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上午茶点 Morning Snack	 花卷 Steamed Twisted Roll  酸奶 Yogurt 红心火龙果 蓝莓 Red Heart Dragon Fruit Blueberry	 黄油煎包 Buttered Bread  炆锅肉丝汤面 Pork Noodles 西瓜 Watermelon	 玉米蒸饺 Steamed Corn Dumplings  酸奶 Yogurt 圣女果 猕猴桃 Cherry Tomato Kiwi Fruit	菠菜土豆饼 Spinach and Potato Pancake  胡萝卜瘦肉粥 Porridge with Carrots and Lean Pork 橙子 苹果 Orange Apple	
午餐 Lunch	 冬瓜龙骨汤 Winter Melon Soup with Pork Spareribs  可乐鸡翅 Cola Chicken Wings 水蒸蛋 Steamed Egg Custard 大白菜 Chinese Cabbage 红薯蒸饭 Sweet Potato with Rice	椰子鸡汤 Coconut Chicken Soup  土豆炖牛腩 Stewed Beef Brisket with Potatoes 肉沫茄子  Eggplants with Minced Meat 上海青 Shanghai Green Cabbage 白米饭 Rice	 鲫鱼豆腐汤  Fish Soup with Tofu  菠萝猪扒  Pineapple Pork Chop 香菇炒鸡肉 Stir-fried Chicken with Mushrooms 蒜蓉菜心 Stir-fried Chinese Flowering Cabbage with Garlic 白米饭 Rice	 绿豆汤 Mung Bean Soup  台湾卤肉配油豆腐 Taiwanese Braised Pork with Fried Tofu  番茄炒鸡蛋 Stir-fried Tomatoes with Eggs 清炒春菜 Stir-fried Spring Vegetables   牛肉酱干层面  Lasagna with Beef Sauce	PYP SLCs, SLCs/PTCs for MS and HS
下午茶点 Afternoon Tea	 提子面包  Raisin Bread  西米牛奶 Sago in Milk	 抹茶瑞士卷  Matcha Swiss Roll 牛奶  Milk	 蔓越莓纸杯蛋糕  Cranberry Cupcakes 紫薯米糊 Purple Sweet Potato Rice Paste	 蜂蜜小面包  Mini Honey Bread 牛奶  Milk	

营养分析 / Nutrition Facts

热量 Energy /kcal	984.5	1018.7	1087.1	1060.4	
蛋白 Protein /g	40.9	38.8	52.2	44.5	
脂肪 Fat /g	29.4	34.4	36.6	36.9	
碳水 Carbs /g	139.2	138.5	137.2	137.5	

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 (4.14)	Tuesday (4.15)	Wednesday(4.16)	Thursday(4.17)	Friday(4.18)
午餐 Lunch	汤 Soup	冬瓜龙骨汤 Winter Melon Soup with Pork Spareribs	椰子鸡汤 Coconut Chicken Soup	鲫鱼豆腐汤 Fish Soup with Tofu	绿豆汤 Mung Bean Soup	PYP SLCs, SLCs/PTCs for MS and HS	
	主菜 Entrees	可乐鸡翅 Cola Chicken Wings 水蒸蛋 Steamed Egg Custard 	土豆炖牛腩 Stewed Beef Brisket with Potatoes 肉沫茄子 Eggplants with Minced Meat 	菠萝猪扒 Pineapple Pork Chop 香菇炒鸡肉 Stir-fried Chicken with Mushrooms	台湾卤肉配油泡 Taiwanese Braised Pork with Fried Tofu 番茄炒鸡蛋 Stir-fried Tomatoes with Eggs 		
	蔬菜 Veg	大白菜 Chinese Cabbage	上海青 Shanghai Green Cabbage	蒜蓉菜心 Stir-fried Chinese Flowering Cabbage with Garlic	清炒春菜 Stir-fried Spring Vegetables		
	主食 Staple	红薯蒸饭 Sweet Potato with Rice	白米饭 Rice	白米饭和薯条 Rice and French Fries	牛肉酱干层面 Lasagna with Beef Sauce		
	水果 Fruit	西瓜 Watermelon	苹果 Apple	橙子 Orange	香蕉 Banana		

营养分析 / Nutrition Facts

热量 Energy /kcal	580.2	560.5	639.5	629.7
蛋白 Protein /g	25.8	22.9	33.5	28.5
脂肪 Fat /g	19.5	15.4	22.4	25.6
碳水 Carbs /g	75.5	82.7	76.1	71.3

