

WEEKLY
MENUISNS EY Snack and Lunch Menu
June 3rd - 7th 2025

	Monday (6.3)	Tuesday (6.4)	Wednesday(6.5)	Thursday(6.6)	Friday(6.7)
上午茶点 Morning Snack	Dragon Boat Festival	 鸡蛋卷 Egg Roll 南瓜玉米粥 Pumpkin and Corn Congee 西瓜 青提 Watermelon Green Grapes	 云吞 Wonton  酸奶 Yogurt 番石榴 哈密瓜 Guava Melon	 餐包 Bread  香肠鸡蛋面 Sausage and Egg Noodles 苹果 橙子 Apple Orange	 南瓜煎饼 Pumpkin Pancakes 酸奶 Yogurt 桔子 红提 Orange Red Grapes
午餐 Lunch		茶树菇老鸭汤 Duck Soup with Mushrooms 卡真酱烤鸡全翅 Cajun Sauce Roasted Whole Chicken Wings 土豆丝炒肉  Stir-Fried Shredded Potatoes with Pork 蒜蓉菜心 Chinese Cabbage with Minced Garlic 白米饭 Rice	红枣乌鸡汤 Red Date and Black Chicken Soup  柠檬香草汁煎龙利鱼 Pan-Fried Basa Fish with Lemon and Herb Sauce 地三鲜配肉片  Potato, Eggplant and Green Pepper Stir-Fried with Pork Slices 上海青 Stir - fried Shanghai Green 广式腊味饭  Cantonese-Style Cured Meat Rice	 鲫鱼豆腐汤 Crucian Carp and Tofu Soup  中式卤牛肉 Chinese-Style Braised Beef 番茄炒鸡蛋  Stir-Fried Tomato and Eggs 清炒春菜 Stir-fried Spring Vegetables 白米饭 Rice	 山药龙骨汤 Yam and Pork Spareribs Soup  牛肉披萨  Beef Pizza  莲藕蜜豆炒肉 Stir-Fried Lotus Root and Honey Beans with Pork  蚝油生菜 Lettuce in Oyster Sauce 玉米饭 Corn Rice
下午茶点 Afternoon Tea		 肉松小贝 Pork Floss Mini Cakes 牛奶  Milk	椰蓉桂花糕 Coconut-Rolled Osmanthus Cake 木瓜牛奶  Papaya Milk	 香橙蛋糕 Orange Cake  牛奶 Milk	 柠檬曲奇饼  Lemon Cookies 红薯山药米糊 Sweet Potato and Yam Rice Paste
营养分析 / Nutrition Facts					
热量 Energy /kcal		1027.4	1048.9	1056.4	1043.8
蛋白 Protein /g		39.7	38.0	48.8	34.7
脂肪 Fat /g		32.9	28.4	29.9	26.7
碳水 Carbs /g		143.2	160.2	148.0	166.1

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 June 3rd - 7th 2025



	Type	Monday (6.3)	Tuesday (6.4)	Wednesday(6.5)	Thursday(6.6)	Friday(6.7)
午餐 Lunch	汤 Soup	Dragon Boat Festival	茶树菇老鸭汤 Duck Soup with Mushrooms	红枣乌鸡汤 Red Date and Black Chicken Soup	 鲫鱼豆腐汤  Crucian Carp and Tofu Soup	山药龙骨汤 Yam and Pork Spareribs Soup 
	主菜 Entrees		卡真酱烤鸡全翅 Cajun Sauce Roasted Whole Chicken Wings 土豆丝炒肉 Stir-Fried Shredded Potatoes with Pork 	 柠檬香草汁煎龙利鱼 Pan-Fried Basa Fish with Lemon and Herb Sauce 地三鲜配肉片 Potato, Eggplant and Green Pepper Stir-Fried with Pork Slices 	 中式卤牛肉 Chinese-Style Braised Beef 番茄炒鸡蛋 Stir-Fried Tomato and Eggs 	 牛肉披萨  Beef Pizza 莲藕蜜豆炒肉 Stir-Fried Lotus Root and Honey Beans with Pork  
	蔬菜 Veg		蒜蓉菜心 Chinese Cabbage with Minced Garlic	上海青 Stir - fried Shanghai Green	清炒春菜 Stir-fried Spring Vegetables	 蚝油生菜 Lettuce in Oyster Sauce
	主食 Staple		白米饭 Rice	广式腊味饭  Cantonese-Style Cured Meat Rice	白米饭 Rice	玉米饭 Corn Rice
	水果 Fruit		火龙果 Dragon Fruit	西瓜 Watermelon	苹果 Apple	西瓜 Watermelon

营养分析 / Nutrition Facts

热量 Energy /kcal		600.5	612.0	547.7	590.8
蛋白 Protein /g		23.6	25.4	30.7	22.7
脂肪 Fat /g		15.5	19.7	13.6	15.6
碳水 Carbs /g		91.6	83.4	75.6	89.9

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork

WEEKLY
MENUISNS MYP&DP&PYP Lunch Menu
June 3rd - 7th 2025

	Type	Monday (6.3)	Tuesday (6.4)	Wednesday(6.5)	Thursday(6.6)	Friday(6.7)	
中餐 Chinese	汤 Soup	Dragon Boat Festival	茶树菇老鸭汤 Duck Soup with Mushrooms	红枣乌鸡汤 Red Date and Black Chicken Soup	 鲫鱼豆腐汤 Crucian Carp and Tofu Soup	 山药龙骨汤 Yam and Pork Spareribs Soup	
	主菜 Entrees		 辣椒炒肉 Stir-Fried Pork with Chili Peppers  土豆丝炒肉 Stir-Fried Shredded Potatoes with Pork 姜葱炒鸡肉 Stir-Fried Chicken with Ginger and Scallions	 香菇蒸肉饼 Steamed Minced Pork Patty with Mushrooms 西兰花炒鸡肉 Stir-Fried Broccoli with Chicken  地三鲜配肉片 Potato, Eggplant and Green Pepper Stir-Fried with Pork Slices	 中式卤牛肉 Chinese-Style Braised Beef  肉末豆腐 Minced Pork with Tofu  番茄炒鸡蛋 Stir-Fried Tomato and Eggs	 盐焗鸡腿 Salt-Baked Chicken Drumsticks  莲藕蜜豆炒肉 Stir-Fried Lotus Root and Honey Beans with Pork 红油虾丸 Red Oil Shrimp Balls	
			蔬菜 Veg	蒜蓉菜心 Chinese Cabbage with Minced Garlic	上海青 Stir - fried Shanghai Green	清炒春菜 Stir-fried Spring Vegetables	杭白菜 Stir - fried Shanghai Green
			主食 Staple	白米饭/馒头 Rice/Steamed Mantou	 广式腊味饭 Cantonese-Style Cured Meat Rice	白米饭 Rice	玉米饭 Corn Rice
			水果 Fruit	火龙果 Dragon Fruit	西瓜 Watermelon	苹果 Apple	西瓜 Watermelon
	营养分析 / Nutrition Facts						
热量 Energy /kcal			798.8	888.5	779.9	769.0	
蛋白 Protein /g			41.7	38.3	43.0	44.7	
脂肪 Fat /g			20.0	33.1	23.3	23.5	
碳水 Carbs /g			113.1	109.4	99.5	94.7	

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork

WEEKLY
MENUISNS MYP&DP&PYP Lunch Menu
June 3rd - 7th 2025

西餐 Western	Type	Monday (6.3)	Tuesday (6.4)	Wednesday(6.5)	Thursday(6.6)	Friday(6.7)
	汤 Soup	Dragon Boat Festival	奶油玉米汤 Cream Corn Soup	罗宋汤 Borscht	奶油蘑菇汤 Cream of Mushroom Soup	蟹柳奶油汤 Creamy Crab Stick Soup
	主菜 Entrees		卡真酱烤鸡全翅 Cajun Sauce Roasted Whole Chicken Wings 韩式炒年糕配鱼饼 Korean Stir-Fried Rice Cakes with Fish Cakes	柠檬香草汁煎龙利鱼 Pan-Fried Basa Fish with Lemon and Herb Sauce 西式滑蛋配烤肠 Western-Style Scrambled Eggs with Grilled Sausage	照烧猪扒 Teriyaki Pork Chop 烤节瓜条配烤鸡肉 Grilled Zucchini Strips with Roasted Chicken	牛肉披萨 Beef Pizza 奶酪肉酱玉米饼 Cheese and Meat Sauce Tortilla
	配菜 Side Dish		什锦蔬菜 Mixed Vegetables	樱桃番茄配芦笋 Cherry Tomatoes with Asparagus	炒椰菜花配彩椒 Stir-Fried Cauliflower with Bell Peppers	烤时蔬配胡萝卜 Roasted Seasonal Vegetables with Carrots
	主食 Staple		蜂蜜小南瓜 Honey-Glazed Baby Pumpkin	卡真烤玉米 Cajun Grilled Corn	红薯条 Sweet Potato Fries	奶香土豆泥 Creamy Mashed Potatoes
	水果 Fruit		火龙果 Dragon Fruit	西瓜 Watermelon	苹果 Apple	西瓜 Watermelon

营养分析 / Nutrition Facts

热量 Energy /kcal		809.0	815.9	772.1	924.2
蛋白 Protein /g		24.3	34.9	36.6	34.4
脂肪 Fat /g		24.9	32.7	23.4	28.9
碳水 Carbs /g		122.0	95.4	103.7	131.8

特色档 Special	Dragon Boat Festival	兰州拉面配卤蛋 Lanzhou Beef Noodles with Marinated Egg 	葱油鸡肉拌面配蛋丝 Scallion Oil Chicken Noodles with Shredded Egg 	炸酱米粉配煎蛋 Pork Sauce Rice Noodles with Fried Egg 	云吞面配鱼丸 Wonton Noodles with Fish Balls
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营养分析 / Nutrition Facts

热量 Energy /kcal		779.8	731.1	732.9	742.8
蛋白 Protein /g		53.0	40.4	29.9	32.3
脂肪 Fat /g		18.6	19.7	27.4	30.6
碳水 Carbs /g		100.2	98.1	91.8	84.6

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork