

WEEKLY
MENUISNS EY Snack and Lunch Menu
December 15th - 18th 2025eat
by sodexo

	Monday (12.15)	Tuesday (12.16)	Wednesday(12.17)	Thursday(12.18)	Friday(12.19)
上午茶点 Morning Snack	肉包 Steamed Pork Buns 酸奶 Yogurt 红心火龙果 蓝莓 Red Pitaya Blueberry	菠菜炒蛋 Scrambled Eggs with Spinach 牛肉粥 Beef Congee 橙子 Oranges	奶黄包 Custard Buns 酸奶 Yogurt 苹果 青提 Apple Green Grape	蒸玉米 Steamed Corn 肉丝青菜面 Noodles with Shredded Pork and Greens 圣女果 哈密瓜 Cherry Tomatoes & Hami Melon	Winter Break Early Dismissal at 11:30am
午餐 Lunch	牛肉冬瓜汤 Beef and Wax Gourd Soup 蜜汁叉烧 Honey Glazed Char Siu 蒜香口蘑鸡扒 Garlicky Mushroom Chicken Chop 杭白菜 Bok Choy 猪肉水饺 Pork Dumplings	莲藕龙骨汤 Lotus Root and Pork Spine Soup 奶油蘑菇炖猪扒 Braised Pork Chops with Creamy Mushroom Sauce 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 上海青 Bok Choy 黄油面包 Buttered Bread	Christmas Buffet	丝瓜鲫鱼汤 Anglerfish Soup with Luffa 红烧肉 Braised Pork Belly in Brown Sauce 肉沫水蒸蛋 Steamed Egg Custard with Minced Pork 清炒春菜 Stir-fried Spring Greens 红薯饭 Sweet Potato Rice	
下午茶点 Afternoon Tea	虎皮蛋糕 Tiger Skin Roll Cake 玉米片牛奶 Corn Flakes with Milk	肉松小贝 Mini Pork Floss Cakes 牛奶 Milk	烤红薯条 Roasted Sweet Potato Fries 胡萝卜玉米糊 Carrot and Corn Paste	奥利奥面包 Oreo Bread 牛奶 Milk	

营养分析 / Nutrition Facts

热量 Energy /kcal	1044.6	905.5		849.6	
蛋白 Protein /g	49.7	45.7		37.3	
脂肪 Fat /g	38.6	39.2		28.5	
碳水 Carbs /g	124.5	92.4		111.1	

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

WEEKLY
MENU →

ISNS G1&G2 Lunch Menu
December 15th - 18th 2025



午餐 Lunch	Type	Monday (12.15)	Tuesday (12.16)	Wednesday(12.17)	Thursday(12.18)	Friday(12.19)
	汤 Soup	 牛肉冬瓜汤 Beef and Wax Gourd Soup	 莲藕龙骨汤 Lotus Root and Pork Spine Soup	 山药肉丸汤 Chinese Yam and Meatball Soup	 丝瓜鲫鱼汤 Anglerfish Soup with Luffa	Winter Break Early Dismissal at 11:30am
	主菜 Entrees	 蜜汁叉烧 Honey Glazed Char Siu  蒜香口蘑鸡扒 Garlicky Mushroom Chicken Chop	 奶油蘑菇炖猪扒 Braised Pork Chops with Creamy Mushroom Sauce   番茄炒鸡蛋 Scrambled Eggs with Tomatoes 	 土豆牛腩煲 Braised Beef Brisket with Potatoes Casserole  虾仁豆腐 Stir-fried Tofu with Shrimp 	 德式猪肘配酸菜 German-style Pork Knuckle with Sauerkraut  肉沫水蒸蛋 Steamed Egg Custard with Minced Pork 	
	蔬菜 Veg	杭白菜 Bok Choy	上海青 Bok Choy	蒜蓉菜心 Sautéed Choy Sum with Garlic	清炒春菜 Stir-fried Spring Greens	
	主食 Staple	 猪肉水饺 Pork Dumplings	 黄油面包  Buttered Bread	蛋炒饭 Egg Fried Rice	红薯饭 Sweet Potato Rice	
	水果 Fruit	橘子 Mandarin Oranges	苹果 Apples	哈密瓜 Hami Melon	香蕉 Bananas	

营养分析 / Nutrition Facts

热量 Energy /kcal	521.3	551.8	492.5	494.2	
蛋白 Protein /g	29.0	30.7	23.5	23.6	
脂肪 Fat /g	23.5	20.9	12.7	17.0	
碳水 Carbs /g	48.5	60.3	71.0	61.6	

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

WEEKLY MENU → ISNS MYP&DP&PYP Lunch Menu

December 15th - 18th 2025



	Type	Monday (12.15)	Tuesday (12.16)	Wednesday(12.17)	Thursday(12.18)	Friday(12.19)
中餐 Chinese	汤 Soup	 牛肉冬瓜汤 Beef and Wax Gourd Soup	 莲藕龙骨汤 Lotus Root and Pork Spine Soup	 山药肉丸汤 Chinese Yam and Meatball Soup	 丝瓜鲫鱼汤 Anglerfish Soup with Luffa	Winter Break Early Dismissal at 11:30am
	主菜 Entrees	 蜜汁叉烧 Honey Glazed Char Siu  肉沫南瓜 Minced Pork with Braised Pumpkin 香芋焖鸭 Braised Duck with Taro	 水煮鱼 (辣) Sichuan Boiled Fish (Spicy)  孜然土豆片炒五花肉 Stir-fried Pork Belly with Cumin Potato Slices  番茄炒鸡蛋 Scrambled Eggs with Tomatoes	 土豆牛腩煲 Braised Beef Brisket with Potatoes Casserole  菜花炒肉片 Stir-fried Pork Slices with Cauliflower  虾仁豆腐 Stir-fried Tofu with Shrimp	沙姜炒鸡 Stir-fried Chicken with Galangal 莲藕辣椒炒牛肉 (辣) Stir-fried Beef with Lotus Root and Chili (Spicy) 肉沫水蒸蛋 Steamed Egg Custard with Minced Pork	
	蔬菜 Veg	杭白菜 Bok Choy	上海青 Bok Choy	蒜蓉菜心 Sautéed Choy Sum with Garlic	清炒春菜 Stir-fried Spring Greens	
	主食 Staple	白米饭 Steamed Rice	白米饭 Steamed Rice	 蛋炒饭 Egg Fried Rice	红薯饭 Sweet Potato Rice	
	水果 Fruit	橘子 Mandarin Oranges	苹果 Apples	哈密瓜 Hami Melon	香蕉 Bananas	
	营养分析 / Nutrition Facts					
热量 Energy /kcal		791.2	800.9	784.7	719.1	
蛋白 Protein /g		32.7	43.4	33.5	35.6	
脂肪 Fat /g		21.2	28.8	18.1	19.2	
碳水 Carbs /g		117.3	92.0	121.9	100.9	

过敏源Allergen:



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海鲜Seafood



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猪肉Pork



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WEEKLY
MENUISNS MYP&DP&PYP Lunch Menu
December 15th - 18th 2025

	Type	Monday (12.15)	Tuesday (12.16)	Wednesday(12.17)	Thursday(12.18)	Friday(12.19)
西餐 Western	汤 Soup	奶油玉米汤 Creamy Corn Soup	奶油海鲜浓汤 Creamy Seafood Bisque	奶油南瓜汤 Creamy Pumpkin Soup	奶油蘑菇汤 Creamy Mushroom Soup	Winter Break Early Dismissal at 11:30am
	主菜 Entrees	热带芒果大虾 Tropical Mango Prawns 蒜香口蘑鸡扒 Garlicky Mushroom Chicken Chop	奶油蘑菇炖猪扒 Braised Pork Chops with Creamy Mushroom Sauce 胡萝卜焗牛肉 Baked Beef with Carrots	法式橙香鸡全翅 French-style Orange- Glazed Whole Chicken Wings 烤花椰菜配培根 Roasted Cauliflower with Bacon	德式猪肘配酸菜 German-style Pork Knuckle with Sauerkraut 韩式炒鱿鱼 Korean-style Stir-fried Squid	
	配菜 Side Dish	炒什锦蔬菜 Sautéed Mixed Vegetables	黄油西兰花 Buttered Broccoli	樱桃番茄配芦笋 Cherry Tomatoes with Asparagus	炒节瓜配芦笋 Sautéed Zucchini with Asparagus	
	主食 Staple	猪肉水饺 Pork Dumplings	白米飯 Steamed Rice	红薯泥 Mashed Sweet Potatoes	番茄通心粉 Tomato Pasta	
	水果 Fruit	橘子 Mandarin Oranges	苹果 Apples	哈密瓜 Hami Melon	香蕉 Bananas	
营养分析 / Nutrition Facts						
热量 Energy /kcal		879.3	761.2	863.6	804.2	
蛋白 Protein /g		42.2	37.1	34.8	31.5	
脂肪 Fat /g		35.9	19.4	27.5	30.3	
碳水 Carbs /g		96.9	109.5	119.2	101.4	
特色档 Special	酸汤肥牛米粉配煎蛋 Sour Soup Beef Rice Noodles with Fried Egg	番茄鸡扒大碗面配煎蛋 Large Bowl Noodles with Tomato Chicken Chop and Fried Egg	排骨刀削面配卤蛋 Sliced Noodles with Pork Ribs and Marinated Egg	越南牛肉河粉卤蛋 Vietnamese Beef Pho with Marinated Egg	Winter Break Early Dismissal at 11:30am	
营养分析 / Nutrition Facts						
热量 Energy /kcal		646.1	705.3	720.2	652.3	
蛋白 Protein /g		24.2	37.8	30.6	39.0	
脂肪 Fat /g		17.1	18.4	29.9	21.0	
碳水 Carbs /g		98.8	97.2	82.2	76.9	

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