



	Monday (4.7)	Tuesday (4.8)	Wednesday(4.9)	Thursday(4.10)	Friday(4.11)
上午茶点 Morning Snack	烧卖 Shaomai 酸奶 Yogurt 红心火龙果 青提 Red Heart Dragon Fruit Green Grapes	美式炒蛋 American-style Scrambled Eggs 鸡肉蝴蝶意面 Chicken Farfalle Pasta 西瓜 蓝莓 Watermelon Blueberry	奶黄包 Steamed Creamy Custard Bun 酸奶 Yogurt 圣女果 猕猴桃 Cherry Tomato Kiwi Fruit	土豆奶香饼 Creamy Potato Pancake 皮蛋瘦肉粥 Congee with Minced Pork and Century Egg 橙子 苹果 Orange Apple	香芋派 Taro Pie 酸奶 Yogurt 沙田桔 红提 Mandarin Orange Red Grapes
午餐 Lunch	鲫鱼豆腐汤 Crucian Carp and Tofu Soup 萝卜牛腩 Stewed Beef Brisket with Radish 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 蒜蓉菜心 Stir - Fried Chinese Flowering Cabbage with Garlic 玉米饭 Corn Rice	玉米胡萝卜猪骨汤 Pork Bone Soup with Corn and Carrots 粤式葱丝蒸鱼 Steamed Fish with Shredded Scallions in Cantonese Style 土豆丝炒肉 Stir - Fried Shredded Pork with Potato 大白菜 Chinese cabbage 白米饭 Rice	冬瓜老鸭汤 Duck and Wax Gourd Soup 蒸肉饼 Steamed Minced Pork Patty 酱香杂蔬炖鱼 Stewed Fish with Assorted Vegetables in Sauce 蒜蓉生菜 Stir - Fried Lettuce with Garlic 广式腊肉饭 Cantonese-style Preserved Pork Rice	红枣鸡汤 Chicken Soup with Red Dates 番茄滑肉 Sauteed Tender Pork in Tomato Sauce 白菜炒鸡肉 Stir - Fried Chicken with Chinese Cabbage 清炒春菜 Fried Spring Vegetable 红豆饭 Red Bean Rice	绿豆汤 Mung Bean Soup 红烧肉 Braised Pork in Brown Sauce 西芹炒鱿鱼 Stir - Fried Squid with Celery 清炒上海青 Fried Chinese Cabbage 燕麦米饭 Oat Rice
下午茶点 Afternoon Tea	南瓜西多士 Pumpkin Toastie 红豆牛奶 Red Bean Milk 	培根面包 Bacon Bread 牛奶 Milk 	烤肠面包 Hot Dog Bun 胡萝卜玉米糊 Carrot and Corn Puree 	菠菜蛋糕 Spinach Cake 牛奶 Milk 	菠萝包 Pineapple Bun 苹果雪梨水 Snow Pear and Longan Drink

营养分析 / Nutrition Facts

热量 Energy /kcal	942.9	1020.1	998.0	920.0	1070.6
蛋白 Protein /g	41.3	48.4	36.9	49.3	40.3
脂肪 Fat /g	35.5	31.5	29.8	23.3	34.1
碳水 Carbs /g	114.4	135.8	145.7	128.3	150.7

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 (4.7)	Tuesday (4.8)	Wednesday(4.9)	Thursday(4.10)	Friday(4.11)
午餐 Lunch	汤 Soup		 鲫鱼豆腐汤  Crucian Carp and Tofu Soup	 玉米胡萝卜猪骨汤 Pork Bone Soup with Corn and Carrots	 冬瓜老鸭汤 Duck and Wax Gourd Soup	 红枣鸡汤 Chicken Soup with Red Dates	 绿豆汤 Mung Bean Soup
	主菜 Entrees		 萝卜牛腩 Stewed Beef Brisket with Radish  番茄炒鸡蛋 Scrambled Eggs with Tomatoes	 粤式葱丝蒸鱼 Steamed Fish with Shredded Scallions in Cantonese Style  土豆丝炒肉 Stir - Fried Shredded Pork with Potato	 蒸肉饼 Steamed Minced Pork Patty  酱香杂蔬炖鱼 Stewed Fish with Assorted Vegetables in Sauce	 番茄滑肉 Sautéed Tender Pork in Tomato Sauce 白菜炒鸡肉 Stir - Fried Chicken with Chinese Cabbage	 红烧肉 Braised Pork in Brown Sauce  西芹炒鱿鱼 Stir - Fried Squid with Celery
	蔬菜 Veg		 蒜蓉菜心 Stir - Fried Chinese Flowering Cabbage with Garlic	大白菜 Chinese cabbage	 蒜蓉生菜 Stir - Fried Lettuce with Garlic	清炒春菜 Fried Spring Vegetable	清炒上海青 Fried Chinese Cabbage
	主食 Staple		玉米饭 Corn Rice	白米饭 Rice	 广式腊肉饭 Cantonese-style Preserved Pork Rice	 红豆饭 Red Bean Rice	燕麦米饭 Oat Rice
	水果 Fruit		火龙果 Dragon Fruit	蜜桔 Mandarin Orange	苹果 Apple	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	576.8	592.9	622.6	541.4	655.6
蛋白 Protein /g	26.9	26.3	25.2	33.7	26.9
脂肪 Fat /g	21.9	12.9	22.9	11.4	20.3
碳水 Carbs /g	68.0	92.8	79.0	76.1	91.4

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 (4.7)	Tuesday (4.8)	Wednesday(4.9)	Thursday(4.10)	Friday(4.11)
中餐 Chinese	汤 Soup		鲫鱼豆腐汤 Crucian Carp and Tofu Soup	玉米胡萝卜猪骨汤 Pork Bone Soup with Corn and Carrots	冬瓜老鸭汤 Duck and Wax Gourd Soup	红枣鸡汤 Chicken Soup with Red Dates	绿豆汤 Mung Bean Soup
	主菜 Entrees		萝卜牛腩 Stewed Beef Brisket with Radish 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 蜜豆莲藕炒肉 Stir - Fried Pork with Sweet Beans and Lotus Root	粤式葱丝蒸鱼 Steamed Fish with Shredded Scallions in Cantonese Style 土豆丝炒肉 Stir - Fried Shredded Pork with Potato 三色鸡丁 Stir - Fried Chicken with Carrot, Cucumber and Corn	蒸肉饼 Steamed Minced Pork Patty 酱香杂蔬炖鱼 Stewed Fish with Assorted Vegetables in Sauce 辣椒炒肉 Stir-fried Pork with Chili Peppers	孜然烤鸭腿 Roast Duck Legs with Cumin 番茄滑肉 Sautéed Tender Pork in Tomato Sauce 白菜炒鸡肉 Stir - Fried Chicken with Chinese Cabbage	红烧肉 Braised Pork in Brown Sauce 西芹炒鱿鱼 Stir - Fried Squid with Celery 青瓜肠仔炒鸡蛋 Stir - Fried Eggs with Cucumber and Sausage
	蔬菜 Veg		蒜蓉菜心 Stir - Fried Chinese Flowering Cabbage with Garlic	大白菜 Chinese cabbage	蒜蓉生菜 Stir - Fried Lettuce with Garlic	清炒春菜 Fried Spring Vegetable	清炒上海青 Fried Chinese Cabbage
	主食 Staple		玉米饭 Corn Rice	白米饭 Rice	广式腊肉饭 Cantonese-style Preserved Pork Rice	红豆饭 Red Bean Rice	燕麦米饭 Oat Rice
	水果 Fruit		火龙果 Dragon Fruit	蜜桔 Mandarin Orange	苹果 Apple	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	747.8	789.7	886.2	805.8	879.1
蛋白 Protein /g	37.5	35.7	40.2	54.4	36.9
脂肪 Fat /g	24.9	18.0	33.0	18.9	28.3
碳水 Carbs /g	93.4	121.2	107.1	104.5	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 7th-11th 2025



		Type	Monday (4.7)	Tuesday (4.8)	Wednesday(4.9)	Thursday(4.10)	Friday(4.11)
西餐 Western	汤 Soup	玉米奶油汤 Creamed Corn Soup	奶油蘑菇汤 Cream of Mushroom Soup	意式海鲜汤 Italian Seafood Soup	南瓜浓汤 Pumpkin Soup	罗宋汤 Russian Borscht	
	主菜 Entrees	韩式烤猪肉 Korean-style Grilled Pork 炒年糕配鱼饼 Stir-Fried Rice Cakes with Fish Cakes	鸡肉汉堡 Chicken Burger 黄油杏鲍菇配培根 King Oyster Mushrooms with Butter and Bacon	匈牙利炖牛肉 Beef Goulash 南瓜蜜豆配烤肠 Stuffed Pumpkin with Honey Beans and Sausage	泰式烤鱼柳 Thai-style Grilled Fish Fillet 牛肉酱玉米饼 Corn Tortilla with Beef Sauce	照烧鸡扒 Teriyaki Chicken Steak 咖喱鱼丸 Fish Balls in Curry Sauce	
	配菜 Side Dish	黄油西兰花 Broccoli with Butter	炒青豆胡萝卜条 Stir-fried Green Beans and Carrot Strips	节瓜配菜花 Courgette with Cauliflower	樱桃番茄配芦笋 Cherry Tomatoes with Asparagus	炒菌菇配彩椒 Stir-fried Mushrooms with Colorful Bell Peppers	
	主食 Staple	烤薯角 Baked Potato Wedges	薯条 French Fries	烤玉米 Grilled Corn	蒸红薯 Steamed Sweet Potatoes	土豆泥 Mashed Potatoes	
	水果 Fruit	火龙果 Dragon Fruit	蜜桔 Mandarin Orange	苹果 Apple	香蕉 Banana	橙子 Orange	

营养分析 / Nutrition Facts

热量 Energy /kcal	833.3	891.3	813.7	786.0	872.1
蛋白 Protein /g	24.7	42.9	35.3	41.0	34.6
脂肪 Fat /g	39.3	35.7	22.4	14.6	28.7
碳水 Carbs /g	95.2	99.5	117.7	122.5	118.8

特色档 Special	鸡肉拌饭配鸡蛋 Chicken Bibimbap with Eggs	越南熟牛肉米粉配卤蛋 Vietnamese Cooked Beef with Rice Noodles and Marinated Egg	香菇鸡肉面配油豆腐 Mushroom and Chicken Noodles with Deep-fried Tofu	炸酱面配煎蛋 Noodles with Pork Sauce and a Fried Egg	红烧牛肉面油豆腐 Braised Beef Noodles with Deep-fried Tofu
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营养分析 / Nutrition Facts

热量 Energy /kcal	710.8	773.2	773.3	844.5	811.2
蛋白 Protein /g	41.8	46.1	42.1	36.8	49.2
脂肪 Fat /g	16.5	23.5	21.3	34.1	23.2
碳水 Carbs /g	98.9	94.2	103.2	97.6	101.4

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