

WEEKLY
MENUISNS EY Snack and Lunch Menu
February 9th - 12th 2026eat
by sodexo

	Monday (2.9)	Tuesday (2.10)	Wednesday(2.11)	Thursday(2.12)	Friday(2.13)
上午茶点 Morning Snack	蒸红薯 Steamed Sweet Potato 酸奶 Yogurt 红心火龙果 蓝莓 Red Pitaya Blueberry	美式炒蛋 American-style Scrambled Eggs 牛肉粥 Beef Congee 橙子 青提 Orange Green Grapes	酱肉包 Braised Pork Bun 酸奶 Yogurt 圣女果 苹果 Cherry Tomato Apple	蛋挞 Egg Tart 鸡肉乌冬面 Chicken Udon Noodles 白心火龙果 红提 White Pitaya Red Grape	可颂 Croissant 酸奶 Yogurt 橘子 Tangerine
午餐 Lunch	红枣乌鸡汤 Red Date and Black Chicken Soup 中式卤牛肉 Chinese-style Braised Beef 肉沫香菇蒸蛋 Steamed Egg with Minced Pork and Shiitake Mushrooms 蒜蓉油麦菜 Garlic Sautéed Choy Sum 猪丼饭 Pork Donburi	粉藕牛肉汤 Beef Soup with Tender Lotus Root 红烧肉 Braised Pork Belly 莴笋炒鱼丸 Stir-fried Fish Balls with Asparagus Lettuce 清炒杭白菜 Stir-fried Hangzhou Cabbage 口袋饼 Pita Bread	山药猪肉丸汤 Chinese Yam and Pork Ball Soup 葱油鸡 Scallion Oil Chicken 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 清炒上海青 Stir-fried Bok Choy 番茄意大利面 Tomato Pasta	胡萝卜玉米龙骨汤 Carrot and Corn Pork Spine Soup 粤式蒸鱼 Cantonese Steamed Fish 肉沫豆腐 Tofu with Minced Pork 清炒春菜 Stir-fried Spring Greens 猪肉饺子 Pork Dumplings	Lunar New Year Early Dismissal at 11:30am
下午茶点 Afternoon Tea	南瓜派 Pumpkin Pie 玉米片牛奶 Corn Flakes with Milk	虎皮蛋糕 Tiger Skin Roll Cake 牛奶 Milk	菠菜面包卷 Spinach Bread Roll 胡萝卜玉米糊 Carrot and Corn Paste	黄油牛角酥 Butter Croissant 牛奶 Milk	

营养分析 / Nutrition Facts

热量 Energy /kcal	799.4	880.7	809.7	868.1	
蛋白 Protein /g	39.5	32.1	36.0	38.9	
脂肪 Fat /g	21.3	38.7	26.2	35.8	
碳水 Carbs /g	112.5	101.1	107.5	97.5	

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 9th - 12th 2026



	Type	Monday (2.9)	Tuesday (2.10)	Wednesday(2.11)	Thursday(2.12)	Friday(2.13)
午餐 Lunch	汤 Soup	红枣乌鸡汤 Red Date and Black Chicken Soup	 粉藕牛肉汤 Beef Soup with Tender Lotus Root	 山药猪肉丸汤 Chinese Yam and Pork Ball Soup	胡萝卜玉米龙骨汤  Carrot and Corn Pork Spine Soup	Lunar New Year Early Dismissal at 11:30am
	主菜 Entrees	 中式卤牛肉  Chinese-style Braised Beef 肉沫香菇蒸蛋 Steamed Egg with Minced Pork and Shiitake Mushrooms   	 红烧肉  Braised Pork Belly 莴笋炒鱼丸 Stir-fried Fish Balls with Asparagus Lettuce	葱油鸡 Scallion Oil Chicken 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 	 粤式蒸鱼 Cantonese Steamed Fish 肉沫豆腐 Tofu with Minced Pork  	
	蔬菜 Veg	蒜蓉油麦菜 Garlic Sautéed Choy Sum	清炒杭白菜 Stir-fried Hangzhou Cabbage	清炒上海青 Stir-fried Bok Choy	清炒春菜 Stir-fried Spring Greens	
	主食 Staple	 猪丼饭 Pork Donburi	 口袋饼  Pita Bread	番茄意大利面 Tomato Pasta	 猪肉饺子 Pork Dumplings	
	水果 Fruit	香蕉 Banana	橙子 Orange	苹果 Apple	橘子 Tangerine	

营养分析 / Nutrition Facts

热量 Energy /kcal	548.8	580.6	494.5	550.7	
蛋白 Protein /g	31.0	19.1	23.7	30.6	
脂肪 Fat /g	12.8	20.2	17.3	22.5	
碳水 Carbs /g	77.5	80.6	61.1	56.6	

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 MYP&DP&PYP Lunch Menu

February 9th - 12th 2026



	Type	Monday (2.9)	Tuesday (2.10)	Wednesday(2.11)	Thursday(2.12)	Friday(2.13)
中餐 Chinese	汤 Soup	红枣乌鸡汤 Red Date and Black Chicken Soup	 粉藕牛肉汤 Beef Soup with Tender Lotus Root	 山药猪肉丸汤 Chinese Yam and Pork Ball Soup	胡萝卜玉米龙骨汤  Carrot and Corn Pork Spine Soup	Lunar New Year Early Dismissal at 11:30am
	主菜Entrees	 中式卤牛肉  Chinese-style Braised Beef  肉沫香菇蒸蛋  Steamed Egg with Minced Pork and Mushrooms  酸辣土豆丝 Shredded Potato with Sour and Spicy Flavor	 红烧肉  Braised Pork Belly  莴笋炒鱼丸 Stir-fried Fish Balls with Asparagus Lettuce  茄子肉片煲 Braised Eggplant with Pork	 葱油鸡  Scallion Oil Chicken  莲藕尖椒炒五花肉 Stir-fried Pork Belly with Lotus Root and Spicy Pepper  番茄炒鸡蛋 Scrambled Eggs with Tomatoes	 粤式蒸鱼  Cantonese Steamed Fish 杏鲍菇炒牛肉  Stir-fried Beef with Mushrooms  麻婆肉沫豆腐  Mapo Tofu with Minced Pork	
	蔬菜 Veg	蒜蓉油麦菜 Garlic Sautéed Choy Sum	清炒杭白菜 Stir-fried Napa Cabbage	清炒上海青 Stir-fried Bok Choy	清炒春菜 Stir-fried Spring Greens	
	主食 Staple	白米饭 Steamed Rice	白米饭 Steamed Rice	白米饭 Steamed Rice	 猪肉饺子 Pork Dumplings	
	水果 Fruit	香蕉 Banana	橙子 Orange	苹果 Apple	橘子 Tangerine	
	营养分析 / Nutrition Facts					
热量 Energy /kcal		709.3	823.2	711.9	827.7	
蛋白 Protein /g		33.6	27.3	34.1	40.4	
脂肪 Fat /g		14.5	23.7	16.4	33.6	
碳水 Carbs /g		111.0	125.2	107.0	90.9	

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

WEEKLY
MENUISNS MYP&DP&PYP Lunch Menu
February 9th - 12th 2026

	Type	Monday (2.9)	Tuesday (2.10)	Wednesday(2.11)	Thursday(2.12)	Friday(2.13)
西餐 Western	汤 Soup	奶油玉米汤 Cream of Corn Soup	冬阴功海鲜汤 Yum Goong Seafood Soup	罗宋汤 Borscht	奶油南瓜汤 Creamy Pumpkin Soup	Lunar New Year Early Dismissal at 11:30am
	主菜 Entrees	米兰芝士焗鱼柳 Milanese Baked Fish Fillet with Cheese 炒胡萝卜蜜豆配烤肠 Stir-fried Carrots & Sweet Beans with Roasted Sausage	麦乐鸡块 Chicken Nuggets 菠萝彩椒牛肉丁 Diced Beef with Pineapple and Bell Peppers	蜜汁果味排骨 Honey Glazed Fruit-flavored Spareribs 咖喱蔬菜配海鲜 Curry Vegetables with Seafood	香脆鸡扒佐塔塔酱 Crispy Chicken Chop with Tartar Sauce 香草烤土豆配培根 Roasted Herb Potatoes w/ Bacon	
	配菜 Side Dish	炒什锦蔬菜 Stir-fried Mixed Vegetables	双色甘蓝 Two-color Cabbage	烤蘑菇配西兰花 Roasted Mushrooms with Broccoli	煎茭瓜配芦笋 Pan-fried Zucchini with Asparagus	
	主食 Staple	猪井饭 Pork Donburi	口袋饼 Pita Bread	番茄意大利面 Tomato Pasta	白米饭 Steamed Rice	
	水果 Fruit	香蕉 Banana	橙子 Orange	苹果 Apple	橘子 Tangerine	

营养分析 / Nutrition Facts

热量 Energy /kcal	801.6	776.5	821.7	753.0	
蛋白 Protein /g	39.0	28.0	27.5	26.2	
脂肪 Fat /g	16.9	18.8	31.6	21.1	
碳水 Carbs /g	123.4	123.9	106.9	114.5	

特色档 Special	卤肉刀削面配鸡蛋 Braised Pork Sliced Noodles with Egg	兰州牛肉拉面配煎蛋 Lanzhou Hand-pulled Beef Noodles with Fried Egg	红烧牛肉面配鸡蛋 Braised Beef Noodles with Egg	云吞面配烤肠 Wonton Noodles with Roasted Sausage	Lunar New Year Early Dismissal at 11:30am
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营养分析 / Nutrition Facts

热量 Energy /kcal	680.2	714.6	692.9	724.0	
蛋白 Protein /g	30.2	43.1	38.7	28.7	
脂肪 Fat /g	26.3	16.5	16.4	21.1	
碳水 Carbs /g	80.7	98.6	97.5	104.9	

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom