

WEEKLY
MENU →ISNS EY Snack and Lunch Menu
October 22nd - 24th 2025

	Monday (10.20)	Tuesday (10.21)	Wednesday(10.22)	Thursday(10.23)	Friday(10.24)
上午茶点 Morning Snack	PD Days		蒸红薯 Steamed Sweet Potato  酸奶 Yogurt 圣女果 哈密瓜 Cherry Tomatoes Hami Melon	 水煮蛋 Boiled Eggs 鸡肉青菜面 Chicken and Vegetable Noodles 蓝莓 苹果 Blueberry Apple	蒸南瓜 Steamed Pumpkin  酸奶 Yogurt 橙子 红提 Orange Red Grapes
午餐 Lunch			 绿豆糖水 Mung Bean Dessert Soup  咕嚕肉 Sweet and Sour Pork 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 上海青 Shanghai Green  牛肉千层面 Beef Lasagna 	 冬瓜薏米龙骨汤 Winter Melon, Barley and Pork Spine Soup  酱烤猪梅肉 Sauce-Grazed Roasted Pork Collar  杏鲍菇炒牛肉 Stir-Fried Beef with Mushrooms 清炒春菜 Stir-Fried Spring Greens 白米饭 Rice	山药乌鸡汤 Chinese Yam and Black Chicken Soup  西班牙红烩牛肉 Spanish-Style Braised Beef 花菜炒鸡肉 Stir-Fried Chicken with Cauliflower  蚝油生菜 Stir-Fried Lettuce with Oyster Sauce  日式猪丼饭 Japanese Pork Donburi
下午茶点 Afternoon Tea			 肠仔面包卷  Sausage Bread Roll 胡萝卜玉米糊 Carrot and Corn Paste	 迷你披萨  Mini Pizza  牛奶 Milk	 古早蛋糕  Traditional Style Sponge Cake 红枣莲子糖水 Red Date and Lotus Seed Dessert Soup
营养分析 / Nutrition Facts					
热量 Energy /kcal			977.4	1067.2	921.1
蛋白 Protein /g			38.3	54.8	44.4
脂肪 Fat /g			34.7	39.0	20.0
碳水 Carbs /g			128.0	124.3	140.9

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork

WEEKLY
MENU →ISNS G1&G2 Lunch Menu
October 22nd - 24th 2025

午餐 Lunch	Type	Monday (10.20)	Tuesday (10.21)	Wednesday(10.22)	Thursday(10.23)	Friday(10.24)
	汤 Soup	PD Days		 绿豆糖水 Mung Bean Dessert Soup	 冬瓜薏米龙骨汤 Winter Melon, Barley and Pork Spine Soup	山药乌鸡汤 Chinese Yam and Black Chicken Soup
	主菜 Entrees			 咕嚕肉 Sweet and Sour Pork 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 	 酱烤猪梅肉 Sauce-Glazed Roasted Pork Collar 杏鲍菇炒牛肉 Stir-Fried Beef with Mushrooms 	 西班牙红烩牛肉 Spanish-Style Braised Beef 花菜炒鸡肉 Stir-Fried Chicken with Cauliflower
	蔬菜 Veg			上海青 Shanghai Green	清炒春菜 Stir-Fried Spring Greens	 蚝油生菜 Stir-Fried Lettuce with Oyster Sauce
	主食 Staple			 牛肉千层面  Beef Lasagna	白米饭 Rice	 日式猪丼饭 Japanese Pork Donburi
	水果 Fruit			橙子 Orange	苹果 Apple	香蕉 Banana

营养分析 / Nutrition Facts

热量 Energy /kcal			652.9	535.0	572.7
蛋白 Protein /g			26.1	29.9	35.6
脂肪 Fat /g			27.6	17.1	16.6
碳水 Carbs /g			75.0	65.3	70.2

