

# 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 6 週

| 日期<br>Date<br>項目 Item    |                   | 10/5<br>Mon. (一)                                           | 10/6<br>Tue. (二)                         | 10/7<br>Wed. (三)                        | 10/8<br>Thu. (四)                         | 10/9<br>Fri. (五) |
|--------------------------|-------------------|------------------------------------------------------------|------------------------------------------|-----------------------------------------|------------------------------------------|------------------|
| 主 食<br>Main Dish         |                   | 白飯<br>Rice                                                 | 紅藜飯<br>Red Quinoa Rice                   | 嘉義雞肉飯<br>Chiayi Chicken Rice            | 養生地瓜飯<br>Sweet potato rice               |                  |
| 主 菜<br>Main Dish         |                   | 芋頭燒肉<br>Braised Pork with Taro<br>塔香烤鴨<br>Basil Roast Duck | 洋芋燒雞<br>Braised Chicken with Potatoes    | 蒜香豬排<br>Garlic Pork Chop                | 咖哩洋芋<br>Curry Potatoes                   |                  |
| 副 食<br>Side Dish         |                   | 蘿蔔羹<br>Thick Radish Soup                                   | 芙蓉豆腐<br>Steamed Egg Tofu                 | 白菜滷<br>Stewed Chinese Cabbage           | 日式蒸蛋<br>Japanese Steamed Egg             |                  |
| 時 菜<br>Vegetable         |                   | 有機空心菜<br>Organic Water Spinach                             | 蒜香蚵白菜<br>Stir-Fried Bok Choy with Garlic | 炒地瓜葉<br>Stir-fried Sweet Potato Leaves  | 蒜香青江菜<br>Stir-Fried Bok Choy with Garlic |                  |
| 湯<br>Soup                |                   | 羅宋湯<br>Borscht                                             | 青木瓜排骨湯<br>Green Papaya Pork Rib Soup     | 冬瓜鮮菇湯<br>Winter Melon and Mushroom Soup | 海芽味噌湯<br>Seaweed Miso 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                            |                  |
| 營養成分<br>Nutrient Content | 熱 量<br>Kcal       | 786                                                        | 756                                      | 770                                     | 743                                      |                  |
|                          | 粗 蛋 白<br>Protein  | 32.2                                                       | 30.4                                     | 31.8                                    | 30.1                                     |                  |
|                          | 粗 脂 肪<br>Fat      | 26.1                                                       | 24.3                                     | 24.9                                    | 23.5                                     |                  |
|                          | 糖<br>Carbohydrate | 105.4                                                      | 103.9                                    | 104.6                                   | 102.7                                    |                  |