

	Monday (2.24)	Tuesday (2.25)	Wednesday(2.26)	Thursday(2.27)	Thursday(2.28)
上午茶点 Morning Snack	猪肉糯米烧卖 Pork Shaomai 酸奶 Yoghurt 火龙果  蓝莓 Dragon Fruit Blueberry	红糖发糕 Brown Sugar Steamed Sponge Cake 牛奶 Milk 橙子  猕猴桃 Orange Kiwi Fruit	美式炒蛋 Scrambled Egg 酸奶 Yoghurt 柚子  青提 Pomelo Green Grape	鸡肉蝴蝶面 Chicken Farfalle 牛奶 Milk 红心火龙果  苹果 Dragon Fruit Apple	云吞 Pork Wonton 酸奶 Yoghurt 香梨 Pear
午餐 Lunch	玉米莲藕猪骨汤 Pork Bone Soup with Corn and Lotus Root 法式蘑菇猪柳  法式蘑菇猪柳 French Mushroom Pork Fillet 芥兰炒牛肉沫 Stir - fried Minced Beef with Chinese Broccoli 清炒娃娃菜 Stir-fried Baby Cabbage 红薯蒸饭 Sweet Potato with Rice	丝瓜蘑菇鲫鱼汤 Fish Soup with Luffa and Mushrooms 香茅烤鸡 Grilled Chicken with Lemongrass 香芹肉片炒干张  香芹肉片炒干张 Stir-fried Dried Tofu with Sliced Pork and Chinese Celery 清炒春菜 Fried Spring Vegetable 白米饭 Rice	节瓜胡萝卜龙骨汤 Melon and Carrot Soup with Pork Spare Ribs 蛋黄汁焗海鲜  蛋黄汁焗海鲜  蛋黄汁焗海鲜 Baked Seafood with Egg Yolk Sauce 番茄炒蛋 Fried Egg with Tomato 清炒上海青 Fried Chinese Cabbage 白米饭 Rice	茶树菇老鸭汤 Duck Soup with Mushroom 葱爆牛肉  葱爆牛肉 Sauteed Beef with Scallion 冬瓜炒鸡肉 Stir-fried Chicken with Wax Gourd 蚝油生菜 Stir - Fried Lettuce with Oyster Sauce 白米饭 Rice	苹果枸杞红枣糖水 Apple, Chinese Wolfberry and Red Date Sweet Soup 台湾卤肉配豆泡  台湾卤肉配豆泡 Taiwanese Braised Pork with Fried Tofu Puffs 莴笋炒虾仁 Stir-Fried Shrimp with Lettuce 蒜蓉菜心 Stir - fried Chinese Flowering Cabbage with Minced Garlic 蛋炒饭 Fried Rice with Egg
下午茶点 Afternoon Tea	抹茶瑞士卷  抹茶瑞士卷 Matcha Swiss Roll 牛奶玉米片 Oatmeal with Milk	椰汁面包  椰汁面包 Coconut Bread 绿豆莲子糖水 Mung Bean and Lotus Seed Sweet Soup	南瓜西士多  南瓜西士多 Pumpkin Toast 苹果枸杞水 Apple, Chinese Wolfberry Sweet Soup	玉米烙 Oreo Cake 雪梨糖水 Snow Pear and Lily Sweet Soup	蔓越莓迷你蛋糕  蔓越莓迷你蛋糕 Cranberry Cake 红枣牛奶  红枣牛奶 Red Date Milk

营养分析 / Nutrition Facts

热量 Energy /kcal	997.9	1094.8	939.4	991.6	1048.1
蛋白 Protein /g	39.4	50.3	42.4	40.7	42.2
脂肪 Fat /g	30.8	29.9	28.5	28.3	42.2
碳水 Carbs /g	140.7	156.1	128.4	143.4	124.9

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 (2.24)	Tuesday (2.25)	Wednesday(2.26)	Thursday(2.27)	Thursday(2.28)
午餐 Lunch	汤 Soup	玉米莲藕猪骨汤 Pork Bone Soup with Corn and Lotus Root	丝瓜蘑菇鲫鱼汤 Fish Soup with Luffa and Mushrooms	节瓜胡萝卜龙骨汤 Melon and Carrot Soup with Pork Spare Ribs	茶树菇老鸭汤 Duck Soup with Mushroom	苹果枸杞红枣糖水 Apple, Chinese Wolfberry and Red Date Sweet Soup	
	主菜 Entrees	法式蘑菇猪柳 French Mushroom Pork Fillet 芥兰炒牛肉沫 Stir-fried Minced Beef with Chinese Broccoli	香茅烤鸡 Grilled Chicken with Lemongrass 香芹肉片炒干张 Stir-fried Dried Tofu with Sliced Pork and Chinese Celery	蛋黄汁焗海鲜 Baked Seafood with Egg Yolk Sauce 番茄炒蛋 Fried Egg with Tomato	葱爆牛肉 Sauteed Beef with Scallion 冬瓜炒鸡肉 Stir-fried Chicken with Wax Gourd	台湾卤肉配豆泡 Taiwanese Braised Pork with Fried Tofu Puffs 莴笋炒虾仁 Stir-Fried Shrimp with Lettuce	
	蔬菜 Veg	清炒娃娃菜 Stir-fried Mustard in Bean Sauce	清炒春菜 Blanched Baby Bok Choy	清炒上海青 Chinese Cabbage with Mushrooms	蚝油生菜 Stir - Fried Lettuce with Oyster Sauce	蒜蓉菜心 Stir - fried Chinese Flowering Cabbage with Minced Garlic	
	主食 Staple	红薯蒸饭 Sweet Potato with Rice	白米饭 Rice	白米饭 Rice	白米饭 Rice	蛋炒饭 Fried Rice with Egg	
	水果 Fruit	苹果 Apple	火龙果 Dragon Fruit	蜜桔 Mandarin Orange	香梨 Pear	橙子 Orange	

营养分析 / Nutrition Facts

热量 Energy /kcal	531.6	591.1	544.8	565.4	619.9
蛋白 Protein /g	21.2	30.6	23.0	23.4	25.1
脂肪 Fat /g	13.4	18.2	13.8	16.6	24.9
碳水 Carbs /g	81.7	76.2	82.2	80.7	73.8

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

		Type	Monday (2.24)	Tuesday (2.25)	Wednesday(2.26)	Thursday(2.27)	Thursday(2.28)
中餐 Chinese	汤 Soup		 玉米莲藕猪骨汤 Pork Bone Soup with Corn and Lotus Root	 丝瓜蘑菇鲫鱼汤 Fish Soup with Luffa and Mushrooms	 节瓜胡萝卜龙骨汤 Melon and Carrot Soup with Pork Spare Ribs	茶树菇老鸭汤 Duck Soup with Mushroom	苹果枸杞红枣糖水 Apple, Chinese Wolfberry and Red Date Sweet Soup
	主菜 Entrees		新疆大盘鸡 Xinjiang Big Plate Chicken  芥兰炒牛肉沫 Stir-fried Minced Beef with Chinese Broccoli 山药焖鸭 Braised Duck with Chinese Yam	 酸菜鱼 Boiled Fish with Sichuan Pickles  香芹肉片炒千张 Stir-fried Dried Tofu with Sliced Pork and Chinese Celery  菜花炒肉 Fried Pork with Cauliflower	 干锅鸭 Griddle Duck 番茄炒蛋 Fried Egg with Tomato 酱爆洋葱鱿鱼 Fried Squid and Onion with Soy Sauce	 葱爆牛肉 Sauteed Beef with Scallion 辣椒炒肉 Stir-fried Pork with Chili Peppers 冬瓜炒鸡肉 Stir-fried Chicken with Wax Gourd	 台湾卤肉配豆泡 Taiwanese Braised Pork with Fried Tofu Puffs  肉沫水蒸蛋 Minced Meat Steamed Egg 莴笋炒虾仁 Stir-fried Shrimp with Lettuce
	蔬菜 Veg		清炒娃娃菜 Stir-fried Baby Cabbage	清炒春菜 Fried Spring Vegetable	清炒上海青 Fried Chinese Cabbage	 蚝油生菜 Stir-fried Lettuce with Oyster Sauce	蒜蓉菜心 Stir-fried Chinese Flowering Cabbage with Minced Garlic
	主食 Staple		红薯蒸饭 Sweet Potato with Rice	白米饭 Rice	白米饭 Rice	白米饭 Rice	 蛋炒饭 Fried Rice with Egg
	水果 Fruit		苹果 Apple	火龙果 Dragon Fruit	蜜桔 Mandarin Orange	香梨 Pear	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	784.8	791.3	825.0	775.3	799.7
蛋白 Protein /g	32.3	37.8	40.7	33.2	31.5
脂肪 Fat /g	18.4	24.7	23.1	23.3	31.7
碳水 Carbs /g	122.5	104.4	113.7	108.2	97.1

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

## Feb 24<sup>th</sup> - 28<sup>th</sup> 2025



		Type	Monday (2.24)	Tuesday (2.25)	Wednesday(2.26)	Thursday(2.27)	Thursday(2.28)
西餐 Western	汤 Soup		奶油菜花汤 Cream Cauliflower	罗宋汤 Cream Potato	奶油蘑菇汤 Cream of Mushroom Soup	奶油青豆汤 Cream Potato	玉米浓汤 Corn Soup
	主菜 Entrees		法式蘑菇猪柳 French Mushroom Pork Fillet 德式烤肠配南瓜彩椒 Baked Sausage with Pumpkin Pepper	香茅烤鸡 Grilled Chicken with Lemongrass 黄油杏鲍菇配培根 Buttered Mushrooms with Bacon	蛋黄汁焗海鲜 Baked Seafood with Egg Yolk Sauce 泰式炒猪肉 Thai-style Stir-fried Pork	芝士菠菜焗鱼柳 Baked Fish Fillet with Spinach and Cheese 芝士红薯泥配香肠粒 Cheesy Pumpkin Puree with Sausage	牛肉披萨 Beef Pizza 口蘑炒鸡胸肉 Stir-fried Chicken with Mushrooms
	配菜 Side Dish		橄榄油炒胡萝卜青豆 Stir-fried Carrots and Green Beans with Olive Oil	炒节瓜配红腰豆 Stir-fried Melon with Red Kidney Beans	扒时蔬 Grilled Seasonal Vegetable	烤樱桃番茄配芦笋 Roasted Cherry Tomatoes with Asparagus	黄油西兰花 Broccoli with Butter
	主食 Staple		土豆泥 Mashed Potato	番茄意大利面 Spaghetti with Tomatoes	牛丼饭 Rice with Beef and Onions	烤玉米 Baked Corn	薯角 Baked Corn
	水果 Fruit		苹果 Apple	火龙果 Dragon Fruit	蜜桔 Mandarin Orange	香梨 Pear	橙子 Orange

### 营养分析 / Nutrition Facts

热量 Energy /kcal	801.3	839.5	818.1	783.3	809.1
蛋白 Protein /g	28.7	35.7	42.3	27.0	47.6
脂肪 Fat /g	27.2	28.5	22.6	24.5	26.2
碳水 Carbs /g	110.5	110.0	111.5	113.7	95.9

特色档 Special	咖喱鱼丸汤面配卤蛋 Curry Fish Ball Soup Noodles with Marinated Egg	兰州牛肉拉面配煎蛋 Lanzhou Beef Noodles with a Fried Egg	葱油鸡汤面配煎蛋 Scallion Oil Chicken Soup Noodles with Fried Egg	番茄排骨汤面配油豆腐 Tomato and Spare Rib Soup Noodles with Fried Tofu	韩式海鲜面 Korean seafood noodles
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### 营养分析 / Nutrition Facts

热量 Energy /kcal	754.1	712.4	714.5	739.2	727.1
蛋白 Protein /g	32.3	30.8	27.4	31.8	43.7
脂肪 Fat /g	21.4	33.1	29.0	22.0	14.7
碳水 Carbs /g	108.0	72.9	86.0	103.5	105.1

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