

WEEKLY  
MENUISNS EY Snack and Lunch Menu  
September 15<sup>th</sup> - 19<sup>th</sup> 2025

|                       | Monday (9.15)                                                                                                                                                                                           | Tuesday (9.16)                                                                                                                                  | Wednesday(9.17)                                                                                                                                                                          | Thursday(9.18)                                                                                                                                                                                                    | Friday(9.19)                                                                                                                                                                                                   |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 上午茶点<br>Morning Snack | 奶黄包<br>Custard Bun<br>酸奶<br>Yogurt<br>橙子 苹果<br>Orange Apple                                                                                                                                             | 菠菜鸡蛋卷<br>Spinach and Egg Roll<br>瘦肉粥<br>Minced Pork Congee<br>西瓜 青提<br>Watermelon Green Grapes                                                  | 胡萝卜鸡蛋煎饼<br>Carrot and Egg Pancakes<br>酸奶<br>Yogurt<br>哈密瓜 蓝莓<br>Hami Melon Blueberry                                                                                                     | 椰蓉面包<br>Coconut Flake Bread<br>牛肉青菜面<br>Beef and Vegetable<br>Noodle Soup<br>圣女果 猕猴桃<br>Cherry Tomato Kiwi Fruit                                                                                                  | 糯米烧卖<br>Glutinous Rice Shaomai<br>酸奶<br>Yogurt<br>香蕉<br>Banana                                                                                                                                                 |
| 午餐<br>Lunch           | 鲫鱼萝卜汤<br>Fish and Radish Soup<br>莲藕肉饼<br>Lotus Root and Pork Patty<br>三色鸡丁<br>Stir-Fried Chicken with<br>Carrots, Cucumbers and<br>Corn<br>清炒春菜<br>Stir-Fried Spring Greens<br>红薯饭<br>Sweet Potato Rice | 绿豆糖水<br>Mung Bean Dessert Soup<br>葱油鸡<br>Scallion Oil Chicken<br>肉沫豆腐<br>Tofu with Minced Pork<br>上海青<br>Shanghai-Style Bok Choy<br>白米饭<br>Rice | 山药乌鸡汤<br>Chinese Yam and Chicken<br>Soup<br>粉蒸肉<br>Steamed Pork with Rice<br>Flour<br>牛肉沫水蒸蛋<br>Steamed Egg with Minced<br>Beef<br>杭白菜<br>Stir-Fried Chinese Cabbage<br>玉米饭<br>Corn Rice | 菠菜肉片汤<br>Spinach and Sliced Pork<br>Soup<br>西西里炖牛腩<br>Sicilian-Style Braised Beef<br>Brisket<br>花菜炒肉<br>Stir-Fried Pork with<br>Cauliflower<br>蒜蓉菜心<br>Stir-Fried Flowering<br>Cabbage with Garlic<br>白米饭<br>Rice | 胡萝卜龙骨汤<br>Pork Spare Rib Soup with<br>Carrots<br>雪菜蒸鱼<br>Steamed Fish with Preserved<br>Vegetables<br>芥兰炒牛肉<br>Stir-Fried Beef with Chinese<br>Broccoli<br>清炒大白菜<br>Stir-Fried Cabbage<br>燕麦米饭<br>Oatmeal Rice |
| 下午茶点<br>Afternoon Tea | 蓝莓乳酪吐司<br>Blueberry Cream Cheese<br>Toast<br>红枣牛奶<br>Red Date Milk                                                                                                                                      | 火龙果面包卷<br>Dragon Fruit Bread Roll<br>牛奶<br>Milk                                                                                                 | 蛋挞小披萨<br>Egg Tart Mini Pizza<br>苹果小米糊<br>Apple and Millet Paste                                                                                                                          | 南瓜蛋糕<br>Pumpkin Cake<br>牛奶<br>Milk                                                                                                                                                                                | 酸奶松饼<br>Yogurt Pancakes<br>淮山糖水<br>Chinese Yam Dessert Soup                                                                                                                                                    |

## 营养分析 / Nutrition Facts

|                 |       |       |       |        |       |
|-----------------|-------|-------|-------|--------|-------|
| 热量 Energy /kcal | 853.9 | 914.6 | 950.3 | 1006.3 | 831.1 |
| 蛋白 Protein /g   | 32.9  | 39.1  | 31.3  | 45.0   | 43.2  |
| 脂肪 Fat /g       | 19.6  | 27.9  | 32.2  | 33.6   | 14.8  |
| 碳水 Carbs /g     | 136.5 | 126.8 | 133.9 | 130.9  | 131.3 |

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  
September 15<sup>th</sup> - 19<sup>th</sup> 2025

| 午餐<br>Lunch | Type          | Monday (9.15)                                                                                                                                                                      | Tuesday (9.16)                                                                                                                                                                                                                      | Wednesday(9.17)                                                                                                                                                                                                                                                                                                                              | Thursday(9.18)                                                                                                                                                                                                                                                       | Friday(9.19)                                                                                                                                                                            |
|-------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|             | 汤<br>Soup     | 鲫鱼萝卜汤<br>Fish and Radish Soup                                                                                                                                                      |  绿豆糖水<br>Mung Bean Dessert Soup                                                                                                                    | 山药乌鸡汤<br>Chinese Yam and Chicken Soup                                                                                                                                                                                                                                                                                                        | 菠菜肉片汤 <br>Spinach and Sliced Pork Soup                                                                                                                                            |  胡萝卜龙骨汤<br>Pork Spare Rib Soup with Carrots                                                          |
|             | 主菜<br>Entrees |  莲藕肉饼<br>Lotus Root and Pork Patty<br>三色鸡丁<br>Stir-Fried Chicken with Carrots, Cucumbers and Corn | 葱油鸡<br>Scallion Oil Chicken<br>肉沫豆腐<br>Tofu with Minced Pork<br>  |  粉蒸肉<br>Steamed Pork with Rice Flour<br>牛肉沫水蒸蛋<br>Steamed Egg with Minced Beef<br>  |  西西里炖牛腩<br>Sicilian-Style Braised Beef Brisket<br>花菜炒肉<br>Stir-Fried Pork with Cauliflower<br> | 雪菜蒸鱼<br>Steamed Fish with Preserved Vegetables<br>芥兰炒牛肉<br>Stir-Fried Beef with Chinese Broccoli<br> |
|             | 蔬菜<br>Veg     | 清炒春菜<br>Stir-Fried Spring Greens                                                                                                                                                   | 上海青<br>Shanghai-Style Bok Choy                                                                                                                                                                                                      | 杭白菜<br>Stir-Fried Chinese Cabbage                                                                                                                                                                                                                                                                                                            | 蒜蓉菜心<br>Stir-Fried Flowering Cabbage with Garlic                                                                                                                                                                                                                     | 清炒大白菜<br>Stir-Fried Cabbage                                                                                                                                                             |
|             | 主食<br>Staple  | 红薯饭<br>Sweet Potato Rice                                                                                                                                                           | 白米饭<br>Rice                                                                                                                                                                                                                         | 玉米饭<br>Corn Rice                                                                                                                                                                                                                                                                                                                             | 白米饭<br>Rice                                                                                                                                                                                                                                                          | 燕麦米饭<br>Oatmeal Rice                                                                                                                                                                    |
|             | 水果<br>Fruit   | 苹果<br>Apple                                                                                                                                                                        | 西瓜<br>Watermelon                                                                                                                                                                                                                    | 橙子<br>Orange                                                                                                                                                                                                                                                                                                                                 | 香蕉<br>Banana                                                                                                                                                                                                                                                         | 西瓜<br>Watermelon                                                                                                                                                                        |

## 营养分析 / Nutrition Facts

|                 |       |       |       |       |       |
|-----------------|-------|-------|-------|-------|-------|
| 热量 Energy /kcal | 458.1 | 486.3 | 535.8 | 502.0 | 504.3 |
| 蛋白 Protein /g   | 21.9  | 22.1  | 18.7  | 27.7  | 32.4  |
| 脂肪 Fat /g       | 12.8  | 11.5  | 20.1  | 14.9  | 11.3  |
| 碳水 Carbs /g     | 63.8  | 73.6  | 70.0  | 64.4  | 68.1  |

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  
September 15<sup>th</sup> - 19<sup>th</sup> 2025

|                 | Type                   | Monday (9.15)                                                                                                                                           | Tuesday (9.16)                                                                                         | Wednesday(9.17)                                                                                                                           | Thursday(9.18)                                                                                                           | Friday(9.19)                                                                                                                                     |
|-----------------|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| 中餐<br>Chinese   | 汤<br>Soup              | 鲫鱼萝卜汤<br>Fish and Radish Soup                                                                                                                           | 绿豆糖水<br>Mung Bean Dessert Soup                                                                         | 山药乌鸡汤<br>Chinese Yam and Chicken Soup                                                                                                     | 菠菜肉片汤<br>Spinach and Sliced Pork Soup                                                                                    | 胡萝卜龙骨汤<br>Pork Spare Rib Soup with Carrots                                                                                                       |
|                 | 主菜<br>Entrees          | 莲藕肉饼<br>Lotus Root and Pork Patty<br>莴笋炒肉丝<br>Stir-Fried Shredded Pork with Lettuce Stem<br>三色鸡丁<br>Stir-Fried Chicken with Carrots, Cucumbers and Corn | 葱油鸡<br>Scallion Oil Chicken<br>肉沫豆腐<br>Tofu with Minced Pork<br>番茄炒鸡蛋<br>Stir-Fried Tomatoes with Eggs | 话梅酱排骨<br>Spareribs in Plum Sauce<br>牛肉沫水蒸蛋<br>Steamed Egg with Minced Beef<br>西芹尖椒香干炒肉<br>Stir-Fried Pork with Celery, Chili & Dried Tofu | 客家胡椒鸭<br>Hakka-Style Pepper Duck<br>花菜炒肉<br>Stir-Fried Pork with Cauliflower<br>土豆丝炒鸡肉<br>Stir-Fried Chicken with Potato | 雪菜蒸鱼<br>Steamed Fish with Preserved Vegetables<br>芥兰炒牛肉<br>Stir-Fried Beef with Chinese Broccoli<br>包菜炒五花肉<br>Stir-Fried Pork Belly with Cabbage |
|                 | 蔬菜<br>Veg              | 清炒春菜<br>Stir-Fried Spring Greens                                                                                                                        | 上海青<br>Shanghai-Style Bok Choy                                                                         | 杭白菜<br>Stir-Fried Chinese Cabbage                                                                                                         | 蒜蓉菜心<br>Stir-Fried Flowering Cabbage with Garlic                                                                         | 清炒大白菜<br>Stir-Fried Cabbage                                                                                                                      |
|                 | 主食<br>Staple           | 红薯饭<br>Sweet Potato Rice                                                                                                                                | 白米饭<br>Rice                                                                                            | 玉米饭<br>Corn Rice                                                                                                                          | 白米饭<br>Rice                                                                                                              | 燕麦米饭<br>Oatmeal Rice                                                                                                                             |
|                 | 水果<br>Fruit            | 苹果<br>Apple                                                                                                                                             | 西瓜<br>Watermelon                                                                                       | 橙子<br>Orange                                                                                                                              | 香蕉<br>Banana                                                                                                             | 西瓜<br>Watermelon                                                                                                                                 |
|                 | 营养分析 / Nutrition Facts |                                                                                                                                                         |                                                                                                        |                                                                                                                                           |                                                                                                                          |                                                                                                                                                  |
| 热量 Energy /kcal |                        | 720.5                                                                                                                                                   | 739.1                                                                                                  | 817.2                                                                                                                                     | 742.5                                                                                                                    | 765.0                                                                                                                                            |
| 蛋白 Protein /g   |                        | 35.1                                                                                                                                                    | 31.1                                                                                                   | 36.1                                                                                                                                      | 33.0                                                                                                                     | 42.2                                                                                                                                             |
| 脂肪 Fat /g       |                        | 18.9                                                                                                                                                    | 16.5                                                                                                   | 32.1                                                                                                                                      | 21.9                                                                                                                     | 19.9                                                                                                                                             |
| 碳水 Carbs /g     |                        | 102.6                                                                                                                                                   | 116.6                                                                                                  | 96.0                                                                                                                                      | 103.3                                                                                                                    | 104.4                                                                                                                                            |

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  
September 15<sup>th</sup> - 19<sup>th</sup> 2025

|                        | Type            | Monday (9.15)                                                                                             | Tuesday (9.16)                                                                                                       | Wednesday(9.17)                                                                                          | Thursday(9.18)                                                                                        | Friday(9.19)<br>Food Festival                           |
|------------------------|-----------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| 西餐<br>Western          | 汤<br>Soup       | 南瓜浓汤<br>Pumpkin Soup                                                                                      | 冬阴功海鲜汤<br>Tom Yum Goong Seafood Soup                                                                                 | 奶油红薯汤<br>Creamy Sweet Potato Soup                                                                        | 蘑菇鸡肉汤<br>Mushroom and Chicken Soup                                                                    | 印度豆汤<br>Indian Dal Soup                                 |
|                        | 主菜<br>Entrees   | 韩式辣酱炸鸡块<br>Korean Spicy Sauce Fried Chicken Bites<br>金不换牛肉沫茄子<br>Eggplant with Minced Beef in Basil Sauce | 葡式烤猪扒<br>Portuguese-Style Roasted Pork Chop<br>法式白汁牛肉丸配菠菜<br>French-Style Beef Meatballs with Spinach in White Sauce | 米兰焗鱼柳<br>Milanese Baked Fish Fillets<br>奥尔良鸡肉烤黄瓜秋葵<br>Orleans-Style Roasted Chicken with Cucumber & Okra | 西西里炖牛腩<br>Sicilian-Style Braised Beef Brisket<br>茄汁焗豆配烤肠<br>Baked Beans in Tomato Sauce with Sausages | 马萨拉鸡肉<br>Chicken Masala<br>咖喱角<br>Samosa                |
|                        | 配菜<br>Side Dish | 黄油胡萝卜配芦笋<br>Buttered Carrots with Asparagus                                                               | 普罗旺斯炖菜<br>Stewed Tomatoes with Eggplant and Bell Peppers                                                             | 黄油西兰花<br>Buttered Broccoli                                                                               | 烤节瓜配彩椒<br>Roasted Zucchini with Bell Peppers                                                          | 咖喱蔬菜<br>Curry Vegetables                                |
|                        | 主食<br>Staple    | 蜂蜜烤玉米<br>Honey-Glazed Roasted Corn                                                                        | 蒸红薯<br>Steamed Sweet Potato                                                                                          | 黄油吐司条<br>Buttered Toast Strips                                                                           | 烤小南瓜<br>Roasted Baby Pumpkin                                                                          | 印尼炒饭<br>Nasi Goreng                                     |
|                        | 水果<br>Fruit     | 苹果<br>Apple                                                                                               | 西瓜<br>Watermelon                                                                                                     | 橙子<br>Orange                                                                                             | 香蕉<br>Banana                                                                                          | 西瓜<br>Watermelon                                        |
| 营养分析 / Nutrition Facts |                 |                                                                                                           |                                                                                                                      |                                                                                                          |                                                                                                       |                                                         |
| 热量 Energy /kcal        |                 | 851.9                                                                                                     | 739.9                                                                                                                | 834.8                                                                                                    | 744.5                                                                                                 | 854.8                                                   |
| 蛋白 Protein /g          |                 | 31.2                                                                                                      | 29.6                                                                                                                 | 47.9                                                                                                     | 40.1                                                                                                  | 35.4                                                    |
| 脂肪 Fat /g              |                 | 31.8                                                                                                      | 31.2                                                                                                                 | 26.0                                                                                                     | 29.8                                                                                                  | 34.1                                                    |
| 碳水 Carbs /g            |                 | 110.3                                                                                                     | 85.1                                                                                                                 | 102.3                                                                                                    | 79.1                                                                                                  | 101.6                                                   |
| 特色档<br>Special         |                 | 咖喱鱼丸米线煎蛋<br>Curry Fish Ball Rice Vermicelli with Fried Egg                                                | 照烧猪扒拉面配煎蛋<br>Teriyaki Pork Chop Noodles with Fried Egg                                                               | 兰州牛肉拉面配卤蛋<br>Lanzhou Beef Noodles with Marinated Egg                                                     | 番茄小排拉面配鸡蛋<br>Tomato Sparerib Noodles with Egg                                                         | 卤肉刀削面配卤蛋<br>Noodles with Braised Pork and Marinated Egg |
| 营养分析 / Nutrition Facts |                 |                                                                                                           |                                                                                                                      |                                                                                                          |                                                                                                       |                                                         |
| 热量 Energy /kcal        |                 | 685.1                                                                                                     | 746.8                                                                                                                | 699.1                                                                                                    | 699.2                                                                                                 | 724.0                                                   |
| 蛋白 Protein /g          |                 | 25.8                                                                                                      | 37.8                                                                                                                 | 43.0                                                                                                     | 31.1                                                                                                  | 33.4                                                    |
| 脂肪 Fat /g              |                 | 21.6                                                                                                      | 15.8                                                                                                                 | 14.8                                                                                                     | 19.7                                                                                                  | 30.7                                                    |
| 碳水 Carbs /g            |                 | 97.0                                                                                                      | 113.4                                                                                                                | 98.5                                                                                                     | 99.3                                                                                                  | 78.6                                                    |

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork