

WEEKLY
MENUISNS EY Snack and Lunch Menu
June 9th - 13th 2025

	Monday (6.9)	Tuesday (6.10)	Wednesday(6.11)	Thursday(6.12)	Friday(6.13)
上午茶点 Morning Snack	奶黄包 Custard Steamed Bun 酸奶 Yogurt 圣女果 火龙果 Cherry Tomato Dragon Fruit	煎蛋 Fried Egg 瘦肉粥 Pork Porridge 香蕉 Banana	酱肉包 Steamed Pork Bun 酸奶 Yogurt 西瓜 青提 Watermelon Green Grapes	土豆菠菜饼 Potato and Spinach Pancake 牛肉青菜面 Beef and Greens Noodle Soup 蓝莓 橙子 Blueberry Orange	烧麦 Shaomai 酸奶 Yogurt 哈密瓜 苹果 Melon Apple
午餐 Lunch	玉米胡萝卜龙骨汤 Corn, Carrot and Pork Spareribs Soup 可乐鸡翅根 Cola Chicken Drumettes 青瓜炒五花肉 Stir-Fried Cucumber and Pork Belly 杭白菜 Cabbage 玉米饭 Corn Rice	薏米煲鸡汤 Chicken Soup with Coix Seeds 英式炸鱼 British-Style Fish and Chips 玉米山药炒肉丁 Stir-Fried Diced Pork with Corn and Chinese Yam 上海青 Shanghai Green 白米饭 Rice	菠菜瘦肉汤 Spinach and Pork Soup 广式牛腩 Cantonese-Style Braised Beef Brisket 肉末水蒸蛋 Steamed Egg with Minced Pork 蒜蓉菜心 Stir - Fried Chosum with Garlic 燕麦米饭 Oatmeal Rice	鲫鱼木瓜汤 Fish and Papaya Soup 梅菜肉饼 Steamed Minced Pork with Preserved Mustard Greens 番茄炒鸡蛋 Stir-Fried Tomatoes and Eggs 清炒春菜 Stir-Fried Spring Vegetables 红薯饭 Sweet Potatoes Rice	绿豆糖水 Mung Bean Sweet Soup 土耳其烤鸡扒 Turkish Grilled Chicken Chop 白萝卜炒肉丝 Stir-Fried Shredded White Radish with Pork 蚝油生菜 Stir-Fried Lettuce in Oyster Sauce 白米饭/薯条 Rice/French Fries
下午茶点 Afternoon Tea	红豆西多士 Red Bean Toast 红薯甜汤 Sweet Potato Soup	虎皮蛋糕卷 Cake Roll 牛奶 Milk	菠萝派 Pineapple Pie 胡萝卜玉米糊 Carrot and Corn Paste	蓝莓曲奇 Blueberry Cookies 牛奶 Milk	海苔肉松小贝 Pork Floss Mini Cakes 红豆牛奶 Red Bean Milk
营养分析 / Nutrition Facts					
热量 Energy /kcal	1001.2	1077.3	964.9	1004.1	1012.9
蛋白 Protein /g	43.3	46.0	46.8	38.2	43.9
脂肪 Fat /g	27.5	44.3	26.1	31.0	32.3
碳水 Carbs /g	145.2	123.8	135.7	143.1	136.6

