

WEEKLY
MENUISNS EY Snack and Lunch Menu
August 25th - 29th 2025eat
by sodexo

	Monday (8.25)	Tuesday (8.26)	Wednesday(8.27)	Thursday(8.28)	Friday(8.29)
上午茶点 Morning Snack	 叉烧包 Pork Bun  酸奶 Yogurt 橙子 苹果 Orange Apple	 黄油餐包 Butter Dinner Rolls 鸡肉香菇粥 Chicken and Mushroom Congee 西瓜 青提 Watermelon Green Grapes	 糯米烧卖 Shaomai  酸奶 Yogurt 哈密瓜 蓝莓 Hami Melon Blueberry	 鸡蛋卷 Egg Rolls  瘦肉青菜面 Noodles with Pork and Greens 香蕉 Banana	胡萝卜丝煎饼 Shredded Carrot Pancake  酸奶 Yogurt 圣女果 猕猴桃 Cherry Tomato Kiwi Fruit
午餐 Lunch	 山药丸子汤 Yam Meatball Soup  粤式蒸鱼 Cantonese-Style Steamed Fish  肉末豆腐 Tofu with Minced Pork  蚝油生菜 Lettuce in Oyster Sauce  蛋炒饭 Egg Fried Rice	 萝卜鲫鱼汤 Radish and Fish Soup  卤牛肉配油豆腐 Braised Beef in Soy Sauce with Fried Tofu Puffs  土豆丝炒肉 Stir-Fried Shredded Pork with Potatoes  蒜蓉菜心 Chinese Cabbage with Minced Garlic 白米饭 Rice	 绿豆糖水 Mung Bean Dessert Soup  洋葱香草猪扒 Onion and Herb Pork Chop  西蓝花炒牛肉 Stir-Fried Beef with Broccoli 上海青 Stir - fried Shanghai Green 玉米饭 Corn Rice	 冬瓜薏米龙骨汤 Winter Melon, Coix Seed and Spare Rib Soup  盐焗鸡腿 Salt-Baked Chicken Legs  牛肉末水蒸蛋 Steamed Egg with Minced Beef 清炒春菜 Stir-fried Spring Vegetables 白米饭 Rice	 虫草花鸡汤 Cordyceps Flower Chicken Soup  蔬菜炖牛肉 Beef Stew with Vegetables  番茄炒鸡蛋 Stir-Fried Tomatoes and Eggs 杭白菜 Stir - fried Shanghai Green 红薯饭 Sweet Potato Rice
下午茶点 Afternoon Tea	 蓝莓松饼 Blueberry Muffins  芋头红豆奶 Taro and Red Bean Milk	 肠仔面包 Sausage Bread  牛奶 Milk	 南瓜蛋糕 Pumpkin Cake 苹果小米米糊 Apple and Millet Rice Paste	 菠萝派 Pineapple Pie  牛奶 Milk	 麻薯 Mochi 莲子雪梨汤 Lotus Seed and Pear Soup

营养分析 / Nutrition Facts

热量 Energy /kcal	937.8	997.3	987.3	1008.0	893.8
蛋白 Protein /g	44.8	47.1	37.4	39.5	31.5
脂肪 Fat /g	27.5	22.6	28.8	39.9	18.4
碳水 Carbs /g	127.8	151.3	144.8	122.7	150.6

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
August 25th - 29th 2025午餐
Lunch

Type	Monday (8.25)	Tuesday (8.26)	Wednesday(8.27)	Thursday(8.28)	Friday(8.29)
汤 Soup	 山药丸子汤 Yam Meatball Soup	 萝卜鲫鱼汤 Radish and Fish Soup	 绿豆糖水 Mung Bean Dessert Soup	 冬瓜薏米龙骨汤 Winter Melon, Coix Seed and Spare Rib Soup	虫草花鸡汤 Cordyceps Flower Chicken Soup
主菜 Entrees	 粤式蒸鱼 Cantonese-Style Steamed Fish  肉末豆腐 Tofu with Minced Pork	 卤牛肉配油豆腐 Braised Beef in Soy Sauce with Fried Tofu Puffs  土豆丝炒肉 Stir-Fried Shredded Pork with Potatoes	 洋葱香草猪扒 Onion and Herb Pork Chop 西蓝花炒牛肉 Stir-Fried Beef with Broccoli	盐焗鸡腿 Salt-Baked Chicken Legs 牛肉末水蒸蛋 Steamed Egg with Minced Beef	 蔬菜炖牛肉 Beef Stew with Vegetables 番茄炒鸡蛋 Stir-Fried Tomatoes and Eggs
蔬菜 Veg	 蚝油生菜 Lettuce in Oyster Sauce	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	 蛋炒饭 Egg Fried Rice	白米饭 Rice	玉米饭 Corn Rice	白米饭 Rice	红薯饭 Sweet Potato Rice
水果 Fruit	西瓜 Watermelon	火龙果 Dragon Fruit	苹果 Apple	香蕉 Banana	西瓜 Watermelon

营养分析 / Nutrition Facts

热量 Energy /kcal	596.2	578.7	612.4	551.3	516.8
蛋白 Protein /g	32.9	27.3	25.9	25.1	21.2
脂肪 Fat /g	21.2	12.3	20.3	16.0	11.8
碳水 Carbs /g	68.5	89.7	81.5	76.8	81.5

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
August 25th - 29th 2025

中餐 Chinese	Type	Monday (8.25)	Tuesday (8.26)	Wednesday(8.27)	Thursday(8.28)	Friday(8.29)
	汤 Soup	 山药丸子汤 Yam Meatball Soup	 萝卜鲫鱼汤 Radish and Fish Soup	 绿豆糖水 Mung Bean Dessert Soup	 冬瓜薏米龙骨汤 Winter Melon, Coix Seed and Spare Rib Soup	虫草花鸡汤 Cordyceps Flower Chicken Soup
	主菜 Entrees	 粤式蒸鱼 Cantonese-Style Steamed Fish  双椒芹菜碎牛肉 Diced Beef with Bell Peppers and Celery  肉末豆腐 Tofu with Minced Pork	 卤牛肉配油豆腐 Braised Beef in Soy Sauce with Fried Tofu Puffs  土豆丝炒肉 Stir-Fried Shredded Pork with Potatoes  冬菇烧鸡肉 Braised Chicken with Shiitake Mushrooms	 尖椒回锅肉 Stir-Fried Pork with Chili Peppers  西兰花炒牛肉 Stir-Fried Beef with Broccoli  莲藕炒五花肉 Stir-Fried Pork Belly with Lotus Root	 盐焗鸡腿 Salt-Baked Chicken Legs  青瓜炒肉片 Stir-Fried Pork Slices with Cucumber  牛肉末水蒸蛋 Steamed Egg with Minced Beef	 蒸排骨 Steamed Spare Ribs  番茄炒鸡蛋 Stir-Fried Tomatoes and Eggs  白萝卜炒肉丝 Stir-Fried Shredded Pork with White Radish
	蔬菜 Veg	 蚝油生菜 Lettuce in Oyster Sauce	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	蛋炒饭 Egg Fried Rice	白米饭 Rice	玉米饭 Corn Rice	白米饭 Rice	红薯饭 Sweet Potato Rice
	水果 Fruit	西瓜 Watermelon	火龙果 Dragon Fruit	苹果 Apple	香蕉 Banana	西瓜 Watermelon
营养分析 / Nutrition Facts						
热量 Energy /kcal		792.3	843.5	804.3	759.9	816.6
蛋白 Protein /g		45.4	47.7	31.7	35.4	35.7
脂肪 Fat /g		26.8	20.9	24.4	23.1	29.3
碳水 Carbs /g		92.3	116.2	114.5	102.7	102.6

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
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西餐 Western	Type	Monday (8.25)	Tuesday (8.26)	Wednesday(8.27)	Thursday(8.28)	Friday(8.29)
	汤 Soup	 奶油南瓜汤 Creamy Pumpkin Soup	豆腐泡菜汤 Tofu and Kimchi Soup	 蘑菇鸡肉汤 Mushroom and Chicken Soup	 罗宋汤 Borscht	 紫甘蓝海鲜汤 Purple Cabbage and Seafood Soup
	主菜 Entrees	蜜汁鸡扒 Honey-Glazed Chicken Chop 西式滑蛋配热狗肠  Western-Style Scrambled Eggs with Hot Dogs	 韩式烤猪肉 Korean-Style Grilled Pork 韩式炒年糕配鱼饼  Korean-Style Stir-Fried Rice Cakes with Fish Cakes	 洋葱香草猪扒 Onion and Herb Pork Chop 照烧鱼丸  Teriyaki Fish Balls	 日式炸鱼排配塔塔汁  Japanese-Style Fried Fish Fillet with Tartar Sauce 烤肠配南瓜蜜豆  Grilled Sausages with Pumpkin and Honey Beans	 蔬菜炖牛肉 Beef Stew with Vegetables 烤节瓜配培根  Roasted Zucchini with Bacon
	配菜 Side Dish	 黄油西蓝花 Buttered Broccoli	韩式炒杂菜 Korean-Style Stir-Fried Assorted Vegetables	烤什锦蔬菜 Roasted Mixed Vegetables	樱桃番茄配芦笋 Cherry Tomatoes with Asparagus	 黄油什菇配彩椒 Buttered Mixed Mushrooms with Bell Peppers
	主食 Staple	 黄油烤玉米 Butter-Roasted Corn	韩式鸡蛋盖饭  Korean-Style Egg Rice Bowl	烤薯角 Roasted Potato Wedges	迷迭香烤小南瓜 Roasted Baby Pumpkin with Rosemary	茄汁意大利面 Tomato Sauce Pasta
	水果 Fruit	西瓜 Watermelon	火龙果 Dragon Fruit	苹果 Apple	香蕉 Banana	西瓜 Watermelon

营养分析 / Nutrition Facts

热量 Energy /kcal	890.3	854.4	863.7	860.3	773.5
蛋白 Protein /g	39.2	30.3	28.6	25.8	32.0
脂肪 Fat /g	33.5	28.0	36.2	33.3	24.8
碳水 Carbs /g	107.9	120.2	106.0	114.4	105.7

特色档 Special	 卤肉刀削面配鹌鹑蛋  Noodles with Braised Pork and Quail Eggs	 酸菜排骨米粉配油豆腐  Rice Noodles in Sauerkraut and Spareribs Soup with Fried Tofu	 红烧鸡腿煎蛋乌冬面  Braised Chicken Drumstick with Fried Egg Udon Noodles	 兰州牛肉拉面配煎蛋  Lanzhou Beef Noodles with a Fried Egg	 云吞面配鱼丸煎蛋  Wonton Noodles with Fish Balls and Fried Egg
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营养分析 / Nutrition Facts

热量 Energy /kcal	793.4	726.5	678.7	714.6	750.5
蛋白 Protein /g	36.8	30.2	37.2	43.1	31.3
脂肪 Fat /g	28.8	29.6	23.9	16.5	22.9
碳水 Carbs /g	96.7	84.8	78.8	98.6	104.9

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork