

WEEKLY MENU



ISNS EY Snack and Lunch Menu February 2nd - 6th 2026



	Monday (2.2)	Tuesday (2.3)	Wednesday(2.4)	Thursday(2.5)	Friday(2.6)
上午茶点 Morning Snack	蒸小南瓜 Steamed Mini Pumpkin 酸奶 Yogurt 红心火龙果 蓝莓 Red Pitaya Blueberry	鸡蛋卷 Egg Roll 牛肉胡萝卜粥 Beef & Carrot Congee 橘子 Tangerine	烧麦 Siu Mai 酸奶 Yogurt 圣女果 哈密瓜 Cherry Tomato Hami Melon	桂花糕 Sweet Osmanthus Cake 肉丝青菜面 Noodles with Shredded Pork and Green Vegetables 橙子 苹果 Orange Apple	番茄鸡蛋煎饼 Pancake with Tomato and Egg 酸奶 Yogurt 白心火龙果 红提 White Pitaya Red Grape
午餐 Lunch	虫草花乌鸡汤 Cordyceps Flower with Silkie Chicken Soup 孜然牛肉 Cumin Beef 肉沫菠菜水蒸蛋 Steamed Egg with Minced Pork and Spinach 清炒春菜 Stir-fried Choy Sum 白米饭 Steamed Rice	玉米龙骨汤 Corn & Spare Rib Soup 香菇蒸鸡 Steamed Chicken with Shiitake 蘑菇 Mushrooms 毛豆炒牛肉沫 Stir-fried Edamame with Minced Beef 清炒杭白菜 Stir-fried Napa Cabbage 红薯饭 Sweet Potato Rice	山药肉片汤 Chinese Yam with Pork Slices Soup 美式烤牛肉配蔬菜 American-style Roast Beef with Vegetables 冬瓜焖肉片 Braised Pork with Wax Gourd 蚝油生菜 Lettuce in Oyster Sauce 玉米饭 Corn with Rice	萝卜牛肉汤 Beef Soup with Radish 红烧肉 Braised Pork Belly 玉米炒鸡蛋 Stir-fried Egg with Corn 清炒大白菜 Stir-fried Chinese Cabbage 肉酱千层面 Lasagna with Meat Sauce 	红枣雪梨汤 Snow Pear Soup with Red Dates 椒盐鱼块 Fish Cubes with Spicy Salt 莴笋胡萝卜炒肉片 Stir-fried Pork Slices with Asparagus Lettuce and Carrot 蒜蓉油麦菜 Chrysanthemum Greens with Minced Garlic 燕麦米饭 Rice with Oats
下午茶点 Afternoon Tea	提子雪花酥 Grape Snow Crisp 柠檬山楂糖水 Lemon with Hawthorn Sweet Soup	红枣蛋糕 Red Date Cake 牛奶 Milk	蛋奶西饼 Custard Pancake 山药紫薯小米糊 Chinese Yam with Purple Sweet Potato and Millet Mash	果泥蛋糕卷 Fruit Puree Cake Roll 牛奶 Milk	椰蓉麦芬 Coconut Muffin 木瓜牛奶 Papaya with Milk

营养分析 / Nutrition Facts

热量 Energy /kcal	778.3	825.5	721.2	933.1	851.4
蛋白 Protein /g	34.9	30.4	37.5	35.2	33.8
脂肪 Fat /g	21.5	30.0	20.7	35.6	22.0
碳水 Carbs /g	111.3	108.4	96.2	118.0	129.7

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 February 2nd - 6th 2026



午餐 Lunch	Type	Monday (2.2)	Tuesday (2.3)	Wednesday(2.4)	Thursday(2.5)	Friday(2.6)
	汤 Soup	虫草花乌鸡汤 Cordyceps Flower with Silkie Chicken Soup	 玉米龙骨汤 Corn & Spare Rib Soup	 山药肉片汤 Chinese Yam with Pork Slices Soup	 萝卜牛肉汤 Beef Soup with Radish	红枣雪梨汤 Snow Pear Soup with Red Dates
	主菜Entrees	 孜然牛肉 Cumin Beef  肉沫菠菜水蒸蛋 Steamed Egg with Minced Pork and Spinach	香菇蒸鸡 Steamed Chicken with Shiitake Mushrooms  毛豆炒牛肉沫 Stir-fried Edamame with Minced Beef	 美式烤牛肉配蔬菜 American-style Roast Beef with Vegetables  冬瓜焖肉片 Braised Pork with Wax Gourd	 红烧肉 Red Braised Pork Belly  玉米炒鸡蛋 Stir-fried Egg with Corn	 椒盐鱼块 Fish Cubes with Spicy Salt 莴笋胡萝卜炒肉片 Stir-fried Pork Slices with Asparagus Lettuce and Carrot 
	蔬菜 Veg	清炒春菜 Stir-fried Choy Sum	清炒杭白菜 Stir-fried Napa Cabbage	蚝油生菜 Lettuce in Oyster Sauce	清炒大白菜 Stir-fried Chinese Cabbage	蒜蓉油麦菜 Chrysanthemum Greens with Minced Garlic
	主食 Staple	白米饭 Steamed Rice	红薯饭 Sweet Potato Rice	玉米饭 Corn Rice	 肉酱千层面  Lasagna with Meat Sauce	燕麦米饭 Rice with Oats
	水果 Fruit	橘子 Tangerine	香蕉 Banana	苹果 Apple	梨 Pear	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	494.4	528.5	444.9	584.4	573.4
蛋白 Protein /g	24.4	21.9	24.3	24.3	23.9
脂肪 Fat /g	13.8	15.0	12.3	25.4	15.5
碳水 Carbs /g	68.1	76.5	59.2	64.7	84.7

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豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

WEEKLY
MENUISNS MYP&DP&PYP Lunch Menu
February 2nd - 6th 2026

	Type	Monday (2.2)	Tuesday (2.3)	Wednesday(2.4)	Thursday(2.5)	Friday(2.6)
中餐 Chinese	汤 Soup	虫草花乌鸡汤 Cordyceps Flower with Silkie Chicken Soup	 玉米龙骨汤 Corn & Spare Rib Soup	 山药肉片汤 Chinese Yam with Pork Slices Soup	 萝卜牛肉汤 Beef Soup with Radish	红枣雪梨汤 Snow Pear Soup with Red Dates
	主菜Entrees	 孜然牛肉 Cumin Beef  酸菜蒜台炒鸡肉 Stir-fried Chicken with Sauerkraut and Garlic Sprouts  肉沫菠菜水蒸蛋 Steamed Egg with Minced Pork and Spinach	香菇蒸鸡 Steamed Chicken with Shiitake Mushrooms  毛豆炒牛肉沫 Stir-fried Edamame with Minced Beef  酸辣土豆丝 Shredded Potato with Spicy and Sour Flavor	卤水鸭腿配豆干 Marinated Duck Leg with Dried Tofu  尖椒鱿鱼 (辣) Spicy Squid with Green Chili 冬瓜焖肉片 Braised Pork Slices with Wax Gourd 	 红烧肉 Braised Pork Belly  酸汤肉沫豆腐 (辣) Spicy Tofu with Minced Pork in Sour Soup  玉米炒鸡蛋 Stir-fried Egg with Corn	 椒盐鱼块 Fish Cubes with Spicy Salt  莴笋胡萝卜炒肉片 Stir-fried Pork Slices with Asparagus Lettuce and Carrot 糖醋鸡丁 Sweet and Sour Chicken Dice
	蔬菜 Veg	清炒春菜 Stir-fried Choy Sum	清炒杭白菜 Stir-fried Napa Cabbage	 蚝油生菜 Lettuce in Oyster Sauce	清炒大白菜 Stir-fried Chinese Cabbage	蒜蓉油麦菜 Chrysanthemum Greens with Minced Garlic
	主食 Staple	白米饭 Steamed Rice	红薯饭 Sweet Potato Rice	玉米饭 Corn Rice	白米饭 Steamed Rice	燕麦米饭 Rice with Oats
	水果 Fruit	橙子 Orange	香蕉 Banana	橘子 Tangerine	圣女果 Cherry Tomato	苹果 Apple
营养分析 / Nutrition Facts						
热量 Energy /kcal		720.0	778.5	770.1	762.2	791.3
蛋白 Protein /g		35.1	27.8	51.2	26.4	34.9
脂肪 Fat /g		17.4	19.0	17.4	29.6	17.2
碳水 Carbs /g		105.8	124.0	102.1	97.5	124.2

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
February 2nd - 6th 2026

	Type	Monday (2.2)	Tuesday (2.3)	Wednesday(2.4)	Thursday(2.5)	Friday(2.6)
西餐 Western	汤 Soup	南瓜蔬菜汤 Pumpkin with Vegetable Soup	奶油菠菜汤 Cream of Spinach Soup	鱼丸蔬菜汤 Fish Ball with Vegetable Soup	土豆香肠汤 Potato Soup with Sausage	奶油蘑菇汤 Cream of Mushroom Soup
	主菜 Entrees	南瓜芒果煎鱼柳 Pan-fried Fish Fillet with Pumpkin and Mango 意式杂蔬炒猪肉 Italian-style Stir-fried Pork with Mixed Vegetables	柠檬酱汁猪扒 Pork Chop with Lemon Sauce 樱桃番茄芦笋配虾仁 Asparagus with Shrimp and Cherry Tomatoes	美式烤牛肉配蔬菜 American-style Roast Beef with Vegetables 杏鲍菇扒培根 King Oyster Mushroom with Bacon	猎人炖鸡 Hunter's Braised Chicken 咖喱鱼丸 Curry Fish Balls	沙茶香茅焗猪肉 Baked Pork with Satay and Lemongrass 普罗旺斯蔬菜配肥牛 Provencal Vegetables with Beef Slices
	配菜 Side Dish	法式芥末秋葵 Okra with French Mustard	韩式炒杂菜 Korean Stir-fried Glass Noodles	洋葱炒菠菜 Stir-fried Spinach with Onion	香草扒时蔬 Grilled Seasonal Vegetables with Herbs	黄油西兰花 Broccoli with Butter
	主食 Staple	黄油玉米 Buttered Corn	口袋饼 Pita Bread	烤薯角 Roasted Potato Wedges	肉酱千层面 Lasagna with Meat Sauce	蒸紫薯 Steamed Purple Sweet Potato
	水果 Fruit	橙子 Orange	香蕉 Banana	橘子 Tangerine	圣女果 Cherry Tomato	苹果 Apple

营养分析 / Nutrition Facts

热量 Energy /kcal	778.4	761.6	729.7	796.0	799.0
蛋白 Protein /g	33.3	38.2	36.8	37.9	30.0
脂肪 Fat /g	27.1	18.4	25.1	27.6	24.1
碳水 Carbs /g	100.5	110.8	89.0	98.9	115.6

特色档 Special	照烧猪扒大碗面配卤蛋 Teriyaki Pork Chop Big Bowl Noodles with Marinated Egg	酸汤肥牛米粉配煎蛋 Sour Soup Beef Rice Noodles with Fried Egg	卤肉刀削面配卤蛋 Braised Pork Sliced Noodles with Marinated Egg	兰州牛肉拉面配卤蛋 Lanzhou Beef Noodles with Marinated Egg	脆香鸡扒乌冬面配煎蛋 Crispy Chicken Cutlet with Udon Noodles and Fried Egg
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营养分析 / Nutrition Facts

热量 Energy /kcal	757.4	683.6	732.7	699.1	729.8
蛋白 Protein /g	33.2	28.6	31.2	43.0	35.4
脂肪 Fat /g	26.2	18.5	23.9	14.8	26.2
碳水 Carbs /g	97.2	100.7	98.2	98.5	88.0

过敏源Allergen:



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海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom