

WEEKLY
MENU

ISNS EY Snack and Lunch Menu
Jan 20th - 23rd 2025



| | Monday (1.20) | Tuesday (1.21) | Wednesday(1.22) | Thursday(1.23) Spring Festival Meal | Friday (1.24) |
|-----------------------|--|--|---|--|---|
| 上午茶点 Morning Snack | 意式螺旋面 Italian spiral pasta 酸奶 Yoghurt 火龙果 蓝莓 Dragon Fruit Blueberry | 美式炒蛋 Scrambled Egg 牛奶 Milk 甜梨 猕猴桃 Sweet Pear Kiwi Fruit | 粤式萝卜糕 Cantonese Radish Cake 酸奶 Yoghurt 柚子 红提 Pomelo Red Grape | 玉米芝士面包 Corn Cheese Bread 牛奶 Milk 香蕉 Banana | 酱香肉包 Steamed Pork Buns 酸奶 Yoghurt 哈密瓜 苹果 Melon Apple |
| 午餐 Lunch | 冬瓜薏米龙骨汤 Pork Bone, Winter melon & Barley 可乐鸡翅 Cola Chicken 肉沫豆腐 Tofu with Minced Meat 油麦菜 Stir-Fried Romaine Lettuce 白米饭 Rice | 胡萝卜玉米猪骨汤 Corn, Carrot and Pork Bone Soup 照烧猪扒 Teriyaki Pork Chop 番茄炒蛋 Fried Egg and Tomato 清炒春菜 Fried Spring Vegetable 白米饭 Rice | 菜胆炖水鸭汤 Duck Soup with vegetable Bile 咕嚕肉 Sweet Sour Pork 莴笋胡萝卜炒肉 Stir-fried Pork with Lettuce and Carrot 白灼奶白菜 Blanched Baby Bok Choy 牛肉千层面/米饭 Beef Lasagna/Rice | 红枣山药鸡汤 Chicken Soup with Red Dates 新春盆菜 CNY Poon Choi 五花肉,鸡翅 Pork Belly Chicken Wings 大虾,福袋 Prawns., Inarizushi 油豆腐.鱼丸 Oily Tofu, Fish Balls 白萝卜.娃娃菜.香菇 White Radish, Baby Cabbage, Mushrooms 白米饭 Rice | Spring Festival 春节 |
| 下午茶点 Afternoon Tea | (低糖) 南瓜曲奇 Pumpkin Cookie 红豆薏米羹 Red Bean and Barley Soup | (低糖) 海苔肉松包 Seaweed Meat Floss Bun 苹果马蹄糖水 Apple and Water Chestnut Soup | (低糖) 椰汁面包 Coconut Bread 牛奶玉米片 Cornflakes with Milk | (低糖) 芋泥蛋挞 Taro Paste Egg Tart 雪梨枸杞糖水 Snow Pear and Chinese Wolfberry Sweet Soup | |

营养分析 / Nutrition Facts

| | | | | | |
|-----------------|--------|--------|--------|-------|--|
| 热量 Energy /kcal | 1062.0 | 1031.8 | 1096.7 | 953.3 | |
| 蛋白 Protein /g | 46.9 | 39.1 | 54.1 | 42.3 | |
| 脂肪 Fat /g | 28.3 | 37.4 | 36.6 | 27.0 | |
| 碳水 Carbs /g | 154.9 | 134.6 | 137.7 | 135.3 | |

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

WEEKLY MENU →

ISNS G1&G2 Lunch Menu Jan 20th - 23rd 2025



| | | Type | Monday (1.20) | Tuesday (1.21) | Wednesday(1.22) | Thursday(1.23) Spring Festival Meal | Friday (1.24) |
|-------------|--------------|------|---|--|--|---|-----------------------|
| 午餐 Lunch | 汤 Soup | | 冬瓜薏米龙骨汤 Pork Bone, Winter melon & Barley | 胡萝卜玉米猪骨汤 Corn, Carrot and Pork Bone Soup | 菜胆炖水鸭汤 Duck Soup with Vegetable Bile | 红枣山药鸡汤 Chicken Soup with Red Dates | Spring Festival 春节 |
| | 主菜Entrees | | 可乐鸡翅 Cola Chicken 肉沫豆腐 Tofu with Minced Meat | 照烧猪扒 Teriyaki Pork Chop 番茄炒蛋 Fried Egg and Tomato | 咕嚕肉 Sweet Sour Pork 莴笋胡萝卜炒肉 Stir-fried Pork with Lettuce and Carrot | 新春盆菜 CNY Poon Choi 五花肉,鸡翅 Pork Belly Chicken Wings 大虾,,福袋 Prawns., Inarizushi 油豆腐.鱼丸 Oily Tofu, Fish Balls 白萝卜.娃娃菜.香菇 White Radish, Baby Cabbage, Mushrooms | |
| | 蔬菜 Veg | | 油麦菜 Stir-Fried Romaine Lettuce | 清炒春菜 Fried Spring Vegetable | 白灼奶白菜 Blanched Baby Bok Choy | | |
| | 主食 Staple | | 白米饭 Rice | 白米饭 Rice | 牛肉千层面 Beef Lasagna | 白米饭 Rice | |
| | 水果 Fruit | | 哈密瓜 melon | 苹果 Apple | 火龙果 Dragon Fruit | 沙糖桔 Sweet Orange | |

营养分析 / Nutrition Facts

| | | | | | |
|-----------------|-------|-------|-------|-------|-------|
| 热量 Energy /kcal | 614.8 | 628.8 | 640.3 | 580.7 | 562.9 |
| 蛋白 Protein /g | 29.5 | 22.9 | 36.1 | 30.4 | 34.9 |
| 脂肪 Fat /g | 20.0 | 21.9 | 23.2 | 16.8 | 13.1 |
| 碳水 Carbs /g | 79.2 | 85.0 | 71.7 | 76.8 | 76.4 |

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 (1.20) | Tuesday (1.21) | Wednesday(1.22) | Thursday(1.23) Spring Festival Meal | Friday (1.24) |
|---------------|---------------|------|---|--|--|--|-----------------------|
| 中餐 Chinese | 汤 Soup | | 冬瓜薏米龙骨汤 Pork Bone, Winter melon & Barley | 胡萝卜玉米猪骨汤 Corn, Carrot and Pork Bone Soup | 菜胆炖水鸭汤 Duck Soup with Vegetable Bile | 红枣山药鸡汤 Chicken Soup with Red Dates | Spring Festival 春节 |
| | 主菜 Entrees | | 可乐鸡翅 Cola Chicken 辣椒炒肉 Stir-fried Pork with Chili 肉沫豆腐 Tofu with Minced Meat | 葱丝蒸鱼柳 Steamed Fish Fillets with Shredded Scallions 番茄炒蛋 Fried Egg and Tomato 清炒鸡肉土豆丝 Stir-fried Shredded Potatoes and Chicken | 咕噜肉 Sweet Sour Pork 莴笋胡萝卜炒肉 Stir-fried Pork with Lettuce and Carrot 鸡肉炒蒜台 Stir-Fried Chicken with Garlic Sprout | 新春盆菜 CNY Poon Choi 五花肉,鸡翅 Pork Belly Chicken Wings 大虾,福袋 Prawns., Inarizushi 油豆腐,鱼丸 Oily Tofu, Fish Balls 白萝卜,娃娃菜,香菇 White Radish, Baby Cabbage, Mushrooms | |
| | 蔬菜 Veg | | 油麦菜 Stir-Fried Romaine Lettuce | 清炒春菜 Fried Spring Vegetable | 白灼奶白菜 Blanched Baby Bok Choy | | |
| | 主食 Staple | | 白米饭 Rice | 白米饭 Rice | 白米饭 Rice | 白米饭 Rice | |
| | 水果 Fruit | | 哈密瓜 melon | 苹果 Apple | 火龙果 Dragon Fruit | 沙糖桔 Sweet Orange | |

营养分析 / Nutrition Facts

| | | | | | |
|-----------------|-------|-------|-------|-------|-------|
| 热量 Energy /kcal | 840.2 | 785.9 | 798.6 | 808.0 | 737.9 |
| 蛋白 Protein /g | 39.2 | 33.8 | 36.8 | 31.3 | 46.2 |
| 脂肪 Fat /g | 24.6 | 22.1 | 27.6 | 19.2 | 16.7 |
| 碳水 Carbs /g | 115.5 | 112.9 | 100.7 | 127.4 | 100.7 |



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 20th - 23rd 2025



| | Type | Monday (1.20) | Tuesday (1.21) | Wednesday(1.22) | Thursday(1.23) Spring Festival Meal | Friday (1.24) |
|---------------|-----------------|---|--|---|---|-----------------------|
| 西餐 Western | 汤 Soup | 奶油菠菜汤 Cream Spinach Soup | 玉米浓汤 Corn Soup | 奶油菜花汤 Cream Cauliflower Soup | 新春盆菜 CNY Poon Choi 五花肉,鸡翅 Pork Belly Chicken Wings 大虾,福袋 Prawns., Inarizushi 油豆腐,鱼丸 Oily Tofu, Fish Balls 白萝卜,娃娃菜,香菇 White Radish, Baby Cabbage, Mushrooms 白米饭 Rice 沙糖桔 Sweet Orange | Spring Festival 春节 |
| | 主菜 Entrees | 匈牙利炖牛肉 Goulash 南瓜烤肠配蜜豆 Roasted Pumpkin and Sausage with Sweetened Beans | 照烧猪扒 Teriyaki Pork Chop 日式鱼丸 Japanese Fish Ball | 卡真绘海鲜 Cajun Seafood 盐烧杏鲍菇配培根 Salty Mushroom with Bacon | | |
| | 配菜 Side Dish | 烤樱桃番茄配西兰花 Roasted Cherry Tomatoes with Broccoli | 杂菇烩青豆 Stewed Green Beans with Mixed Mushrooms | 烤西葫芦条配彩椒 Roasted Zucchini Strips with Colored Peppers | | |
| | 主食 Staple | 薯角 Potato Wedges | 奶香土豆泥 Mashed Potato | 牛肉千层面 Beef Lasagna | | |
| | 水果 Fruit | 哈密瓜 Melon | 苹果 Apple | 火龙果 Dragon Fruit | | |

营养分析 / Nutrition Facts

| | | | | |
|-----------------|-------|-------|-------|-------|
| 热量 Energy /kcal | 839.1 | 873.3 | 868.2 | 802.0 |
| 蛋白 Protein /g | 37.7 | 37.0 | 45.6 | 38.9 |
| 脂肪 Fat /g | 32.3 | 36.0 | 28.5 | 31.2 |
| 碳水 Carbs /g | 99.3 | 100.3 | 107.3 | 91.4 |

| | | | | | |
|----------------|---|---|----------------------------------|---|-----------------------|
| 特色档 Special | 咖喱鱼丸米粉 Rice Noodles with Curry Fish Balls | 雪菜牛肉面 Beef Noodles with Potherb Mustard | 小排番茄乌冬面 Udon with Tomato Ribs | 越南熟牛肉粉 Vietnamese Cooked Beef with Rice Noodles | Spring Festival 春节 |
|----------------|---|---|----------------------------------|---|-----------------------|

营养分析 / Nutrition Facts

| | | | | |
|-----------------|-------|-------|-------|-------|
| 热量 Energy /kcal | 766.7 | 730.1 | 730.0 | 751.7 |
| 蛋白 Protein /g | 48.7 | 38.7 | 26.9 | 40.7 |
| 脂肪 Fat /g | 14.3 | 13.6 | 25.0 | 11.8 |
| 碳水 Carbs /g | 110.9 | 113.2 | 99.3 | 120.8 |

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