

# WEEKLY MENU



# ISNS EY Snack and Lunch Menu

Oct 7<sup>th</sup> - 11<sup>th</sup> 2024



|                          | Monday (10.7)  | Tuesday (10.8)  | Wednesday(10.9)   | Thursday(10.10)   | Friday (10.11)   |
|--------------------------|--|---|---|---|--|
| 上午茶点<br>Morning<br>Snack | 海苔肉松包<br>Seaweed and Pork Floss Bun<br>酸奶<br>Yoghurt<br>火龙果 小番茄<br>Dragon Fruit Cherry Tomato  | 西式滑蛋<br>Scrambled Egg<br>牛奶<br>Milk<br>香梨 草莓<br>Sweet Pear Strawberry   | 猪肉烧麦<br>Pork Shao-mai<br>酸奶<br>Yoghurt<br>西瓜 青提<br>Watermelon Green Grape   | 牛角包<br>Croissant<br>牛奶<br>Milk<br>哈密瓜 奇异果<br>Hami Melon Kiwi Fruit  | 意式肉酱弯通粉<br>Conchiglie with Bolognese<br>酸奶<br>Yoghurt<br>红心火龙果 苹果<br>Dragon Fruit Apple  |
| 午餐<br>Lunch              | 鲜虫草花淮山煲鸡汤<br>Chicken Soup with Fresh Cordyceps Flower and Yam<br>红烧肉<br>Braised Pork<br>虾仁蒸蛋<br>Steamed Egg with Shrimps<br>上海青<br>Chinese Cabbage<br>紫米饭<br>Purple Rice | 奶油蘑菇汤<br>Cream of Mushroom Soup<br>粤式豉油鸡<br>Cantonese Braised Chicken in Soya Sauce<br>番茄炒蛋<br>Fried Egg and Tomato<br>白灼奶白菜<br>Blanched Baby Bok Choy<br>金枪鱼披萨/白米饭<br>Pizza Tonno E Cipolla/Rice | 胡萝卜玉米瘦肉汤<br>Corn, Carrot and Lean Meat Soup<br>匈牙利炖牛肉<br>Goulash<br>西兰花炒鱿鱼<br>Stir-fried Squid and Broccoli<br>蒜蓉生菜<br>Garlic Lettuce<br>红薯蒸饭<br>Sweet Potato with Rice | 罗宋汤<br>Borscht<br>德式猪排配猎人蘑菇酱<br>German Fried Pork Chop with Hunter Mushroom Sauce<br>莴笋炒肉丝<br>Stir-Fried Pork Slices with Lettuce<br>菜心<br>Choy Sum<br>椰香米饭<br>Coconut Rice | 苹果雪耳猪骨汤<br>Pork Bone Soup with Apple and Snow Fungus<br>马蹄蒸肉饼<br>Steamed Minced Pork with Water chestnut<br>青瓜虾仁<br>Fried Shrimps with Cucumber<br>洋葱炒菠菜<br>Stir-fried Spinach with Onion<br>白米饭<br>Rice |
| 下午茶点<br>Afternoon<br>Tea | 菠菜土豆饼<br>Potato and Spinach Pancake<br>桂圆红枣羹<br>Red Date and Longan Sweet Soup   | 小兔子布丁<br>Milk Pudding<br>红豆沙<br>Red Bean Paste  | (低糖) 瑞士卷<br>Swiss Roll<br>牛奶玉米片<br>Milk and Corn Flakes   | (低糖) 南瓜蛋挞<br>Pumpkin Egg Tart<br>蜂蜜马蹄水<br>Water Chestnut & Honey Water  | (低糖) 麻薯<br>Glutinous Rice Cake<br>木瓜牛奶<br>Papaya milk  |

## 营养分析 / Nutrition Facts

|                 |       |        |       |        |       |
|-----------------|-------|--------|-------|--------|-------|
| 热量 Energy /kcal | 975.2 | 1065.5 | 953.4 | 1094.5 | 996.7 |
| 蛋白 Protein /g   | 38.6  | 48.1   | 38.1  | 35.5   | 38.0  |
| 脂肪 Fat /g       | 31.8  | 37.4   | 33.4  | 42.2   | 25.5  |
| 碳水 Carbs /g     | 133.7 | 134.2  | 125.1 | 143.1  | 153.9 |

