

WEEKLY MENU → ISNS EY Snack and Lunch Menu

January 12th - 16th 2026



	Monday (1.12)	Tuesday (1.13)	Wednesday(1.14)	Thursday(1.15)	Friday(1.16)
上午茶点 Morning Snack	叉烧包 Pork Buns 酸奶 Yogurt 红心火龙果 蓝莓 Red Dragon Fruit & Blueberry	鸡蛋卷 Egg Roll 牛肉胡萝卜粥 Beef and Carrot Congee 橘子 Tangerine	蒸玉米 Steamed Corn 酸奶 Yogurt 圣女果 橙子 Cherry Tomatoes & Orange	水煮蛋 Boiled Egg 肉丝青菜面 Shredded Pork and Greens Noodles 香蕉 Banana	土豆鸡蛋煎饼 Potato and Egg Pancake 酸奶 Yogurt 青提 苹果 Green Grape & Apple
午餐 Lunch	菌菇牛肉汤 Mushroom and Beef Soup 苹果猪扒 Apple Pork Chop 包菜粉丝炒牛肉沫 Stir-fried Minced Beef with Cabbage and Vermicelli 蚝油生菜 Oyster Sauce Lettuce 红薯饭 Sweet Potato Rice	鲫鱼豆腐汤 Crucian Carp and Tofu Soup 照烧牛肉 Teriyaki Beef 肉沫茄子 Braised Eggplant with Minced Pork 蒜蓉油麦菜 Garlic Sautéed Choy Sum 燕麦米饭 Oat Rice	山药肉片汤 Chinese Yam and Pork Slices Soup 古巴烤猪肉丁 Cuban Roasted Pork Cubes 番茄炒鸡蛋 Stir-fried Tomatoes with Eggs 大白菜 Stir-fried Napa Cabbage 薯条 French Fries	红枣雪梨汤 Red Date and Snow Pear Soup 萝卜焖牛腩 Braised Beef Brisket with Radish 三色鸡丁 Three-color Diced Chicken 清炒春菜 Stir-fried Choy Sum 韩式鸡蛋酱饭 Korean Egg Sauce Rice	虫草花乌鸡汤 Cordyceps Flower and Black- bone Chicken Soup 地中海番茄烤鱼柳 Mediterranean-style Grilled Fish Fillet with Tomatoes 牛肉沫水蒸蛋 Steamed Egg with Minced Beef 杭白菜 Stir-fried Shanghai Green 肉酱千层面 Meat Sauce Lasagna
下午茶点 Afternoon Tea	红豆西多士 Red Bean French Toast 柠檬山楂糖水 Lemon and Hawthorn Syrup	南瓜蛋糕 Pumpkin Cake 牛奶 Milk	蛋奶西饼 Egg and Milk Pastry 山药小米糊 Chinese Yam and Millet Porridge	果泥蛋糕卷 Puree Cake Roll 牛奶 Milk	椰蓉面包 Coconut Bread 紫薯燕麦牛奶 Purple Sweet Potato and Oat Milk

营养分析 / Nutrition Facts

热量 Energy /kcal	761.2	860.7	775.7	849.9	833.5
蛋白 Protein /g	29.2	42.1	29.6	34.1	38.4
脂肪 Fat /g	28.9	32.4	23.3	31.7	25.6
碳水 Carbs /g	96.2	100.1	111.8	107.0	112.2

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

WEEKLY
MENU →ISNS G1&G2 Lunch Menu
January 12th - 16th 2026eat
by sodexo

午餐 Lunch	Type	Monday (1.12)	Tuesday (1.13)	Wednesday(1.14)	Thursday(1.15)	Friday(1.16)
	汤 Soup	 菌菇牛肉汤 Mushroom and Beef Soup	 鲫鱼豆腐汤 Crucian Carp and Tofu Soup	 山药肉片汤 Chinese Yam and Pork Slices Soup	红枣雪梨汤 Red Date and Snow Pear Soup	虫草花乌鸡汤 Cordyceps Flower and Black-bone Chicken Soup
	主菜Entrees	 苹果猪扒 Apple Pork Chop 包菜粉丝炒牛肉沫 Stir-fried Minced Beef with Cabbage and Vermicelli	 照烧牛肉 Teriyaki Beef 肉沫茄子 Braised Eggplant with Minced Pork	 古巴烤猪肉丁 Cuban Roasted Pork Cubes 番茄炒鸡蛋 Stir-fried Tomatoes with Eggs	 萝卜焖牛腩 Braised Beef Brisket with Radish 三色鸡丁 Three-color Diced Chicken	 地中海番茄烤鱼柳 Mediterranean-style Grilled Fish Fillet with Tomatoes 牛肉沫水蒸蛋 Steamed Egg with Minced Beef
	蔬菜 Veg	 蚝油生菜 Oyster Sauce Lettuce	蒜蓉油麦菜 Garlic Sautéed Choy Sum	大白菜 Stir-fried Napa Cabbage	 清炒春菜 Stir-fried Choy Sum	杭白菜 Stir-fried Shanghai Green
	主食 Staple	红薯饭 Sweet Potato Rice	燕麦米饭 Oat Rice	薯条 French Fries	韩式鸡蛋酱饭 Korean Egg Sauce Rice	 肉酱千层面 Meat Sauce Lasagna
	水果 Fruit	橘子 Tangerine	圣女果 Cherry Tomatoes	苹果 Apple	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	560.2	498.5	534.2	507.2	517.4
蛋白 Protein /g	21.7	32.9	22.1	17.7	26.6
脂肪 Fat /g	23.1	16.8	20.3	14.8	17.9
碳水 Carbs /g	66.3	54.0	65.8	75.8	62.5

过敏源Allergen:



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海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

WEEKLY
MENUISNS MYP&DP&PYP Lunch Menu
January 12th - 16th 2026eat
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	Type	Monday (1.12)	Tuesday (1.13)	Wednesday(1.14)	Thursday(1.15)	Friday(1.16)
中餐 Chinese	汤 Soup	 菌菇牛肉汤 Mushroom and Beef Soup	 鲫鱼豆腐汤 Crucian Carp and Tofu Soup	 山药肉片汤 Chinese Yam and Pork Slices Soup	红枣雪梨汤 Red Date and Snow Pear Soup	虫草花乌鸡汤 Cordyceps Flower and Black-bone Chicken Soup
	主菜Entrees	 可乐鸡翅根 Cola Chicken Wing Roots  莲藕炒肉 Stir-fried Pork with Lotus Root  包菜粉丝炒牛肉沫 Stir-fried Minced Beef with Cabbage and Vermicelli	 马蹄蒸肉饼 Steamed Minced Pork Patty with Water Chestnuts  肉沫茄子 Braised Eggplant with Minced Pork  酸辣土豆丝 Shredded Potatoes with Hot and Sour Flavor	 酸菜鱼块 (辣) Sour and Spicy Fish Fillets (Spicy)  莴笋丝炒肉 Stir-fried Pork with Shredded Asparagus Lettuce  番茄炒鸡蛋 Stir-fried Tomatoes with Eggs	 萝卜焖牛腩 Braised Beef Brisket with Radish  三色鸡丁 Three-color Diced Chicken  红洋葱西芹炒五花肉 Stir-fried Pork Belly with Red Onion and Celery	 辣椒炒肉 Stir-fried Pork with Chili Peppers  胡萝卜炒鸡肉 (辣) Stir-fried Chicken with Carrots (Spicy)  牛肉沫水蒸蛋 Steamed Egg with Minced Beef
	蔬菜 Veg	蚝油生菜 Oyster Sauce Lettuce	蒜蓉油麦菜 Garlic Sautéed Choy Sum	大白菜 Stir-fried Napa Cabbage	清炒春菜 Stir-fried Choy Sum	杭白菜 Stir-fried Shanghai Green
	主食 Staple	红薯饭 Sweet Potato Rice	燕麦米饭 Oat Rice	白米饭 Steamed Rice	白米饭 Steamed Rice	玉米饭 Corn Rice
	水果 Fruit	橘子 Tangerine	圣女果 Cherry Tomatoes	苹果 Apple	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	751.7	787.2	741.7	726.1	740.2
蛋白 Protein /g	30.2	39.5	38.8	25.8	32.4
脂肪 Fat /g	19.1	24.2	17.5	21.8	19.1
碳水 Carbs /g	114.8	102.9	107.4	106.6	109.7

过敏源Allergen:



奶类Milk



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豆Bean



海鲜Seafood



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猪肉Pork



蘑菇Mushroom

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西餐 Western	Type	Monday (1.12)	Tuesday (1.13)	Wednesday(1.14)	Thursday(1.15)	Friday(1.16)
	汤 Soup	 奶油蘑菇汤 Cream of Mushroom Soup	菠菜鸡肉奶油汤 Cream of Spinach and Chicken Soup	 牛肉蔬菜汤 Beef and Vegetable Soup	南瓜香肠汤 Pumpkin and Sausage Soup	 土豆培根汤 Potato and Bacon Soup
	主菜 Entrees	 苹果猪扒 Apple Pork Chop  樱桃番茄芦笋配虾仁 Shrimp with Cherry Tomatoes and Asparagus	 照烧牛肉 Teriyaki Beef 杏鲍菇扒鸡扒 Grilled Chicken Chop with King Oyster Mushrooms	 古巴烤猪肉丁 Cuban Roasted Pork Cubes 胡萝卜蜜豆配牛肉条 Beef Strips with Carrots and Sweet Peas	日式脆鸡扒配塔塔酱 Japanese Crispy Chicken with Tartar Sauce 地中海碎猪肉炒蔬菜 (辣) (Spicy) Mediterranean-style Stir-fried Minced Pork with Vegetables	 地中海番茄烤鱼柳 Mediterranean-style Grilled Fish  Fillet with Tomatoes  咖喱蔬菜配猪扒 Curry Vegetables with Pork Chop
	配菜 Side Dish	韩式炒杂菜 Korean-style Stir-fried Mixed Vegetables	椒盐烤时蔬 Salt and Pepper Roasted Seasonal Vegetables	烤花椰菜 Roasted Cauliflower	烤节瓜配西兰花 Roasted Zucchini with Broccoli	炒双色甘蓝 Stir-fried Two-color Cabbage
	主食 Staple	白米饭 Steamed White Rice	 小南瓜配面包丁 Mini Pumpkin with Croutons	 奶香土豆泥 Creamy Mashed Potatoes	韩式鸡蛋酱饭 Korean Egg Sauce Rice	肉酱千层面 Meat Sauce Lasagna
	水果 Fruit	橘子 Tangerine	圣女果 Cherry Tomatoes	苹果 Apple	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	811.7	723.4	836.6	851.1	809.5
蛋白 Protein /g	28.4	30.9	30.9	31.0	36.1
脂肪 Fat /g	29.3	23.5	34.7	25.6	29.2
碳水 Carbs /g	108.7	97.1	100.3	124.3	100.7

特色档 Special	 咖喱鱼丸刀削面配煎蛋 Curry Fish Ball Sliced Noodles with Fried Egg	 葱烧鸡扒拉面配煎蛋 Scallion Braised Chicken Chop Ramen with Fried Egg	 酸汤肥牛米粉配煎蛋 Sour Soup Beef Rice Noodles with Fried Egg	 卤肉大碗面配卤蛋 Large Bowl Braised Pork Noodles with Marinated Egg	 兰州牛肉拉面配卤蛋 Lanzhou Beef Lamian with Marinated Egg
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营养分析 / Nutrition Facts

热量 Energy /kcal	707.5	746.8	646.1	802.8	699.1
蛋白 Protein /g	29.5	37.8	24.2	37.7	43.0
脂肪 Fat /g	22.6	15.8	17.1	29.6	14.8
碳水 Carbs /g	96.4	113.4	98.8	96.4	98.5

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