hot Pot Yi<br>Noodles                          | 雞蛋牛奶捲<br>Egg and Milk<br>Roll                                                                         |
| 營<br>養<br>成<br>分<br><br>Nutrient<br>Content | 熱 量<br>Kcal       | 887                                                             | 877                                                            | 894                                                 | 872                                                    | 885                                                                                                   |
|                                             | 粗 蛋 白<br>Protein  | 31.7                                                            | 29.4                                                           | 31.9                                                | 30.6                                                   | 31.8                                                                                                  |
|                                             | 粗 脂 肪<br>Fat      | 30.9                                                            | 30.5                                                           | 30.7                                                | 29.3                                                   | 30.3                                                                                                  |
|                                             | 糖<br>Carbohydrate | 120.4                                                           | 121.1                                                          | 122.6                                               | 121.4                                                  | 121.3                                                                                                 |