

WEEKLY
MENUISNS EY Snack and Lunch Menu
January 5th - 9th 2026eat
by sodexo

	Monday (1.5)	Tuesday (1.6)	Wednesday(1.7)	Thursday(1.8)	Friday(1.9)
上午茶点 Morning Snack	蒸红薯 Steamed Sweet Potato 酸奶 Yogurt 橙子 蓝莓 Orange Blueberry	美式炒蛋 American-style Scrambled Eggs 瘦肉粥 Lean Pork Congee 香蕉 Banana	可颂 Croissant 酸奶 Yogurt 红提 苹果 Red Grape Apple	烧麦 Shaomai 牛肉青菜面 Beef and Vegetable Noodle Soup 橘子 Tangerine	桂花糕 Osmanthus Cake 酸奶 Yogurt 火龙果 青提 Dragon Fruit Green Grape
午餐 Lunch	蘑菇乌鸡汤 Mushroom and Black Chicken Soup 粤式蒸鱼 Cantonese Style Steamed Fish 京酱肉丝 Shredded Pork in Sweet Bean Sauce 杭白菜 Stir-fried Shanghai Green 日式猪丼饭 Japanese-style Pork Donburi	猪肉冬瓜汤 Pork and Winter Melon Soup 孜然牛肉 Cumin Beef 照烧鱼丸 Teriyaki Fish Balls 蒜蓉油麦菜 Garlic Sautéed Choy Sum 燕麦米饭 Oat Rice	绿豆糖水 Mung Bean Syrup 台湾卤肉配豆干 Taiwanese Braised Pork with Dried Tofu 西蓝花炒牛肉 Stir-fried Beef with Broccoli 上海青 Stir-fried Shanghai Green 白米饭 Steamed Rice	胡萝卜龙骨汤 Pork Spine and Carrot Soup 菠萝烤牛肉配蔬菜 Roasted Beef with Pineapple & Mixed Vegetables 杏鲍菇炒肉 Stir-fried Pork with Mushrooms 清炒春菜 Stir-fried Choy Sum 口袋饼 Pita Bread	山药牛肉汤 Chinese Yam and Beef Soup 鸡肉披萨 Chicken Pizza 虾仁水蒸蛋 Steamed Egg Custard with Shrimps 蚝油生菜 Oyster Sauce Lettuce 奶香红薯泥 Creamy Mashed Sweet Potatoes
下午茶点 Afternoon Tea	古早蛋糕 Vintage Castella Cake 红豆牛奶 Red Bean Milk	原味麻薯 Plain Mochi 牛奶 Milk	紫薯面包卷 Purple Sweet Potato Bread Roll 南瓜山药米糊 Pumpkin and Yam Rice Paste	迷你小披萨 Mini Pizza 牛奶 Milk	蓝莓吐司 Blueberry Toast 红枣苹果糖水 Red Date and Apple Syrup

营养分析 / Nutrition Facts

热量 Energy /kcal	841.8	971.4	909.3	981.5	924.4
蛋白 Protein /g	40.7	48.1	36.9	56.1	37.5
脂肪 Fat /g	20.3	35.8	26.3	28.5	29.3
碳水 Carbs /g	124.0	114.2	131.4	125.1	127.7

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 5th - 9th 2026



		Type	Monday (1.5)	Tuesday (1.6)	Wednesday(1.7)	Thursday(1.8)	Friday(1.9)
午餐 Lunch	汤 Soup		 蘑菇乌鸡汤 Mushroom and Black Chicken Soup	 猪肉冬瓜汤 Pork and Winter Melon Soup	绿豆糖水  Mung Bean Syrup	 胡萝卜龙骨汤 Pork Spine and Carrot Soup	 山药牛肉汤 Chinese Yam and Beef Soup
	主菜Entrees		 粤式蒸鱼 Cantonese Style Steamed Fish  京酱肉丝 Shredded Pork in Sweet Bean Sauce	 孜然牛肉 Cumin Beef 照烧鱼丸 Teriyaki Fish Balls 	 台湾卤肉配豆干  Taiwanese Braised Pork with Dried Tofu 西蓝花炒牛肉 Stir-fried Beef with Broccoli 	 菠萝烤牛肉配蔬菜 Roasted Beef with Pineapple & Mixed Vegetables 杏鲍菇炒肉 Stir-fried Pork with Mushrooms 	 鸡肉披萨  Chicken Pizza 虾仁水蒸蛋 Steamed Egg Custard with Shrimps  
	蔬菜 Veg		杭白菜 Stir-fried Shanghai Green	蒜蓉油麦菜 Garlic Sautéed Choy Sum	上海青 Stir-fried Shanghai Green	清炒春菜 Stir-fried Choy Sum	 蚝油生菜 Oyster Sauce Lettuce
	主食 Staple		 日式猪丼饭 Japanese-style Pork Donburi	燕麦米饭 Oat Rice	白米饭 Steamed Rice	 口袋饼  Pita Bread	 奶香红薯泥 Creamy Mashed Sweet Potatoes
	水果 Fruit		哈密瓜 Hami Melon	橙子 Orange	香蕉 Banana	橘子 Tangerine	苹果 Apple

营养分析 / Nutrition Facts

热量 Energy /kcal	541.5	568.7	563.2	553.8	585.8
蛋白 Protein /g	33.6	30.6	23.9	36.9	25.4
脂肪 Fat /g	14.7	17.3	18.5	10.3	21.3
碳水 Carbs /g	68.8	72.6	75.3	78.4	73.2

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WEEKLY
MENUISNS MYP&DP&PYP Lunch Menu
January 5th - 9th 2026

	Type	Monday (1.5)	Tuesday (1.6)	Wednesday(1.7)	Thursday(1.8)	Friday(1.9)
中餐 Chinese	汤 Soup	 蘑菇乌鸡汤 Mushroom and Black Chicken Soup	 猪肉冬瓜汤 Pork and Winter Melon Soup	 绿豆糖水 Mung Bean Syrup	 胡萝卜龙骨汤 Pork Spine and Carrot Soup	 山药牛肉汤 Chinese Yam and Beef Soup
	主菜Entrees	 剁椒鱼块 (辣) Chopped Chili Fish Fillet (Spicy)  京酱肉丝 Shredded Pork in Sweet Bean Sauce  番茄炒鸡蛋 Scrambled Eggs with Tomatoes	 孜然牛肉 Cumin Beef  东北酱豆腐 Northeast-style Marinated Tofu  黄瓜玉米炒肉 (辣) Stir-fried Pork with Cucumber and Corn (Spicy)	 台湾卤肉配豆干 Taiwanese Braised Pork with Dried Tofu  西兰花炒牛肉 Stir-fried Beef with Broccoli 酸辣土豆丝 Spicy and Sour Shredded Potatoes	 香菇蒸鸡 Steamed Chicken with Shiitake Mushrooms  莴笋炒鱼豆腐 Stir-fried Fish Tofu with Asparagus Lettuce  杏鲍菇炒肉 (辣) Stir-fried Pork with Mushrooms (Spicy)	 辣椒炒肉 Stir-fried Pork with Chili Peppers  虾仁水蒸蛋 Steamed Egg Custard with Shrimps  鱼香肉丝 Yu-Shiang Shredded Pork
	蔬菜 Veg	杭白菜 Stir-fried Shanghai Green	蒜蓉油麦菜 Garlic Sautéed Choy Sum	上海青 Stir-fried Shanghai Green	清炒春菜 Stir-fried Choy Sum	 蚝油生菜 Oyster Sauce Lettuce
	主食 Staple	白米饭 Steamed Rice	燕麦米饭 Oat Rice	白米饭 Steamed Rice	白米饭 Steamed Rice	白米饭 Steamed Rice
	水果 Fruit	哈密瓜 Hami Melon	橙子 Orange	香蕉 Banana	橘子 Tangerine	苹果 Apple
营养分析 / Nutrition Facts						
热量 Energy /kcal		796.8	770.8	811.4	754.2	745.1
蛋白 Protein /g		37.9	39.6	31.1	38.6	38.8
脂肪 Fat /g		18.9	22.3	21.3	17.7	18.9
碳水 Carbs /g		118.9	102.9	123.8	110.2	105.1

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	Type	Monday (1.5)	Tuesday (1.6)	Wednesday(1.7)	Thursday(1.8)	Friday(1.9)
西餐 Western	汤 Soup	玉米蟹柳汤 Corn and Crab Stick Soup	菠菜奶油汤 Cream of Spinach Soup	奶油蘑菇汤 Cream of Mushroom Soup	奶油南瓜汤 Cream of Pumpkin Soup	意式鹰嘴豆汤 Italian Chickpea Soup
	主菜 Entrees	BBQ烤肋排 BBQ Grilled Ribs 芝士肉酱焗玉米片 Cheese & Meat Sauce Nachos	韩式鸡块 Korean-style Fried Chicken Bites 照烧鱼丸 Teriyaki Fish Balls	柠檬叶焗鱼柳 Baked Fish Fillet with Kaffir Lime Leaves 金不换茄子炒肉沫 Stir-fried Minced Pork with Eggplant and Thai Basil	菠萝烤牛肉配蔬菜 Roasted Beef with Pineapple & Mixed Vegetables 樱桃番茄鸡肉丁 Diced Chicken with Cherry Tomatoes	鸡肉披萨 Chicken Pizza 炒时蔬配猪柳 Stir-fried Seasonal Vegetables with Pork Strips
	配菜 Side Dish	烤蘑菇配西兰花 Roasted Mushrooms with Broccoli	炒什锦蔬菜 Stir-fried Mixed Vegetables	洋葱炒菠菜 Stir-fried Spinach with Onion	咖喱杂菜 Curry Mixed Vegetables	普罗旺斯炖菜 Provençal Ratatouille
	主食 Staple	日式猪丼饭 Japanese-style Pork Donburi	蜂蜜小南瓜 Honey-glazed Mini Pumpkins	黄油烤玉米 Butter Roasted Corn	口袋饼 Pita Bread	奶香红薯泥 Creamy Mashed Sweet Potatoes
	水果 Fruit	哈密瓜 Hami Melon	橙子 Orange	香蕉 Banana	橘子 Tangerine	苹果 Apple

营养分析 / Nutrition Facts

热量 Energy /kcal	864.6	853.4	797.0	800.9	830.8
蛋白 Protein /g	32.4	25.3	26.6	39.7	26.3
脂肪 Fat /g	24.6	29.1	28.1	17.0	28.9
碳水 Carbs /g	128.5	122.7	109.4	122.1	116.4

特色档 Special	番茄肥牛配米粉鸡蛋 Tomato Beef Slices with Rice Noodles & Egg	卤肉酱刀削面配煎蛋 Braised Pork Noodles with Marinated Egg	日式鸡扒乌冬面配鸡蛋 Japanese-style Chicken Cutlet Udon with Egg	云吞面配烤肠 Wonton Noodle Soup with Grilled Sausage	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	639.9	752.8	643.9	674.7	699.1
蛋白 Protein /g	24.0	33.8	33.0	28.1	43.0
脂肪 Fat /g	15.9	32.4	14.3	24.6	14.8
碳水 Carbs /g	100.2	81.6	95.9	85.3	98.5

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海鲜Seafood



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猪肉Pork



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