

	Monday (1.13)	Tuesday (1.14)	Wednesday(1.15)	Thursday(1.16)	Friday (1.17)
上午茶点 Morning Snack	猪肉玉米水饺 Pork and Corn Dumplings 酸奶 Yoghurt 火龙果 草莓 Dragon Fruit Strawberries	香葱鸡蛋饼 Chives Egg Pancake 牛奶 Milk 橙子 猕猴桃 Orange Kiwi Fruit	黄油煎餐包 Pan-fried Bread with Butter 酸奶 Yoghurt 柚子 青提 Grapefruit Green Grape	鸡蛋蔬菜炒面 Fried Noodles with Eggs and vegetables 牛奶 Milk 香蕉 Banana	小笼包 Pork Bun 酸奶 Yoghurt 红心火龙果 苹果 Dragon Fruit Apple
午餐 Lunch	冬瓜肉丸汤 Wax Gourd and Pork Balls Soup 蒜香烤鸡腿 Garlic Roasted Chicken Legs 玉米青瓜炒牛肉丁 Stir-fried Beef with Corn and Cucumber 蒜蓉炒芥菜 Stir-fried mustard greens with garlic 玉米蒸饭 Corn with Rice	红枣煲鸡汤 Chicken Soup with Red Dates 玉米马蹄蒸肉饼 Steamed Minced Pork with Corn and Water-chestnut 莴笋炒虾仁 Stir-Fried Shrimp with Lett 白菜 Blanched Baby Bok Choy 白米饭 Rice	鲫鱼豆腐汤 Crucian Carp and Tofu Soup 红烧肉 Braised Pork 孜然洋葱土豆炒肉 Stir-Fried Pork with Cumin, Onion and Potatoes 香菇油菜 Chinese Cabbage with Mushrooms 小米蒸饭 Millet	莲藕猪骨汤 Pork Bone Soup with Lotus Root 清炖牛腩 Stewed Beef with Radish 酱爆洋葱鱿鱼 Fried Squid and Onion with Soy Sauce 清炒春菜 Fried Spring Vegetable 白米饭 Rice	胡萝卜玉米猪骨汤 Corn, Carrot and Pork Bone Soup 姜葱蒸鱼 Steamed Fish with Ginger and Scallions 小炒时蔬鸡腿肉 Stir-fried Chicken with Mixed Vegetables 盐水菜心 Poached Choy Sum in Salty Water 白米饭 Rice
下午茶点 Afternoon Tea	(低糖) 蔓越莓纸杯蛋糕 Cranberry Cup Cake 苹果马蹄糖水 Apple and Water Chestnut Soup	(低糖) 南瓜蛋挞 Pumpkin Egg Tart 红豆沙配糯米小丸子 Red Bean Paste with Glutinous Rice Balls	(低糖) 苹果山药饼 Apple and Yam Pancake 木瓜牛奶 Papaya Milk	(低糖) 奥利奥蛋糕 Oreo Cake 雪梨百合糖水 Snow Pear and Lily Sweet Soup	(低糖) 抹茶红豆面包 Matcha Red Bean Bread 红枣牛奶 Red Date Milk

营养分析 / Nutrition Facts

热量 Energy /kcal	931.1	1070.9	970.1	1087.9	993.2
蛋白 Protein /g	42.8	42.0	33.8	46.2	48.3
脂肪 Fat /g	29.5	35.6	29.2	30.8	25.6
碳水 Carbs /g	123.5	145.6	143.2	156.5	142.3

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 (1.13)	Tuesday (1.14)	Wednesday(1.15)	Thursday(1.16)	Friday (1.17)
午餐 Lunch	汤 Soup	冬瓜肉丸汤 Wax Gourd and Pork Balls Soup	红枣煲鸡汤 Chicken Soup with Red Dates	鲫鱼豆腐汤 Crucian Carp and Tofu Soup	莲藕猪骨汤 Pork Bone Soup with Lotus Root	胡萝卜玉米猪骨汤 Corn, Carrot and Pork Bone Soup	
	主菜 Entrees	蒜香烤鸡腿 Garlic Roasted Chicken Legs 玉米青瓜炒牛肉丁 Stir-fried Beef with Corn and Cucumber	玉米马蹄蒸肉饼 Steamed Minced Pork with Corn and Water-chestnut 莴笋炒虾仁 Stir-Fried Shrimp with Lette	红烧肉 Braised Pork 孜然洋葱土豆炒肉 Stir-Fried Pork with Cumin, Onion and Potatoes	清炖牛腩 Stewed Beef with Radish 酱爆洋葱鱿鱼 Fried Squid and Onion with Soy Sauce	姜葱蒸鱼 Steamed Fish with Ginger and Scallions 小炒时蔬鸡腿肉 Stir-fried Chicken with Mixed Vegetables	
	蔬菜 Veg	蒜蓉炒芥菜 Stir-fried mustard greens with garlic	白灼奶白菜 Blanched Baby Bok Choy	香菇油菜 Chinese Cabbage with Mushrooms	清炒春菜 Fried Spring Vegetable	盐水菜心 Poached Choy Sum in Salty Water	
	主食 Staple	玉米蒸饭 Corn with Rice	白米饭 Rice	红薯蒸饭 Sweet Potato with Rice	白米饭 Rice	白米饭 Rice	
	水果 Fruit	哈密瓜 Melon	苹果 Apple	橙子 Orange	火龙果 Dragon Fruit	蜜桔 Mandarin Orange	

营养分析 / Nutrition Facts

热量 Energy /kcal	572.5	566.0	633.9	658.0	580.9
蛋白 Protein /g	30.5	22.1	28.1	36.8	35.0
脂肪 Fat /g	19.0	18.3	22.4	19.0	13.8
碳水 Carbs /g	69.8	78.1	80.0	84.9	79.2

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 (1.13)	Tuesday (1.14)	Wednesday(1.15)	Thursday(1.16)	Friday (1.17)
中餐 Chinese	汤 Soup		 冬瓜肉丸汤 Wax Gourd and Pork Balls Soup	红枣煲鸡汤 Chicken Soup with Red Dates	 鲫鱼豆腐汤  Crucian Carp and Tofu Soup	 莲藕猪骨汤 Pork Bone Soup with Lotus Root	 胡萝卜玉米猪骨汤 Corn, Carrot and Pork Bone Soup
	主菜 Entrees		 蒜香烤鸡腿 Garlic Roasted Chicken Legs  玉米青瓜炒牛肉丁 Stir-fried Beef with Corn and Cucumber 辣椒炒肉 Stir-fried Pork with Chili Peppers	 玉米马蹄蒸肉饼 Steamed Minced Pork with Corn and Water-chestnut  肉片地三鲜 Fried Potato, Green Pepper and Eggplant with Pork  莴笋炒虾仁  Stir-Fried Shrimp with Lettuce	 红烧肉 Braised Pork  孜然洋葱土豆炒肉 Stir-Fried Pork with Cumin, Onion and Potatoes 香芋焖鸭 Braeside Duck and Taro	 清炖牛腩 Stewed Beef with Radish  酱爆洋葱鱿鱼 Fried Squid and Onion with Soy Sauce 土豆焖鸡 Braeside Chicken and Potato	 姜葱蒸鱼 Steamed Fish with Ginger and Scallions 小炒时蔬鸡腿肉 Stir-fried Chicken with Mixed Vegetables  芥菜香菇肉沫煲 Braised Mustard Shiitake Mushroom and Minced Pork
	蔬菜 Veg		蒜蓉炒芥菜 Stir-fried mustard greens with garlic	白灼奶白菜 Blanched Baby Bok Choy	香菇油菜 Chinese Cabbage with Mushrooms	清炒春菜 Fried Spring Vegetable	盐水菜心 Poached Choy Sum in Salty Water
	主食 Staple		玉米蒸饭 Corn with Rice	白米饭 Rice	小米蒸饭 Millet	白米饭 Rice	白米饭 Rice
	水果 Fruit		哈密瓜 Melon	苹果 Apple	橙子 Orange	火龙果 Dragon Fruit	蜜桔 Mandarin Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	804.9	792.5	809.4	888.8	740.8
蛋白 Protein /g	39.0	30.2	36.3	46.8	40.3
脂肪 Fat /g	26.8	27.8	28.0	28.3	18.7
碳水 Carbs /g	101.8	105.4	103.0	111.7	103.0

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 MYP&DP&PYP Lunch Menu

Jan 13th – 17th 2025



		Type	Monday (1.13)	Tuesday (1.14)	Wednesday(1.15)	Thursday(1.16)	Friday (1.17)
西餐 Western	汤 Soup	玉米浓汤 Corn Soup	奶油蘑菇汤 Cream of Mushroom Soup	奶油菜花汤 Cream Cauliflower	奶油土豆汤 Cream Potato	罗宋汤 Borscht	
	主菜 Entrees	法式焦糖苹果炖猪肋排 Braised Pork Ribs with Caramelized Apple 芝士培根南瓜泥 Cheese and Bacon Pumpkin Puree	牛肉披萨 Beef Pizza 德式烤肠配南瓜彩椒 Baked Sausage with Pumpkin Pepper	咖喱海鲜 Curry Seafood 金不换肉末茄子 Stir-Fried Eggplant and Minced Meat with Basil	法式煎鸭腿 French Fried Duck Leg 芝士肉酱焗玉米片 Baked Nachos with Cheese Bolognese Sauce	照烧鸡扒 Teriyaki Chicken 蒜香口蘑炒培根 Sauté Bacon with Garlic Mushrooms	
	配菜 Side Dish	黄油西兰花 Broccoli with Butter	橄榄油烤花椰菜 Roasted Cauliflower with Olive Oli	清炒胡萝卜条 Fried Carrots	烤樱桃番茄配芦笋 Roasted Cherry Tomatoes with Asparagus	清炒双色甘蓝 Stir-fried Two-color Cabbage	
	主食 Staple	烤薯角 Roasted Potato Wedges	蒸红薯 Steamed Sweet Potatoes	法包 Baguette	烤玉米 Baked Corn	薯条 Chips	
	水果 Fruit	哈密瓜 Melon	苹果 Apple	橙子 Orange	火龙果 Dragon Fruit	蜜桔 Mandarin Orange	

营养分析 / Nutrition Facts

热量 Energy /kcal	811.6	809.1	762.8	888.2	853.1
蛋白 Protein /g	26.3	42.7	29.6	42.6	30.0
脂肪 Fat /g	31.6	25.6	20.9	34.1	41.0
碳水 Carbs /g	105.6	101.9	114.1	102.7	91.1

特色档 Special	红烧鸡腿汤面 Braised Chicken Drumstick Noodle Soup	越南火车头牛肉河粉 Vietnamese Rice Noodles	酸菜排骨面 Sauerkraut Spareribs Potato Noodles	香菇肉酱米粉 Minced Pork with Mushroom Rice Noodles	青椒牛肉丝面 Shredded Beef Noodles with Green Pepper
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营养分析 / Nutrition Facts

热量 Energy /kcal	711.8	757.1	752.0	716.2	630.0
蛋白 Protein /g	46.1	45.3	37.2	27.9	36.9
脂肪 Fat /g	12.5	15.6	21.5	17.6	13.1
碳水 Carbs /g	103.8	109.0	102.5	111.6	91.2

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