

葳格高級中學附設小學

Wagor Academy-Bilingual Elementary School

115 學年上學期菜單 2026 First Semester Lunch Menu



週次 Week : 第 1 週

日期 Date 項目 Item		8/31 Mon. (一)	9/1 Tue. (二)	9/2 Wed. (三)	9/3 Thu. (四)	9/4 Fri. (五)
主 食 Main Dish		白飯 Rice	芝麻飯 Sesame rice	嘉義雞肉飯 Chiayi-Style Chicken Rice	養生地瓜飯 Sweet potato rice	紫米飯 Black Glutinous Rice
主 菜 Main Dish		蒲燒鯛魚 Teriyaki-Style Tilapia 霸王雞腿 Braised Large Chicken Leg	洋芋燒肉 Braised Pork with Potatoes	御膳豬排 Taiwanese-Style Pork Chop	焗香雞丁 Oven-Roasted Diced Chicken	義式茄醬肉丸 Italian-Style Meatballs with Tomato Sauce 日式醬燒豬柳 Japanese-Style Soy-Glazed Pork
副 食 Side Dish		筍干雙燒 Dried Bamboo Shoots and Preserved Mustard Greens	古早味蒸蛋 Traditional-Style Steamed Egg	腐皮白菜 Napa Cabbage with Tofu Skin	翠綠絲瓜 Sautéed Loofah with Pork	小瓜炒黑輪 Stir-Fried Squash with Fish Cakes
時 菜 Vegetable		蒜香青江菜 Stir-Fried Bok Choy with Garlic	蒜香空心菜 Stir-Fried Water Spinach with Garlic	炒地瓜葉 Stir-fried Sweet Potato Leaves	蒜香蚵白菜 Stir-Fried Bok Choy with Garlic	有機高麗菜 Stir-Fried Organic Cabbage
湯 Soup		味噌蔬菜湯 Miso vegetable soup	冬瓜魚丸湯 Winter Melon and Fish Ball Soup	酸辣湯 Hot and Sour Soup	蘿蔔油豆腐湯 Daikon and Fried Tofu Soup	青菜蛋花湯 Egg Drop Soup with Leafy Greens
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
營養 成分 Nutrient Content	熱 量 Kcal	754	736	762	729	750
	粗 蛋 白 Protein	29.2	28.1	29.6	27.8	29.7
	粗 脂 肪 Fat	26.1	25.5	26.3	25.3	25.5
	糖 Carbohydrate	100.5	98.4	101.7	97.5	100.4