

WEEKLY MENU

ISNS EY Snack and Lunch Menu

Nov 18th – Nov 22th 2024



	Monday (11.18)	Tuesday (11.19)	Wednesday(11.20)	Thursday(11.21)	Friday (11.22)
上午茶点 Morning Snack	烧卖 Shaomai 酸奶 Yoghurt 火龙果 草莓 Dragon Fruit Strawberry	猪肉水饺 Pork Dumplings 牛奶 Milk 香蕉 Banana	西式滑蛋 Scrambled Egg 酸奶 Yoghurt 红心火龙果 青提 Dragon Fruit Green Grape	菠菜土豆饼 Potato and Spinach Pancake 牛奶 Milk 香梨 菠萝 Sweet Pear Pineapple	一口香肠卷 Mini Sausages Roll 酸奶 Yoghurt 柚子 苹果 Grapefruit Apple
午餐 Lunch	菠菜猪肉汤 Spinach & Pork Soup 孜然牛肉 Stir-fried Beef with Cumin 攸县香干炒肉片 Stir-fried Pork with Dried 豉汁蒸排骨 Steamed Pork with Minced Pork 冬菇肉沫蒸蛋 & Mushroom 清炒春菜 Fried Spring Vegetable 白米饭 Rice	红枣山药鸡汤 Chicken Soup with Red Dates and Chinese Yam 可乐鸡翅 Coke Chicken 冬菇肉沫蒸蛋 Steamed Egg with Minced Pork & Mushroom 清炒春菜 Fried Spring Vegetable 白米饭 Rice	红枣雪梨糖水 Red Dates and Pear Sweet Soup 香煎鱼柳配柠檬汁 Pan-fried Fish with Lemon Sauce 清炒肉沫土豆丝 Stir-fried Shredded Potatoes and Pork 白灼奶白菜 Blanched Baby Bok Choy 蒜茸炒生菜 Garlic Lettuce 牛肉千层面 Beef Lasagna 	虫草花鸡汤 Cordyceps Flowers and Chicken Soup 美式烤牛肉配蔬菜 American Roast Beef with Vegetables 番茄炒蛋 Fried Egg and Tomato 姜汁芥兰 Sauteed Kale with Ginger 白米饭 Rice	胡萝卜玉米猪骨汤 Corn, Carrot and Pork Bone Soup 湛江沙姜鸡 Zhanjiang Galangal Chicken 茄汁虾仁烧豆腐 Braised Tofu with Shrimps in Tomato Sauce 上海青 Chinese Cabbage 白米饭 Rice
下午茶点 Afternoon Tea	(低糖) 抹茶松饼 Chocolate Pancake 山楂苹果糖水 Red Date and Longan Sweet Soup	(低糖) 迷你泡芙 Mini Puff 柠檬蜂蜜水 Lemon & Honey Water	(低糖) 紫薯猫爪糕 Purple Sweet Potato Pudding 燕麦牛奶 Ota Milk	海苔肉松饭团 Rice balls with Seaweed and Pork Floss 燕麦牛奶 绿豆沙 Mung Bean Soup	(低糖) 蔓越莓面包 Cranberry Bread 芋头炖奶 Stewed Milk with Taro

营养分析 / Nutrition Facts

热量 Energy /kcal	943.6	993.4	1030.2	966.4	974.5
蛋白 Protein /g	50.5	38.0	54.8	43.4	45.7
脂肪 Fat /g	24.9	37.7	31.0	24.5	21.3
碳水 Carbs /g	129.4	125.6	133.0	143.0	150.0

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 G1&G2 Lunch Menu Nov 18th – Nov 22th 2024



	Type	Monday (11.18)	Tuesday (11.19)	Wednesday(11.20)	Thursday((11.21)	Friday (11.22)
午餐 Lunch	汤 Soup	菠菜猪肉汤 Spinach & Pork Soup	红枣山药鸡汤 Chicken Soup with Red Dates and Chinese yam	红枣雪梨糖水 Red Dates and Pear Sweet Soup	虫草花鸡汤 Cordyceps Flowers and Chicken Soup	胡萝卜玉米猪骨汤 Corn, Carrot and Pork Bone Soup
	主菜 Entrees	孜然牛肉 Stir-fried Beef with Cumin 攸县香干炒肉片 Stir-fried Pork with Dried Bean Curd 	可乐鸡翅 Coke Chicken 冬菇肉沫蒸蛋 Steamed Egg with Minced Pork & Mushroom 	香煎鱼柳配柠檬汁 Pan-fried Fish with Lemon Sauce 清炒肉沫土豆丝 Stir-fried Shredded Potatoes and Pork	美式烤牛肉配蔬菜 American Roast Beef with Vegetables 番茄炒蛋 Fried Egg and Tomato	湛江沙姜鸡 Zhanjiang Galangal Chicken 茄汁虾仁烧豆腐 Braised Tofu with Shrimps in Tomato Sauce
	蔬菜 Veg	蚝油香菇油菜 Lettuce Mushroom in Oyster Sauce	清炒春菜 Fried Spring Vegetable	白灼奶白菜 Blanched Baby Bok Choy	姜汁芥兰 Sauteed Kale with Ginger	上海青 Chinese Cabbage
	主食 Staple	玉米蒸饭 Corn with Rice	白米饭 Rice	牛肉千层面 Beef Lasagna	白米饭 Rice	白米饭 Rice
	水果 Fruit	香蕉 Banana	苹果 Apple	哈密瓜 Honey melon	火龙果 Dragon Fruit	香梨 Sweet Pear

营养分析 / Nutrition Facts

热量 Energy /kcal	596.9	597.1	632.7	543.7	547.9
蛋白 Protein /g	37.4	22.9	36.5	24.4	32.1
脂肪 Fat /g	18.0	16.9	17.2	13.6	11.7
碳水 Carbs /g	71.2	88.4	82.9	81.0	78.6



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 (11.18)	Tuesday (11.19)	Wednesday(11.20)	Thursday((11.21)	Friday (11.22)
中餐 Chinese	汤 Soup		 菠菜猪肉汤 Spinach & Pork Soup	红枣山药鸡汤 Chicken Soup with Red Dates and Chinese yam	红枣雪梨糖水 Red Dates and Pear Sweet Soup	虫草花鸡汤 Cordyceps Flowers and Chicken Soup	 胡萝卜玉米猪骨汤 Corn, Carrot and Pork Bone Soup
	主菜 Entrees		 孜然牛肉 Stir-fried Beef with Cumin  攸县香干炒肉片  Stir-fried Pork with Dried Bean Curd 香辣鹌鹑蛋  Spicy Quail Eggs	可乐鸡翅  Coke Chicken 蚂蚁上树  Sautéed Sweet Potato Noodles with Spicy Minced Pork  冬菇肉沫蒸蛋  Steamed Egg with Minced Pork & Mushroom	 干锅鸭 Griddle Duck  清炒肉沫土豆丝 Stir-fried Shredded Potatoes and Pork  牛肉酱焖冬瓜 Braised Wax Gourd with Beef Sauce	 黄豆炖猪手  Braised pork with soybeans  番茄炒蛋 Fried Egg and Tomato 菜花炒肉 Stir-fried Pork with Cauliflower 	湛江沙姜鸡 Zhanjiang Galangal Chicken 辣椒炒肉  Stir-fried Pork with Chili Peppers 茄汁虾仁烧豆腐 Braised Tofu with Shrimps in Tomato Sauce 
	蔬菜 Veg		蚝油香菇油菜 Lettuce Mushroom in Oyster Sauce	清炒春菜 Fried Spring Vegetable	白灼奶白菜 Blanched Baby Bok Choy	姜汁芥兰 Sauteed Kale with Ginger	上海青 Chinese Cabbage
	主食 Staple		玉米蒸饭 Corn with Rice	白米饭 Rice	燕麦米饭 Oatmeal Rice	白米饭 Rice	白米饭 Rice
	水果 Fruit		香蕉 Banana	苹果 Apple	哈密瓜 Honey melon	火龙果 Dragon Fruit	香梨 Sweet Pear

营养分析 / Nutrition Facts

热量 Energy /kcal	797.8	793.2	766.9	750.2	758.9
蛋白 Protein /g	46.5	29.7	33.9	42.0	43.2
脂肪 Fat /g	27.8	23.3	15.0	17.7	19.1
碳水 Carbs /g	90.4	116.3	124.1	105.8	103.6

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 (11.18)	Tuesday (11.19)	Wednesday(11.20)	Thursday(11.21)	Friday (11.22)
西餐 Western	汤 Soup	 奶油蘑菇汤 Cream of Mushroom Soup	 玉米浓汤 Corn Soup	 培根土豆汤 Bacon and Potato Soup	 菜花奶油汤 Cauliflower Cream Soup	 菠菜奶油汤 Spinach Cream Soup
	主菜 Entrees	 新德里咖喱鸡 New Delhi Curry Chicken  蜜豆胡萝卜配烤肠 Grilled Sausage with Honey Beans and Carrot	 番茄猪扒汉堡 Tomato Pork Chop Burger  日式鱼丸 Fish Balls in Japanese style	 香煎鱼柳配柠檬汁 Pan-fried Fish with Lemon Sauce  芝士肉酱南瓜 Baked Pumpkin with Cheese Bolognese sauce	 美式烤牛肉配蔬菜 American Roast Beef with Vegetables  金不换肉末茄子 Stir-Fried Eggplant and Minced Meat with Basil	 泰式香茅猪扒 Pattaya Style Roasted Pork  冬阴功肉沫炒青木瓜丝 Stir-fried Green Papaya and Minced Pork with Tom Yum Kung
	配菜 Side Dish	烤节瓜玉米笋彩椒 Roasted Melon, Baby Corn, Color Pepper	 黄油西兰花 Broccoli with Butter	杂菇烩青豆 Stewed Green Beans with Mixed Mushrooms	烤芦笋配樱桃番茄 Grilled Asparagus with Cherry Tomatoes	烤蘑菇配彩椒 Roasted Mushrooms with Pepper
	主食 Staple	薄饼 Tortilla	 奶香土豆泥 Mashed Potato	 牛肉千层面 Beef Lasagna	烤玉米 Baked Corn	薯角 Potato Wedges
	水果 Fruit	香蕉 Banana	苹果 Apple	哈密瓜 Honey melon	火龙果 Dragon Fruit	香梨 Sweet Pear

营养分析 / Nutrition Facts

热量 Energy /kcal	837.8	960.6	807.6	769.4	795.8
蛋白 Protein /g	35.7	48.2	34.5	28.2	37.0
脂肪 Fat /g	23.1	38.3	27.6	27.4	30.6
碳水 Carbs /g	121.8	105.8	105.3	102.4	93.2

特色档 Special	 沙爹鱼丸面 Satay Fish Ball Noodles	 牛肉炒米粉 Cantonese Fried Rice Noodle with Beef	 红烧排骨面 Braised Spareribs Noodles	 碗杂酱手擀面 Noodle with Minced Pork and Pea	 韩式五花肉拌饭 Korean Bibimbap with Pork
----------------	---	--	--	--	--

营养分析 / Nutrition Facts

热量 Energy /kcal	700.3	705.3	763.0	743.7	649.3
蛋白 Protein /g	31.2	30.1	32.2	32.8	23.6
脂肪 Fat /g	17.4	22.0	25.3	26.4	28.6
碳水 Carbs /g	104.8	96.7	101.6	93.8	74.3