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



















猪肉Pork



菠萝Pineapple



芒果Mango

|               |               | Monday (10.7)  | Tuesday (10.8)  | Wednesday (10.9)  | Thursday (10.10)   | Friday (10.11)  |
|---------------|---------------|--|---|---|--|---|
| 第二周<br>Week 2 | 汤<br>Soup     | 鲜虫草花淮山煲鸡汤<br>Chicken Soup with Fresh Cordyceps Flower and Yam  |  冬瓜薏米煲龙骨<br>Pork Bone Soup with Wax Gourd and Barely   |  胡萝卜玉米瘦肉汤<br>Corn, Carrot and Lean Meat Soup   | 椰子马蹄鸡汤<br>Chicken Soup with Coconut and Water Chestnuts  |  苹果雪耳猪骨汤<br>Pork Bone Soup with Apple and Snow Fungus  |
|               | 荤菜<br>Entrees |  红烧肉<br>Braised Pork<br> 虾仁蒸蛋<br>Steamed Egg with Shrimps<br> | 粤式豉油鸡<br>Cantonese Braised Chicken in Soya Sauce<br> 番茄炒蛋<br>Fried Egg and Tomato                                    |  匈牙利炖牛肉<br>Goulash<br>西兰花炒鱿鱼<br>Stir-fried Squid and Broccoli<br> |  德式猪排配猎人蘑菇酱<br>German Fried Pork Chop with Hunter Mushroom Sauce<br>莴笋炒肉丝<br>Stir-Fried Pork Slices with Lettuce<br> |  马蹄蒸肉饼<br>Steamed Minced Pork with Water Chestnut<br> 青瓜虾仁<br>Fried Shrimps with Cucumber |
|               | 蔬菜<br>Veg     | 上海青<br>Chinese Cabbage   | 白灼奶白菜<br>Blanched Baby Bok Choy   | 蒜蓉生菜<br>Garlic Lettuce  | 菜心<br>Choy Sum   | 洋葱炒菠菜<br>Stir-fried Spinach with Onion  |
|               | 主食<br>Staple  | 紫米饭<br>Purple Rice   |  金枪鱼披萨<br>Pizza Tonno E Cipolla<br> | 红薯蒸饭<br>Sweet Potato with Rice  |  椰香米饭<br>Coconut Rice   | 白米饭<br>Rice   |
|               | 水果<br>Fruit   | 香蕉<br>Banana   | 苹果<br>Apple   | 西瓜<br>Watermelon  | 火龙果<br>Dragon Fruit  | 香梨<br>Sweet Pear  |

营养分析 / Nutrition Facts

|                 |       |       |       |       |       |
|-----------------|-------|-------|-------|-------|-------|
| 热量 Energy /kcal | 624.2 | 648.4 | 588.9 | 626.4 | 610.9 |
| 蛋白 Protein /g   | 24.9  | 30.2  | 26.6  | 26.8  | 27.1  |
| 脂肪 Fat /g       | 22.3  | 24.8  | 17.0  | 19.6  | 17.3  |
| 碳水 Carbs /g     | 80.9  | 76.1  | 82.3  | 85.7  | 86.8  |

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef
























猪肉Pork



菠萝Pineapple



芒果Mango

|                                    |               | Type | Monday (10.7)  | Tuesday (10.8)  | Wednesday (10.9)   | Thursday(10.10)   | Friday (10.11)  |
|------------------------------------|---------------|------|--|---|--|---|---|
| 中餐<br>Chinese<br><br>第二周<br>Week 2 | 汤<br>Soup     |      | 鲜虫草花淮山煲鸡汤<br>Chicken Soup with Fresh Cordyceps Flower and Yam  |  冬瓜薏米煲龙骨<br>Pork Bone Soup with Wax Gourd and Barely   |  胡萝卜玉米瘦肉汤<br>Corn, Carrot and Lean Meat Soup   | 椰子马蹄鸡汤<br>Chicken Soup with Coconut and Water Chestnuts   |  苹果雪耳猪骨汤<br>Pork Bone Soup with Apple and Snow Fungus  |
|                                    | 荤菜<br>Entrees |      |  红烧肉<br>Braised Pork<br> 虾仁蒸蛋<br>Steamed Egg with Shrimps<br> 香干芹菜炒肉<br>Stir-fried Pork with Dried Tofu and Celery<br>  | 粤式豉油鸡<br>Cantonese Braised Chicken in Soya Sauce<br> 青椒炒肉<br>Stir-Fried Pork with Pepper<br> 番茄炒蛋<br>Fried Egg and Tomato |  水煮鱼片<br>Boiled Fish in Hot Chili Oil<br> 西兰花炒鱿鱼<br>Stir-fried Squid and Broccoli<br> 花菜蜜豆炒腊肠<br>Stir-fried Sausage with Cauliflower and Honey Bean<br> |  孜然烤鸭<br>Cumin Roast Duck<br> 云南包烧牛肉<br>Yunnan Roast Beef<br> 莴笋炒肉丝<br>Stir-Fried Pork Slices with Lettuce |  马蹄蒸肉饼<br>Steamed Minced Pork with Water Chestnut<br> 青瓜虾仁<br>Fried Shrimps with Cucumber<br>醋溜土豆丝炒肉<br>Stir-fried Shredded Potatoes and Meat with Vinegar<br> |
|                                    | 蔬菜<br>Veg     |      | 上海青<br>Chinese Cabbage   | 白灼奶白菜<br>Blanched Baby Bok Choy   | 蒜蓉生菜<br>Garlic Lettuce   | 菜心<br>Choy Sum  | 洋葱炒菠菜<br>Stir-fried Spinach with Onion  |
|                                    | 主食<br>Staple  |      | 紫米饭<br>Purple Rice   | 白米饭<br>Rice   | 红薯蒸饭<br>Sweet Potato with Rice   |  椰香米饭<br>Coconut Rice  | 白米饭<br>Rice   |
|                                    | 水果<br>Fruit   |      | 香蕉<br>Banana   | 苹果<br>Apple   | 西瓜<br>Watermelon   | 火龙果<br>Dragon Fruit   | 香梨<br>Sweet Pear  |

营养分析 / Nutrition Facts

|                 |       |       |       |       |       |
|-----------------|-------|-------|-------|-------|-------|
| 热量 Energy /kcal | 848.1 | 739.4 | 825.1 | 786.9 | 796.0 |
| 蛋白 Protein /g   | 36.9  | 35.5  | 32.7  | 46.4  | 32.7  |
| 脂肪 Fat /g       | 30.1  | 22.3  | 31.1  | 24.2  | 21.0  |
| 碳水 Carbs /g     | 107.5 | 99.2  | 103.6 | 95.9  | 119.1 |

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



菠萝Pineapple



芒果Mango

# WEEKLY MENU →

# ISNS MYP&DP&PYP Lunch Menu

## Oct 7<sup>th</sup> - 11<sup>th</sup> 2024



|                                |                 | Type | Monday (10.7)   | Tuesday (10.8)   | Wednesday (10.9)   | Thursday(10.10)   | Friday (10.11)   |
|--------------------------------|-----------------|------|---|--|--|---|--|
| 西餐<br>Western<br>第二周<br>Week 2 | 汤<br>Soup       |      | 豌豆浓汤<br>Cream of Pea Soup   | 奶油蘑菇汤<br>Cream of Mushroom Soup  | 冬阴功汤<br>Tom Yum Gong Soup  | 罗宋汤<br>Borscht  | 玉米浓汤<br>Corn Soup  |
|                                | 主菜<br>Entrees   |      | 佛理卡西鸡腿<br>Chicken Fricassee<br>金不换肉末茄子<br>Basil Minced Pork with Eggplant | 番茄烩海鲜<br>Seafood Stew with Tomatoes<br>烤南瓜蜜豆配香肠<br>Roasted Pumpkin and Honey Bean with Sausage | 匈牙利炖牛肉<br>Goulash<br>肉酱芝士焗番茄<br>Baked Tomato with Bolognese and Cheese | 德式猪排配猎人蘑菇酱<br>German Fried Pork Chop with Hunter Mushroom Sauce<br>彩椒滑蛋<br>Scrambled Egg with Bell Pepper | 韩式炸鸡块<br>Deep fired Chicken with Korean Style<br>烤培根蔬菜卷<br>Grilled Bacon and Vegetable Rolls |
|                                | 配菜<br>Side Dish |      | 烤节瓜玉米笋彩椒<br>Roasted Melon, Baby Corn, Color Pepper                        | 烤芦笋配樱桃番茄<br>Grilled Asparagus with Cherry Tomatoes   | 杂菇烩青豆<br>Stewed Green Beans with Mixed Mushrooms                       | 黄油西兰花<br>Broccoli with Butter   | 烤蘑菇配小甘蓝<br>Roasted Mushrooms with Kale   |
|                                | 主食<br>Staple    |      | 番茄意面<br>Tomato Pasta  | 金枪鱼披萨<br>Pizza Tonno E Cipolla   | 烤薯角<br>Roasted Potato Wedges   | 烤玉米<br>Roasted Corn   | 口袋饼<br>Pita Bread  |
|                                | 水果<br>Fruit     |      | 香蕉<br>Banana  | 苹果<br>Apple  | 西瓜<br>Watermelon   | 火龙果<br>French fries.  | 香梨<br>Sweet Pear   |

### 营养分析 / Nutrition Facts

|                 |       |       |       |       |       |
|-----------------|-------|-------|-------|-------|-------|
| 热量 Energy /kcal | 790.9 | 823.1 | 837.1 | 859.9 | 814.6 |
| 蛋白 Protein /g   | 30.3  | 27.8  | 36.0  | 33.1  | 41.6  |
| 脂肪 Fat /g       | 28.9  | 25.6  | 28.7  | 40.6  | 18.7  |
| 碳水 Carbs /g     | 102.5 | 120.4 | 108.6 | 90.5  | 119.9 |

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



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猪肉Pork



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