

WEEKLY
MENUISNS EY Snack and Lunch Menu
November 10th - 14th 2025

	Monday (11.10)	Tuesday (11.11)	Wednesday(11.12)	Thursday(11.13)	Friday(11.14)
上午茶点 Morning Snack	蒸山药 Steamed Chinese Yam 酸奶 Yogurt 青提 苹果 Green Grapes Apple	鸡蛋面包 Egg Bread 瘦肉粥 Minced Pork Congee 圣女果 猕猴桃 Cherry Tomato Kiwi Fruit	香肠包 Sausage Buns 酸奶 Yogurt 雪梨 蓝莓 Snow Pear Blueberry	椰蓉面包 Coconut Flake Bread 牛肉青菜面 Beef and Vegetable Noodle Soup 橘子 红提 Orange Red Grapes	桂花糕 Osmanthus Cake 酸奶 Yogurt 香蕉 Banana
午餐 Lunch	红枣雪梨糖水 Red Date and Snow Pear Dessert Soup 沙姜炒鸡 Stir-Fried Chicken with Sand Ginger 丝瓜鸡蛋 Luffa with Egg 杭白菜 Hangzhou Cabbage 椰浆米饭 Coconut Rice	鲫鱼菌菇汤 Crucian Carp and Mushroom Soup 红烧肉 Braised Pork Belly 土豆丝炒鸡肉 Stir-Fried Shredded Chicken with Shredded Potatoes 蒜蓉油菜菜 Sautéed Romaine Lettuce with Garlic 牛肉酱干层面 Meat Sauce Lasagna	菠菜肉丸汤 Spinach Meatball Soup 酸甜鱼柳 Sweet and Sour Fish Fillets 肉沫水蒸蛋 Steamed Egg with Minced Meat 上海青 Shanghai Green 红薯饭 Sweet Potato Rice	虫草花乌鸡汤 Cordyceps Flower and Black Chicken Soup 摩洛哥炖牛肉 Moroccan Braised Beef 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 清炒春菜 Stir-Fried Spring Vegetables 口袋饼 Pita Bread	胡萝卜龙骨汤 Carrot and Pork Spine Soup 中式卤牛肉 Chinese-Style Braised Beef 海鲜豆腐煲 Seafood Tofu Pot 白灼生菜 Blanched Lettuce 白米饭 Rice
下午茶点 Afternoon Tea	蔓越莓面包 Cranberry Bread 红枣牛奶 Red Date Milk	酸奶松饼 Yogurt Pancakes 牛奶 Milk	绿豆糕 Mung Bean Cake 南瓜红枣小米糊 Pumpkin, Red Date and Millet Paste	提子云朵蛋糕 Grape Cloud Cake 牛奶 Milk	麻薯 Mochi 山楂苹果大枣汤 Hawthorn, Apple and Jujube Soup

营养分析 / Nutrition Facts

热量 Energy /kcal	852.4	964.8	865.0	967.4	863.8
蛋白 Protein /g	35.4	34.6	41.3	45.8	34.1
脂肪 Fat /g	21.7	44.6	24.9	33.3	24.2
碳水 Carbs /g	128.9	106.2	118.9	121.0	127.3

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
November 10th - 14th 2025

午餐 Lunch	Type	Monday (11.10)	Tuesday (11.11)	Wednesday(11.12)	Thursday(11.13)	Friday(11.14)
	汤 Soup	红枣雪梨糖水 Red Date and Snow Pear Dessert Soup	 鲫鱼菌菇汤 Crucian Carp and Mushroom Soup	 菠菜肉丸汤 Spinach Meatball Soup	虫草花乌鸡汤 Cordyceps Flower and Black Chicken Soup	 胡萝卜龙骨汤 Carrot and Pork Spine Soup
	主菜 Entrees	沙姜炒鸡 Stir-Fried Chicken with Sand Ginger  丝瓜鸡蛋 Luffa with Egg	 红烧肉 Braised Pork Belly 土豆丝炒鸡肉 Stir-Fried Shredded Chicken with Shredded Potatoes	 酸甜鱼柳 Sweet and Sour Fish Fillets 肉沫水蒸蛋 Steamed Egg with Minced Meat 	 摩洛哥炖牛肉 Moroccan Braised Beef 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 	 中式卤牛肉 Chinese-Style Braised Beef 海鲜豆腐煲 Seafood Tofu Pot  
	蔬菜 Veg	杭白菜 Hangzhou Cabbage	蒜蓉油麦菜 Sautéed Romaine Lettuce with Garlic	上海青 Shanghai Green	清炒春菜 Stir-Fried Spring Vegetables	白灼生菜 Blanched Lettuce
	主食 Staple	椰浆米饭 Coconut Rice	 牛肉酱干层面  Meat Sauce Lasagna	红薯饭 Sweet Potato Rice	口袋饼 Pita Bread	白米饭 Rice
	水果 Fruit	橘子 Orange	苹果 Apple	西瓜 Watermelon	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	519.1	539.1	492.9	566.3	513.9
蛋白 Protein /g	25.0	19.8	25.8	30.6	25.1
脂肪 Fat /g	15.2	19.6	15.6	16.3	16.1
碳水 Carbs /g	70.7	70.8	62.3	74.4	67.2

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
November 10th - 14th 2025eat
by sodexo

	Type	Monday (11.10)	Tuesday (11.11)	Wednesday(11.12)	Thursday(11.13)	Friday(11.14)
中餐 Chinese	汤 Soup	红枣雪梨糖水 Red Date and Snow Pear Dessert Soup	 鲫鱼菌菇汤 Crucian Carp and Mushroom Soup	 菠菜肉丸汤 Spinach Meatball Soup	虫草花乌鸡汤 Cordyceps Flower and Black Chicken Soup	 胡萝卜龙骨汤 Carrot and Pork Spine Soup
	主菜 Entrees	沙姜炒鸡 Stir-Fried Chicken with Sand Ginger  彩椒西芹炒肉 (辣) Stir-Fried Pork with Bell Peppers and Celery (Spicy)  丝瓜鸡蛋 Luffa with Egg	 红烧肉 Braised Pork Belly  紫苏焖鸭 Braised Duck with Perilla 酸辣土豆丝 Spicy and Sour Shredded Potatoes	 酸甜鱼柳 Sweet and Sour Fish Fillets  肉沫水蒸蛋 Steamed Egg with Minced Meat   白萝卜炒牛肉 (辣) Stir-Fried Beef with White Radish (Spicy)	 辣椒炒肉 (辣) Stir-Fried Pork with Chili Peppers (Spicy)  京酱肉丝 Shredded Pork in Sweet Bean Sauce  番茄炒鸡蛋 Scrambled Eggs with Tomatoes	 中式卤牛肉 Chinese-Style Braised Beef  海鲜豆腐煲 Seafood Tofu Pot   孜然洋葱土豆片炒肉 (辣) Stir-Fried Pork with Cumin, Onion and Potato Slices (Spicy)
	蔬菜 Veg	杭白菜 Hangzhou Cabbage	蒜蓉油麦菜 Sautéed Romaine Lettuce with Garlic	上海青 Shanghai Green	清炒春菜 Stir-Fried Spring Vegetables	白灼生菜 Blanched Lettuce
	主食 Staple	椰浆米饭 Coconut Rice	白米饭 Rice	红薯饭 Sweet Potato Rice	白米饭 Rice	白米饭 Rice
	水果 Fruit	橘子 Orange	苹果 Apple	西瓜 Watermelon	香蕉 Banana	橙子 Orange
营养分析 / Nutrition Facts						
热量 Energy /kcal		777.9	893.3	729.6	802.6	817.3
蛋白 Protein /g		32.8	38.2	37.2	43.3	35.0
脂肪 Fat /g		21.9	28.3	20.1	24.6	22.3
碳水 Carbs /g		112.4	121.5	100.1	101.9	119.1

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
November 10th - 14th 2025

西餐 Western	Type	Monday (11.10)	Tuesday (11.11)	Wednesday(11.12)	Thursday(11.13)	Friday(11.14)
	汤 Soup	奶油蘑菇汤 Cream of Mushroom Soup	罗宋汤 Borscht	土豆鸡肉汤 Potato and Chicken Soup	奶油玉米汤 Creamy Corn Soup	香浓南瓜汤 Rich Pumpkin Soup
	主菜 Entrees	美式烤排骨 American-Style BBQ Ribs 咖喱鱼丸 Curry Fish Balls	地中海烤鱼排 Mediterranean-Style Grilled Fish Fillet 金不换肉沫茄子 (辣) Stir-Fried Minced Pork with Eggplant and Thai Basil (Spicy)	沙爹洋葱猪扒 Satay Onion Pork Chop 炒杂菇配鸡腿肉 Stir-Fried Mixed Mushrooms with Chicken Drumsticks	摩洛哥炖牛肉 Moroccan Braised Beef 炒时蔬配鱿鱼 Stir-Fried Seasonal Vegetables with Squid	薄荷酱鸡扒 Chicken Chop with Mint Sauce 泡菜五花肉炒年糕 Stir-Fried Kimchi Pork Belly with Rice Cakes
	配菜 Side Dish	韩式炒杂菜 Korean-Style Japchae	炒什锦蔬菜 Stir-Fried Mixed Vegetables	胡萝卜配甜豆 Carrots with Sugar Snap Peas	烤樱桃番茄配芦笋 Roasted Cherry Tomatoes with Asparagus	黄油西兰花 Buttered Broccoli
	主食 Staple	烤薯角 Roasted Potato Wedges	牛肉酱干层面 Meat Sauce Lasagna	烤小南瓜 Roasted Baby Pumpkin	口袋饼 Pita Bread	鸡丝蔬菜炒面 Stir-Fried Chicken Shreds and Vegetables Noodles
	水果 Fruit	橘子 Orange	苹果 Apple	西瓜 Watermelon	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	838.7	758.2	818.7	795.3	808.9
蛋白 Protein /g	29.5	34.5	38.6	39.1	25.2
脂肪 Fat /g	37.4	28.5	31.4	17.1	27.7
碳水 Carbs /g	96.0	91.1	95.5	121.2	114.7

特色档 Special	兰州牛肉拉面配卤蛋 Lanzhou Beef Lamian Noodles with Marinated Egg	红烧鸡腿煎蛋乌冬面 Braised Chicken Drumstick with Fried Egg Udon Noodles	番茄肥牛汤面配鸡蛋 Tomato Beef Brisket Noodle Soup with Egg	云吞面配烤肠 Wonton Noodles with Grilled Sausage	卤肉刀削面配卤蛋 Braised Pork Sliced Noodles with Marinated Egg
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营养分析 / Nutrition Facts

热量 Energy /kcal	699.1	649.2	670.9	684.4	737.4
蛋白 Protein /g	43.0	36.7	35.7	30.0	33.8
脂肪 Fat /g	14.8	19.5	14.1	23.0	30.7
碳水 Carbs /g	98.5	81.8	100.4	89.3	81.5

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork