

WEEKLY
MENUISNS EY Snack and Lunch Menu
December 1st - 5th 2025

	Monday (12.1)	Tuesday (12.2)	Wednesday(12.3)	Thursday(12.4)	Friday(12.5)
上午茶点 Morning Snack	酱肉包 Braised Pork Bun 酸奶 Yogurt 红心火龙果 蓝莓 Red Dragon Fruit & Blueberry	鸡蛋卷 Egg Rolls 牛肉胡萝卜粥 Beef and Carrot Congee 香蕉 Banana	蒸玉米 Steamed Corn 酸奶 Yogurt 青提 苹果 Green Grape & Apple	黄油吐司 Butter Toast 肉丝青菜面 Shredded Pork and Vegetable Noodle Soup 圣女果 橙子 Cherry Tomatoes & Orange	可颂 Croissant 酸奶 Yogurt 橘子 Tangerine
午餐 Lunch	山药肉丸汤 Chinese Yam and Meatball Soup 古巴烤猪肉 Cuban-Style Roasted Pork 蒜苔炒牛肉 Stir-Fried Beef with Garlic Sprouts 杭白菜 Hangzhou Cabbage 白米饭 Steamed Rice	银耳雪梨汤 Tremella and Snow Pear Soup 牛肉披萨 Beef Pizza 糖醋鸡丁 Sweet and Sour Diced Chicken 清炒春菜 Stir-Fried Spring Vegetables 燕麦米饭 Oat Rice	虫草花乌鸡汤 Cordyceps Flower and Black Chicken Soup 粤式蒸鱼 Cantonese-Style Steamed Fish 肉沫豆腐 Stir-Fried Tofu with Minced Meat 大白菜 Cabbage 罗勒鸡肉炒饭 Basil Chicken Fried Rice	玉米龙骨汤 Corn and Pork Spine Soup 土豆孜然牛肉粒 Cumin Beef Cubes with Potatoes 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 蚝油生菜 Sautéed Lettuce with Oyster Sauce 红薯饭 Sweet Potato Rice	菌菇牛肉汤 Mushroom and Beef Soup 红烧肉 Braised Pork Belly in Brown Sauce 包菜粉丝炒牛肉沫 Stir-Fried Minced Beef with Cabbage and Glass Noodles 蒜蓉油麦菜 Sautéed Romaine Lettuce with Garlic 白米饭 Steamed Rice
下午茶点 Afternoon Tea	西多士 French Toast 木瓜牛奶 Papaya Milk	南瓜蛋糕 Pumpkin Cake 牛奶 Milk	蛋奶西饼 Egg and Milk Wafers 山药紫薯小米糊 Chinese Yam, Purple Sweet Potato and Millet Paste	果泥蛋糕卷 Fruit Puree Cake Roll 牛奶 Milk	椰蓉面包 Coconut Bread 红枣糖水 Red Date Dessert Soup
营养分析 / Nutrition Facts					
热量 Energy /kcal	886.7	969.5	884.8	903.3	840.5
蛋白 Protein /g	37.3	40.9	39.4	32.2	28.9
脂肪 Fat /g	26.6	33.0	22.0	31.7	26.6
碳水 Carbs /g	124.6	127.2	132.2	122.4	121.4

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
December 1st - 5th 2025

午餐 Lunch	Type	Monday (12.1)	Tuesday (12.2)	Wednesday(12.3)	Thursday(12.4)	Friday(12.5)
	汤 Soup	 山药肉丸汤 Chinese Yam and Meatball Soup	银耳雪梨汤 Tremella and Snow Pear Soup	虫草花乌鸡汤 Cordyceps Flower and Black Chicken Soup	 玉米龙骨汤 Corn and Pork Spine Soup	 菌菇牛肉汤 Mushroom and Beef Soup
	主菜 Entrees	 古巴烤猪肉 Cuban-Style Roasted Pork  蒜苔炒牛肉 Stir-Fried Beef with Garlic Sprouts	 牛肉披萨 Beef Pizza   糖醋鸡丁 Sweet and Sour Diced Chicken	 粤式蒸鱼 Cantonese-Style Steamed Fish  肉沫豆腐 Stir-Fried Tofu with Minced Meat 	 土豆孜然牛肉粒 Cumin Beef Cubes with Potatoes  番茄炒鸡蛋 Scrambled Eggs with Tomatoes	 红烧肉 Braised Pork Belly in Brown Sauce 包菜粉丝炒牛肉沫 Stir-Fried Minced Beef with Cabbage and Glass Noodles 
	蔬菜 Veg	杭白菜 Hangzhou Cabbage	清炒春菜 Stir-Fried Spring Vegetables	大白菜 Cabbage	 蚝油生菜 Sautéed Lettuce with Oyster Sauce	蒜蓉油麦菜 Sautéed Romaine Lettuce with Garlic
	主食 Staple	白米饭 Steamed Rice	燕麦米饭 Oat Rice	罗勒鸡肉炒饭 Basil Chicken Fried Rice	红薯饭 Sweet Potato Rice	白米饭 Steamed Rice
	水果 Fruit	圣女果 Cherry Tomatoes	橙子 Orange	苹果 Apple	香蕉 Banana	橘子 Tangerine

营养分析 / Nutrition Facts

热量 Energy /kcal	550.3	604.6	507.4	535.1	608.0
蛋白 Protein /g	26.5	25.6	26.1	17.0	19.9
脂肪 Fat /g	19.4	16.3	15.0	14.1	19.9
碳水 Carbs /g	67.5	88.8	67.0	85.1	87.5

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蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork

WEEKLY
MENUISNS MYP&DP&PYP Lunch Menu
December 1st - 5th 2025

	Type	Monday (12.1)	Tuesday (12.2)	Wednesday(12.3)	Thursday(12.4)	Friday(12.5)
中餐 Chinese	汤 Soup	 山药肉丸汤 Chinese Yam and Meatball Soup	银耳雪梨汤 Tremella and Snow Pear Soup	虫草花乌鸡汤 Cordyceps Flower and Black Chicken Soup	 玉米龙骨汤 Corn and Pork Spine Soup	 菌菇牛肉汤 Mushroom and Beef Soup
	主菜 Entrees	紫苏鸡翅根 Perilla Chicken Wing Roots 酸辣土豆丝 (辣) Spicy and Sour Shredded Potatoes (Spicy)  蒜苔炒牛肉 Stir-Fried Beef with Garlic Sprouts	 辣椒炒肉 (辣) Spicy Stir-Fried Pork with Chili Peppers (Spicy)  韭黄炒鸡蛋 Stir-Fried Eggs with Chives Sprouts 糖醋鸡丁 Sweet and Sour Diced Chicken	 青椒鱼块 (辣) Green Sichuan Peppercorn Fish Fillets(Spicy) 香菇青菜炒鸡肉 Stir-Fried Chicken with Shiitake Mushrooms and Greens  肉沫豆腐 Stir-Fried Tofu with Minced Meat	 土豆孜然牛肉粒 Cumin Beef Cubes with Potatoes  番茄炒鸡蛋 Scrambled Eggs with Tomatoes  红洋葱西芹炒五花肉 Stir-Fried Pork Belly with Red Onion and Celery	 红烧肉 Braised Pork Belly in Brown Sauce 香干尖椒鸡肉 (辣) Shredded Tofu with Chili and Chicken (Spicy)  包菜粉丝炒牛肉沫 Stir-Fried Minced Beef with Cabbage and Glass Noodles
	蔬菜 Veg	杭白菜 Hangzhou Cabbage	清炒春菜 Stir-Fried Spring Vegetables	大白菜 Cabbage	 蚝油生菜 Sauteed Lettuce with Oyster Sauce	蒜蓉油麦菜 Sautéed Romaine Lettuce with Garlic
	主食 Staple	白米饭 Steamed Rice	燕麦米饭 Oat Rice	白米饭 Steamed Rice	红薯饭 Sweet Potato Rice	白米饭 Steamed Rice
	水果 Fruit	圣女果 Cherry Tomatoes	橙子 Orange	苹果 Apple	香蕉 Banana	橘子 Tangerine
营养分析 / Nutrition Facts						
热量 Energy /kcal		823.9	852.8	846.9	727.1	830.5
蛋白 Protein /g		34.3	39.4	49.2	24.0	37.7
脂肪 Fat /g		17.0	25.3	23.8	20.8	29.2
碳水 Carbs /g		133.4	116.9	108.9	111.1	104.3

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MENUISNS MYP&DP&PYP Lunch Menu
December 1st - 5th 2025

	Type	Monday (12.1)	Tuesday (12.2)	Wednesday(12.3)	Thursday(12.4)	Friday(12.5)
西餐 Western	汤 Soup	牛肉蔬菜汤 Beef and Vegetable Soup	土豆培根汤 Potato and Bacon Soup	奶油蘑菇汤 Cream of Mushroom Soup	南瓜香肠汤 Pumpkin and Sausage Soup	菠菜鸡奶油汤 Spinach and Chicken Cream Soup
	主菜 Entrees	古巴烤猪肉 Cuban-Style Roasted Pork 韩式炒年糕配鱼豆腐 Korean-Style Stir-Fried Rice Cakes with Fish Tofu	牛肉披萨 Beef Pizza 意式鸡肉丸 Italian-Style Chicken Meatballs	照烧猪扒 Teriyaki Pork Cutlet 地中海碎牛肉炒蔬菜 (辣) Mediterranean-Style Stir-Fried Vegetables with Minced Beef(Spicy)	烤法式香草鸡扒 Roasted French-Style Herb Chicken Cutlet 樱桃番茄芦笋配虾仁 Asparagus with Shrimp and Cherry Tomatoes	泰式香茅鱼柳 Thai-Style Lemongrass Fish Fillet 咖喱蔬菜配猪扒 Curry Vegetables with Pork Cutlet
	配菜 Side Dish	韩式炒杂菜 Korean-Style Stir-Fried Glass Noodles with Mixed Vegetables	烤节瓜配西兰花 Roasted Zucchini with Broccoli	奶香土豆泥 Creamy Mashed Potatoes	普罗旺斯烩菜 Ratatouille	炒双色甘蓝 Stir-Fried Two-Color Cabbage
	主食 Staple	白米饭 Steamed Rice	番茄意大利面 Tomato Pasta	罗勒鸡肉炒饭 Basil Chicken Fried Rice	口袋饼 Pita Bread	烤薯角 Roasted Potato Wedges
	水果 Fruit	圣女果 Cherry Tomatoes	橙子 Orange	苹果 Apple	香蕉 Banana	橘子 Tangerine
营养分析 / Nutrition Facts						
热量 Energy /kcal		840.7	928.8	886.8	802.6	806.6
蛋白 Protein /g		31.2	30.0	31.2	47.0	29.5
脂肪 Fat /g		29.9	27.0	33.7	16.2	34.3
碳水 Carbs /g		111.7	141.3	114.6	117.2	94.9
特色档 Special		酸汤肥牛米粉配卤蛋 Sour Soup Fatty Beef Rice Vermicelli with Marinated Egg	照烧鸡扒拉面配煎蛋 Teriyaki Chicken Cutlet Ramen with Fried Egg	鱼丸口蘑刀削面配卤蛋 Noodles with Fish Balls, Mushrooms and Marinated Egg	韩式烤肉泡菜汤面配煎蛋 Korean-Style Noodle Soup with Roasted Pork, Kimchi and Fried Egg	兰州牛肉拉面配卤蛋 Lanzhou Beef Lamian with Marinated Egg
营养分析 / Nutrition Facts						
热量 Energy /kcal		699.1	747.1	720.3	701.3	737.4
蛋白 Protein /g		43.0	45.6	45.5	30.7	33.8
脂肪 Fat /g		14.8	25.1	22.7	26.4	30.7
碳水 Carbs /g		98.5	84.6	83.6	85.3	81.5

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