

WEEKLY MENU



ISNS EY Snack and Lunch Menu

March 16th – 20th 2026



	Monday (3.16)	Tuesday (3.17)	Wednesday(3.18)	Thursday(3.19)	Friday(3.20)
上午茶点 Morning Snack	酱肉包 Pork Bun 酸奶 Yogurt 橙子 苹果 Orange Apple	芝士蛋挞 Cheese Egg Tart 酸奶 Yogurt 橘子 Tangerine	小吐司 Small Toast 牛肉粥 Beef Congee 香蕉 Banana	菠菜炒蛋 Scrambled Eggs with Spinach 肉丝青菜面 Shredded Pork & Vegetable Noodles 火龙果 Dragon Fruit	蒸玉米 Steamed Corn 酸奶 Yogurt 哈密瓜 蓝莓 Hami Melon Blueberry
午餐 Lunch	豆腐鲫鱼汤 Tofu & Crucian Carp Soup 虫草花蒸鸡 Steamed Chicken with Cordyceps Flower 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 蒜蓉菜心 Garlic Choy Sum 白米饭 Rice	绿豆糖水 Mung Bean Sweet Soup 韩式烤猪肉 Korean-style Roasted Pork 香菇炒肉 Stir-Fried Pork with Mushrooms 清炒上海青 Stir-Fried Shanghai Green 肉酱千层面 Meat Sauce Lasagna	红枣乌鸡汤 Red Date Black Chicken Soup 红烧肉 Braised Pork Belly 虾仁青豆水蒸蛋 Steamed Egg with Shrimp and Green Peas 清炒杭白菜 Stir-Fried Chinese Cabbage 白米饭 Rice	山药龙骨汤 Chinese Yam Pork Soup 萝卜焖牛腩 Braised Beef Brisket with Radish 肉沫豆腐 Minced Meat with Tofu 清炒春菜 Stir-Fried Spring Greens 蛋炒饭 Egg Fried Rice	茶树菇老鸭汤 Duck Soup with Tea Tree Mushrooms 粤式蒸鱼 Cantonese-style Steamed Fish 西兰花炒鸡肉 Stir-Fried Chicken with Broccoli 蚝油生菜 Lettuce with Oyster Sauce 玉米饭 Corn Rice
下午茶点 Afternoon Tea	菠萝包 Pineapple Bun 玉米片牛奶 Cornflakes with Milk	虎皮蛋糕 Tiger Skin Cake 牛奶 Milk	肉松面包卷 Pork Floss Bread Roll 胡萝卜玉米糊 Carrot & Corn Paste	奥利奥面包 Oreo Bread 牛奶 Milk	香肠小披萨 Mini Sausage Pizza 红枣雪梨糖水 Red Date & Snow Pear Sweet Soup

营养分析 / Nutrition Facts

热量 Energy /kcal	864.8	900.4	914.8	852.8	821.9
蛋白 Protein /g	45.9	37.9	36.3	34.8	42.4
脂肪 Fat /g	28.8	35.4	35.4	36.7	17.2
碳水 Carbs /g	105.4	107.6	112.8	95.8	124.4

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

		Type	Monday (3.16)	Tuesday (3.17)	Wednesday(3.18)	Thursday(3.19)	Friday(3.20)
午餐 Lunch	汤 Soup	豆腐鲫鱼汤 Tofu & Crucian Carp Soup	绿豆糖水 Mung Bean Sweet Soup	红枣乌鸡汤 Red Date Black Chicken Soup	山药龙骨汤 Chinese Yam Pork Soup	茶树菇老鸭汤 Duck Soup with Tea Tree Mushrooms	
	主菜Entrees	虫草花蒸鸡 Steamed Chicken with Cordyceps Flower 番茄炒鸡蛋 Scrambled Eggs with Tomatoes	韩式烤猪肉 Korean-style Roasted Pork 香菇炒肉 Stir-Fried Pork with Mushrooms	红烧肉 Braised Pork Belly 虾仁青豆水蒸蛋 Steamed Egg with Shrimp and Green Peas	萝卜焖牛腩 Braised Beef Brisket with Radish 肉沫豆腐 Minced Meat with Tofu	粤式蒸鱼 Cantonese-style Steamed Fish 西兰花炒鸡肉 Stir-Fried Chicken with Broccoli	
	蔬菜 Veg	蒜蓉菜心 Garlic Choy Sum	清炒上海青 Stir-Fried Shanghai Green	清炒杭白菜 Stir-Fried Chinese Cabbage	清炒春菜 Stir-Fried Spring Greens	蚝油生菜 Lettuce with Oyster Sauce	
	主食 Staple	白米饭 Rice	肉酱千层面 Meat Sauce Lasagna	白米饭 Rice	蛋炒饭 Egg Fried Rice	玉米饭 Corn Rice	
	水果 Fruit	苹果 Apple	橙子 Orange	火龙果 Pitaya	香蕉 Banana	哈密瓜 Hami Melon	

营养分析 / Nutrition Facts

热量 Energy /kcal	528.0	609.8	580.8	576.9	477.8
蛋白 Protein /g	32.9	28.4	24.6	23.3	31.7
脂肪 Fat /g	16.3	23.0	24.7	24.9	12.8
碳水 Carbs /g	62.3	72.4	65.1	64.9	58.9

