

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 7 週

日期 Date 項目 Item		10/12 Mon. (一)	10/13 Tue. (二)	10/14 Wed. (三)	10/15 Thu. (四)	10/16 Fri. (五)
主 食 Main Dish		白飯 Rice	芝麻飯 Sesame rice	味噌奶香拉麵 Creamy Miso Ramen	養生地瓜飯 Sweet potato rice	小米飯 Millet Rice
主 菜 Main Dish		蒲燒鯛魚 Kabayaki Tilapia 洋芋燒肉 Braised Pork with Potatoes	香拌小黃瓜 Aromatic Tossed Mini Cucumbers	南洋沙嗲雞腿 Satay Chicken Thigh 千島醬佐虎皮蛋 Deep-Fried Eggs with Thousand Island Dressing	糖醋咕咾肉 Sweet and Sour Pork	五香豬腳圈 Five-Spice Pork Knuckle 彩椒腰果雞丁 Cashew Chicken with Bell Peppers
副 食 Side Dish		鮮蔬冬粉 Glass Noodles with Vegetables	白菜燴香菇 Stewed Napa Cabbage with Fried Egg Crisps	什錦滷味 Assorted Braised Delights	如意彩絲 Assorted Shredded Veggies	鐵板油豆腐丁 Pan-Fried Diced Fried Tofu
時 菜 Vegetable		蒜香蚵白菜 Stir-Fried Bok Choy with Garlic	蒜香花椰菜 Stir-Fried Broccoli with Garlic	蒜香青江菜 Stir-Fried Bok Choy with Garlic	蒜香高麗菜 Stir-Fried Cabbage with Garlic	有機荷葉白菜 Organic Napa Cabbage
湯 Soup		酸菜白肉鍋 Pickled Mustard Greens and Pork Hot Pot	白蘿蔔玉米湯 Radish and Corn Soup	味噌奶香湯 Creamy Miso Soup	瓠瓜鮮菇湯 Bottle Gourd and Mushroom Soup	酸辣湯 Hot and Sour 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
營養 成分 Nutrient Content	熱 量 Kcal	785	755	770	745	790
	粗 蛋 白 Protein	32.2	30.2	31.6	29.8	32.7
	粗 脂 肪 Fat	25.6	24.3	25.2	23.9	26.0
	糖 Carbohydrate	106.4	103.8	104.3	102.6	106.4