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork

WEEKLY MENU → ISNS MYP&DP&PYP Lunch Menu

October 22nd - 24th 2025



	Type	Monday (10.20)	Tuesday (10.21)	Wednesday(10.22)	Thursday(10.23)	Friday(10.24)	
中餐 Chinese	汤 Soup	PD Days		 绿豆糖水 Mung Bean Dessert Soup	 冬瓜薏米龙骨汤 Winter Melon, Barley and Pork Spine Soup	山药乌鸡汤 Chinese Yam and Black Chicken Soup	
	主菜 Entrees			 咕嚕肉 Sweet and Sour Pork  农家小炒 Stir-Fried Vegetables with Meat  番茄炒鸡蛋 Scrambled Eggs with Tomatoes	 椒麻水煮鱼 Spicy Boiled Fish with Sichuan Pepper  杏鲍菇炒牛肉 Stir-Fried Beef with Mushrooms  土豆丝炒肉丝 Stir-Fried Shredded Potatoes with Pork	孜然烤鸭 Roasted Duck with Cumin 花菜炒鸡肉 Stir-Fried Chicken with Cauliflower  麻婆肉沫豆腐 Mapo Tofu with Minced Pork 	
				蔬菜 Veg	上海青 Shanghai Green	清炒春菜 Stir-Fried Spring Greens	 蚝油生菜 Stir-Fried Lettuce with Oyster Sauce
				主食 Staple	白米饭 Rice	 腊味蒸饭 Steamed Rice with Preserved Meats	白米饭 Rice
				水果 Fruit	橙子 Orange	苹果 Apple	香蕉 Banana
	营养分析 / Nutrition Facts						
热量 Energy /kcal				838.4	873.2	803.9	
蛋白 Protein /g				30.6	36.9	44.3	
脂肪 Fat /g				26.1	27.9	20.6	
碳水 Carbs /g				120.2	118.6	110.3	

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork

WEEKLY
MENUISNS MYP&DP&PYP Lunch Menu
October 22nd - 24th 2025

西餐 Western	Type	Monday (10.20)	Tuesday (10.21)	Wednesday(10.22)	Thursday(10.23)	Friday(10.24)		
	汤 Soup	PD Days			 罗宋汤 Borscht	 菠菜奶油汤 Creamy Spinach Soup	 奶油玉米汤 Creamy Corn Soup	
	主菜 Entrees				法式橙香鸡翅 French Orange-Glazed Baked Chicken Wings 茄汁鱼丸  Fish Balls in Tomato Sauce	 酱烤猪梅肉 Sauce-Glazed Roasted Pork Collar 咖喱土豆鸡肉 Chicken and Potato Curry	 西班牙红烩牛肉 Spanish-Style Braised Beef  烤节瓜配猪扒条 Roasted Zucchini with Pork Chop Strips	
					配菜 Side Dish	烤蘑菇配西兰花 Roasted Mushrooms with Broccoli	烤樱桃番茄配芦笋 Roasted Cherry Tomatoes with Asparagus	炒双色甘蓝 Stir-Fried Two-Color Cabbage
					主食 Staple	 牛肉千层面  Beef Lasagna	 黄油吐司条  Buttered Toast Soldiers	 日式猪丼饭 Japanese Pork Donburi
	水果 Fruit				橙子 Orange	苹果 Apple	香蕉 Banana	
	营养分析 / Nutrition Facts							
热量 Energy /kcal			874.2	836.8	807.0			
蛋白 Protein /g			45.7	40.2	33.8			
脂肪 Fat /g			31.2	28.1	20.0			
碳水 Carbs /g			102.6	105.7	123.1			
特色档 Special	PD Days			 卤肉刀削面配卤蛋  Braised Pork Sliced Noodles with Marinated Egg	 番茄鸡扒米粉配煎蛋  Rice Vermicelli with Tomato Chicken Chop and Fried Egg	 兰州牛肉拉面配卤蛋  Lanzhou Beef Noodle Soup with Marinated Egg		
				营养分析 / Nutrition Facts				
热量 Energy /kcal			737.4	739.9	699.1			
蛋白 Protein /g			33.8	33.3	43.0			
脂肪 Fat /g			30.7	24.4	14.8			
碳水 Carbs /g			81.5	96.7	98.5			

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork