

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 8 週

日期 Date 項目 Item		10/19 Mon. (一)	10/20 Tue. (二)	10/21 Wed. (三)	10/22 Thu. (四)	10/23 Fri. (五)
主 食 Main Dish		白飯 Rice	紅藜飯 Red Quinoa Rice	拿坡里螺旋麵 Neapolitan Fusilli	養生地瓜飯 Sweet potato rice	紫米飯 Black Glutinous Rice
主 菜 Main Dish		蜜汁滷雞排 Honey-Braised Chicken Fillet 蘑菇豬柳 Pork Loin with Mushroom Sauce	醬燒蘿蔔 Braised Radish in Soy Sauce	卡拉胸肉排 Crispy Fried Chicken Fillet	鐵路大排 Taiwanese Railway Pork Chop	冬瓜滷肉 Braised Pork with Winter Melon 藥膳鮮魚 Fish with Chinese Herbs
副 食 Side Dish		筍干雙燒 Braised Dried Bamboo Shoots with Preserved Mustard Greens	小黃瓜炒什錦 Stir-Fried Assorted Vegetables with Cucumber	關東煮 Oden	栗子燒白菜 Stewed Cabbage with Chestnuts	椒麻雙色豆腐 Sichuan Spicy Tofu
時 菜 Vegetable		炒地瓜葉 Stir-fried Sweet Potato Leaves	蒜香青江菜 Stir-Fried Bok Choy with Garlic	有機高麗菜 Stir-Fried Organic Cabbage	蒜香空心菜 Stir-Fried Water Spinach with Garlic	蒜香花椰菜 Garlic Cauliflower
湯 Soup		冬瓜鮮菇湯 Winter Melon and Mushroom Soup	翡翠豆腐羹 Green Vegetable and Tofu Soup	火腿玉米濃湯 Creamy Ham and Corn Soup	海苔蛋花湯 Seaweed Egg Drop Soup	鮮筍片雞湯 Chicken Soup with Fresh Bamboo Shoot Slices
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	790	762	783	747	780
	粗 蛋 白 Protein	33.5	30.5	32.7	29.9	33.1
	粗 脂 肪 Fat	26.1	25.7	26.0	24.6	25.4
	糖 Carbohydrate	105.2	102.3	104.5	101.6	104.8