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 (4.14)	Tuesday (4.15)	Wednesday(4.16)	Thursday(4.17)	Friday(4.18)
中餐 Chinese	汤 Soup	冬瓜龙骨汤 Winter Melon Soup with Pork Spareribs	椰子鸡汤 Coconut Chicken Soup	鲫鱼豆腐汤 Fish Soup with Tofu	绿豆汤 Mung Bean Soup		PYP SLCs, SLCs/PTCs for MS and HS
	主菜 Entrees	可乐鸡翅 Cola Chicken Wings 莴笋炒肉片 Sautéed Shredded Pork with Asparagus Lettuce 水蒸蛋 Steamed Egg Custard	土豆炖牛腩 Stewed Beef Brisket with Potatoes 酱爆鱿鱼 Stir-fried Squid in Bean Sauce 肉沫茄子 Eggplants with Minced Meat	铁锅焖大鹅 Braised Goose 土豆丝炒肉 Stir-fried Shredded Potatoes with Pork 香菇炒鸡肉 Stir-fried Chicken with Mushrooms	台湾卤肉配油泡 Taiwanese Braised Pork with Fried Tofu 番茄炒鸡蛋 Stir-fried Tomatoes with Eggs 西兰花炒牛肉沫 Stir-fried Beef Minced Broccoli		
	蔬菜 Veg	大白菜 Chinese Cabbage	上海青 Shanghai Green Cabbage	蒜蓉菜心 Stir-fried Chinese Flowering Cabbage with Garlic	清炒春菜 Stir-fried Spring Vegetables		
	主食 Staple	红薯蒸饭 Sweet Potato with Rice	白米饭 Rice	白米饭 Rice	白米饭 Rice		
	水果 Fruit	西瓜 Watermelon	苹果 Apple	橙子 Orange	香蕉 Banana		

营养分析 / Nutrition Facts

热量 Energy /kcal	771.8	833.1	842.2	836.5
蛋白 Protein /g	35.0	45.4	47.0	34.5
脂肪 Fat /g	25.3	22.0	23.1	24.6
碳水 Carbs /g	100.9	113.4	111.6	119.2



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

April 14th-18th 2025



	Type	Monday (4.14)	Tuesday (4.15)	Wednesday(4.16)	Thursday(4.17)	Friday(4.18)
西餐 Western	汤 Soup	玉米奶油汤 Creamed Corn Soup	南瓜浓汤 Creamy Pumpkin Soup	韩式大酱汤 Korean Soybean Paste Soup	奶油蘑菇汤 Cream of Mushroom Soup	PYP SLCs, SLCs/PTCs for MS and HS
	主菜 Entrees	卡真烤鱼 Cajun-style Grilled Fish 蘑菇芦笋配培根 Mushrooms and Asparagus with Bacon	法式烤鸭 French-style Roast Duck 胡萝卜蜜豆配烤肠 Carrots and Honey Beans with Grilled Sausage	菠萝猪扒 Pineapple Pork Chop 茄汁鱼丸 Fish Balls in Tomato Sauce	米兰鸡排 Milanese-style Chicken 烤节瓜条配培根 Grilled Zucchini Strips with Bacon	
	配菜 Side Dish	烤节瓜配彩椒 Grilled Zucchini with Bell Peppers	樱桃番茄配西兰花 Cherry Tomatoes with Broccoli	红腰豆配杂蔬 Red Kidney Beans with Mixed Vegetables	炒双色甘蓝 Stir-fried Two-color Cabbage	
	主食 Staple	韩式鸡蛋酱饭 Korean-style Rice with Egg Sauce	黄油玉米 Buttered Corn	薯条 French Fries	牛肉酱干层面 Lasagna with Beef Sauce	
	水果 Fruit	西瓜 Watermelon	苹果 Apple	橙子 Orange	香蕉 Banana	

营养分析 / Nutrition Facts

热量 Energy /kcal	768.0	844.2	837.2	881.4	
蛋白 Protein /g	36.9	41.5	36.5	36.7	
脂肪 Fat /g	23.1	28.2	36.6	29.9	
碳水 Carbs /g	103.2	106.0	90.5	116.2	

特色档 Special	兰州拉面配鸡蛋 Noodles with Beef and Egg	炸酱面配炒蛋 Noodles with Fried Pork Paste and Scrambled Eggs	牛肉米粉配油豆腐 Beef Rice Noodles with Fried Tofu	咖喱鱼丸米粉配煎蛋 Curry Fish Ball Rice Noodles with a Fried Egg	PYP SLCs, SLCs/PTCs for MS and HS
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营养分析 / Nutrition Facts

热量 Energy /kcal	740.7	816.3	715.2	760.1	
蛋白 Protein /g	47.0	32.6	36.6	23.3	
脂肪 Fat /g	17.3	34.8	19.3	24.2	
碳水 Carbs /g	99.2	93.2	98.7	112.3	

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