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 9th - 13th 2025

午餐 Lunch	Type	Monday (6.9)	Tuesday (6.10)	Wednesday(6.11)	Thursday(6.12)	Friday(6.13)
	汤 Soup	 玉米胡萝卜龙骨汤 Corn, Carrot and Pork Spareribs Soup	薏米煲鸡汤 Chicken Soup with Coix Seeds	 菠菜瘦肉汤 Spinach and Pork Soup	 鲫鱼木瓜汤 Fish and Papaya Soup	 绿豆糖水 Mung Bean Sweet Soup
	主菜 Entrees	可乐鸡翅根 Cola Chicken Drumettes 青瓜炒五花肉 Stir-Fried Cucumber and Pork Belly 	 英式炸鱼 British-Style Fish and Chips 玉米山药炒肉丁 Stir-Fried Diced Pork with Corn and Chinese Yam	 广式牛腩 Cantonese-Style Braised Beef Brisket  肉末水蒸蛋 Steamed Egg with Minced Pork 	 梅菜肉饼 Steamed Minced Pork with Preserved Mustard Greens 番茄炒鸡蛋 Stir-Fried Tomatoes and Eggs 	土耳其烤鸡扒 Turkish Grilled Chicken Chop 白萝卜炒肉丝 Stir-Fried Shredded White Radish with Pork 
	蔬菜 Veg	杭白菜 Cabbage	上海青 Shanghai Green	蒜蓉菜心 Stir - Fried Chosum with Garlic	清炒春菜 Stir-Fried Spring Vegetables	蚝油生菜 Stir-Fried Lettuce in Oyster Sauce 
	主食 Staple	玉米饭 Corn Rice	白米饭 Rice	燕麦米饭 Oatmeal Rice	红薯饭 Steamed Sweet Potatoes with Rice	白米饭/薯条 Rice/French Fries
	水果 Fruit	橙子 Orange	西瓜 Watermelon	苹果 Apple	香蕉 Banana	西瓜 Watermelon

营养分析 / Nutrition Facts

热量 Energy /kcal	564.1	597.5	558.8	582.1	623.7
蛋白 Protein /g	27.7	24.1	30.9	29.3	28.9
脂肪 Fat /g	16.8	19.8	13.4	15.2	16.1
碳水 Carbs /g	75.5	80.8	78.6	82.1	90.8

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 9th - 13th 2025eat
by sodexo

	Type	Monday (6.9)	Tuesday (6.10)	Wednesday(6.11)	Thursday(6.12)	Friday(6.13)
中餐 Chinese	汤 Soup	 玉米胡萝卜龙骨汤 Corn, Carrot and Pork Spareribs Soup	薏米煲鸡汤 Chicken Soup with Coix Seeds	 菠菜瘦肉汤 Spinach and Pork Soup	 鲫鱼木瓜汤 Fish and Papaya Soup	 绿豆糖水 Mung Bean Sweet Soup
	主菜 Entrees	 可乐鸡翅根 Cola Chicken Drumettes  青椒炒五花肉 Stir-Fried Cucumber and Pork Belly  青椒鱼块 Stir-Fried Fish Fillets with Green Bell Peppers	 台湾卤肉配豆泡 Taiwanese Braised Pork with Tofu Puffs  土豆烧鸭 Braised Duck with Potatoes  玉米山药炒肉丁 Stir-Fried Diced Pork with Corn and Chinese Yam	 广式牛腩 Cantonese-Style Braised Beef Brisket  肉末水蒸蛋 Steamed Egg with Minced Pork  彩椒炒鸡肉 Stir-Fried Chicken with Colored Bell Peppers	 梅菜肉饼 Steamed Minced Pork with Preserved Mustard Greens  土豆丝炒肉 Stir-Fried Shredded Potatoes with Pork  番茄炒鸡蛋 Stir-Fried Tomatoes and Eggs	 粤式椒丝蒸鱼 Cantonese-Style Steamed Fish with Shredded Chili and Scallions  白萝卜炒肉丝 Stir-Fried Shredded White Radish with Pork  牛肉末烧豆腐 Braised Tofu with Minced Beef 
	蔬菜 Veg	杭白菜 Cabbage	上海青 Shanghai Green	蒜蓉菜心 Stir - Fried Chosum with Garlic	清炒春菜 Stir-Fried Spring Vegetables	 蚝油生菜 Stir-Fried Lettuce in Oyster Sauce
	主食 Staple	玉米饭 Corn Rice	白米饭 Rice	燕麦米饭 Oatmeal Rice	红薯饭 Steamed Sweet Potatoes with Rice	蛋炒饭 Fried Rice with Eggs
	水果 Fruit	橙子 Orange	西瓜 Watermelon	苹果 Apple	香蕉 Banana	西瓜 Watermelon
营养分析 / Nutrition Facts						
热量 Energy /kcal		806.2	894.3	727.6	775.0	816.4
蛋白 Protein /g		43.9	38.6	39.6	39.2	45.8
脂肪 Fat /g		24.5	35.8	18.9	17.9	24.3
碳水 Carbs /g		102.5	104.4	99.9	114.3	103.6

过敏源Allergen:



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WEEKLY
MENUISNS MYP&DP&PYP Lunch Menu
June 9th - 13th 2025

	Type	Monday (6.9)	Tuesday (6.10)	Wednesday(6.11)	Thursday(6.12)	Friday(6.13)
西餐 Western	汤 Soup	意式蔬菜汤 Italian Minestrone Soup	泡菜汤 Kimchi Soup	 海带豆腐味增汤 Miso Soup with Kelp and Tofu	 蘑菇鸡肉汤 Mushroom and Chicken Soup	 奶油玉米汤 Creamed Corn Soup
	主菜 Entrees	 苹果汁猪扒 Pork Chops in Apple Juice Sauce  烤蔬菜条配牛肉丁 Roasted Vegetables with Diced beef	 英式炸鱼 British-Style Fish and Chips 烤节瓜配鸡胸肉 Grilled Zucchini with Chicken Breast	法式油封鸭腿 French Confit Duck Leg 烤蔬菜配鱿鱼 Roasted Vegetables with Squid 	 蔬菜炖牛肉 Stewed Beef with Vegetables  照烧鱼丸 Teriyaki Fish Balls	土耳其烤鸡扒 Turkish Grilled Chicken Chop  烤肠配南瓜蜜豆 Grilled Sausages with Pumpkin and Sweetened Red Beans 
	配菜 Side Dish	樱桃番茄配芦笋 Cherry Tomatoes with Asparagus	 烤胡萝卜配甜豆 Roasted Carrots with Sugar Snap Peas	什锦蔬菜 Mixed Vegetables	黄油什菇 Buttered Mixed Mushrooms	黄油蒜蓉花椰菜 Buttered Cauliflower
	主食 Staple	蒸紫薯 Steamed Purple Sweet Potatoes	 牛肉千层面 Beef Lasagna 	烤薯角 Roasted Potato Wedges	 芝士烤玉米 Cheesy Baked Corn	薯条 French Fries
	水果 Fruit	橙子 Orange	西瓜 Watermelon	苹果 Apple	香蕉 Banana	西瓜 Watermelon

营养分析 / Nutrition Facts

热量 Energy /kcal	792.5	867.6	784.9	810.4	819.2
蛋白 Protein /g	32.2	53.0	36.4	34.7	40.4
脂肪 Fat /g	21.0	28.8	31.2	27.4	21.8
碳水 Carbs /g	118.8	99.2	784.9	106.3	115.4

特色档 Special	 红油海鲜面配水煮蛋 Spicy Seafood Noodles with Poached Egg 	红烧鸡腿乌冬面配卤蛋 Braised Chicken Drumstick Udon Noodles with Marinated Egg 	 酸菜排骨米粉配油豆腐 Rice Noodles in Sauerkraut and Spareribs Soup with Fried Tofu  	 兰州牛肉拉面配卤蛋 Lanzhou Beef Noodle Soup with Marinated Egg 	 炸酱刀削面配蛋丝 Pork Sauce Noodles with Shredded Egg 
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营养分析 / Nutrition Facts

热量 Energy /kcal	707.7	727.8	704.2	779.8	723.6
蛋白 Protein /g	41.1	38.9	29.1	53.0	28.9
脂肪 Fat /g	15.4	22.4	22.7	18.6	27.8
碳水 Carbs /g	101.1	92.8	95.9	100.2	89.5

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海鲜Seafood



牛肉Beef



猪肉Pork