

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		8/17 Mon. (一)	8/18 Tue. (二)	8/19 Wed. (三)	8/20 Thu. (四)	8/21 Fri. (五)
主 食 Main Dish		白米飯 White Rice	芝麻飯 Sesame Rice	韓式拌飯 Korean Bibimbap	養生地瓜飯 Health Sweet Potato Rice	紫米飯 Purple Rice
主 菜 Main Dish		豆酥鮮魚 Crispy Garlic Fish 京醬肉絲 Shredded Pork in Beigin-Style Sauce	南洋咖哩豬 Nanyang Curry Pork	鄉野脆雞 Country-Style Crispy Chicken	花生豬腳丁 Peanut Braised Diced Pork Hock	日式豬大排 Japanese Pork Cutlet 麻油燉雞 Sesame Oil Chicken
副 食 Side Dish		西芹三鮮 Celery with Mixed Seafood	鵝蛋什錦 Assorted Vegetables with Quail Eggs	陽光溫沙拉 Warm Vegetable Salad	紅燒豆腐 Braised Tofu	宜蘭西魯肉 Yilan Silu Pork Stew
時 菜 Vegetable		蒜香蚵白菜 Stir-Fried A-Choy with Garlic	翠綠莧菜 Stir-Fried Green Amaranth	蒜香花椰菜 Stir-Fried Broccoli with Garlic	炒地瓜葉 Stir-Fried Sweet Potato Leaves	蒜香空心菜 Stir-Fried Water Spinach with Garlic
湯 Soup		九尾雞湯 Jiuwei Herbal Chicken Soup	金針排骨湯 Pork Rib and Daylily Soup	紫菜蛋花湯 Seaweed Egg Drop Soup	冬瓜鮮菇湯 Winter Melon and Mushroom Soup	日式味噌湯 Japanese Miso 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		黑糖雙色花捲 Brown Sugar Two-Tone Steamed Roll	鮮蔬麵疙瘩 Vegetable Dough Drop Soup	叉燒包 BBQ Pork Bun	刀削麵 Knife-Cut Noodles	鍋貼 Pan-Fried Dumplings
營養 成分 Nutrient Content	熱 量 Kcal	889	883	887	871	888
	粗 蛋 白 Protein	32.8	31.6	32.5	30.1	32.7
	粗 脂 肪 Fat	30.2	30.6	30.1	29.8	30.2
	糖 Carbohydrate	121.6	120.4	121.5	120.7	121.4