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蘑菇Mushroom



		Type	Monday (3.16)	Tuesday (3.17)	Wednesday(3.18)	Thursday(3.19)	Friday(3.20)
中餐 Chinese	汤 Soup		豆腐鲫鱼汤 Tofu & Crucian Carp Soup	绿豆糖水 Mung Bean Sweet Soup	红枣乌鸡汤 Red Date Black Chicken Soup	山药龙骨汤 Chinese Yam Pork Soup	茶树菇老鸭汤 Duck Soup with Tea Tree Mushrooms
	主菜Entrees		虫草花蒸鸡 Steamed Chicken with Cordyceps Flower 洋葱莴笋炒肉片 (辣) Stir-Fried Pork Slices with Onion and Asparagus Lettuce (Spicy) 番茄炒鸡蛋 Scrambled Eggs with Tomatoes	椒盐虾 Salt & Pepper Shrimp 香菇炒五花肉 Stir-Fried Pork Belly w Mushrooms 双椒炒鸡丁 (辣) Stir-Fried Diced Chicken with Two Peppers (Spicy)	红烧肉 Braised Pork Belly 冬瓜炒肉片 Stir-Fried Pork Slices with Winter Melon 虾仁青豆水蒸蛋 Steamed Egg with Shrimp and Green Peas	萝卜焖牛腩 Braised Beef Brisket with Radish 酸辣土豆丝 (辣) Hot & Sour Shredded Potatoes (Spicy) 肉沫豆腐 Minced Meat with Tofu	粤式蒸鱼 Cantonese-style Steamed Fish 西兰花炒鸡肉 Stir-Fried Chicken with Broccoli 莲藕青椒炒五花肉 (辣) Stir-Fried Pork Belly with Lotus Root & Green Peppers (Spicy)
	蔬菜 Veg		蒜蓉菜心 Garlic Choy Sum	清炒上海青 Stir-Fried Shanghai Green	清炒杭白菜 Stir-Fried Chinese Cabbage	清炒春菜 Stir-Fried Spring Greens	蚝油生菜 Lettuce with Oyster Sauce
	主食 Staple		白米饭 Rice	白米饭 Rice	白米饭 Rice	蛋炒饭 Egg Fried Rice	玉米饭 Corn Rice
	水果 Fruit		苹果 Apple	橙子 Orange	火龙果 Pitaya	香蕉 Banana	哈密瓜 Hami Melon

营养分析 / Nutrition Facts

热量 Energy /kcal	784.0	777.8	813.3	865.2	770.9
蛋白 Protein /g	46.5	38.0	35.3	31.9	36.6
脂肪 Fat /g	22.0	15.1	30.3	31.5	28.3
碳水 Carbs /g	100.0	122.4	99.8	113.4	92.4

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猪肉Pork



蘑菇Mushroom

WEEKLY MENU



ISNS MYP&DP&PYP Lunch Menu

March 16th – 20th 2026



	Type	Monday (3.16)	Tuesday (3.17)	Wednesday(3.18)	Thursday(3.19)	Friday(3.20)
西餐 Western	汤 Soup	西兰花奶油汤 Cream of Broccoli Soup	奶油鸡肉汤 Cream of Chicken Soup	奶油玉米浓汤 Cream of Corn Soup	奶油蘑菇汤 Cream of Mushroom Soup	蟹柳浓汤 Creamy Crab Stick Soup
	主菜 Entrees	菠萝牛肉 Pineapple Beef 胡萝卜焗猪肉 Baked Pork with Carrots	韩式烤猪肉 Korean-style Roasted Pork炒 花椰菜配培根 Stir-Fried Cauliflower with Bacon	南瓜酱芝士焗鱼柳 Baked Fish Fillet with Pumpkin Sauce & Cheese 法式蒜香口蘑菇鸡扒 French-style Garlic Mushroom Chicken Chop	法式橙香鸡全翅 French-style Orange Chicken Wings 沙爹鱼丸 Satay Fish Balls	猪肉汉堡 Pork Burger 西式蔬菜炒滑蛋 Western-style Stir-Fried Egg with Vegetables
	配菜 Side Dish	炒什锦蔬菜 Stir-Fried Mixed Vegetables	炒双色甘蓝 Stir-Fried Two-tone Kale	樱桃番茄配芦笋 Cherry Tomatoes with Asparagus	清炒意大利小瓜 Stir-Fried Zucchini	意式烤茄子 Italian-style Roasted Eggplant
	主食 Staple	蒸红薯 Steamed Sweet Potato	肉酱千层面 Meat Sauce Lasagna	白米饭 Rice	口袋饼 Pita Bread	蜂蜜小南瓜 Honey Glazed Baby Pumpkin
	水果 Fruit	苹果 Apple	橙子 Orange	火龙果 Pitaya	香蕉 Banana	哈密瓜 Hami Melon

营养分析 / Nutrition Facts

热量 Energy /kcal	680.0	819.7	743.7	855.6	804.5
蛋白 Protein /g	25.3	34.4	33.1	36.1	20.7
脂肪 Fat /g	19.5	32.3	15.9	22.0	30.6
碳水 Carbs /g	100.9	97.9	117.1	128.4	111.6

特色档 Special	排骨刀削面配卤蛋 Pork Ribs Sliced Noodles with Braised Egg	鸡扒米粉配鸡蛋 Chicken Chop Rice Noodles with Egg	酸汤肥牛米粉配煎蛋 Rice Noodles with Beef in Sour Soup and Fried Egg	猪肉丸拉面配煎蛋 Pork Ball Ramen with Fried Egg	兰州牛肉拉面配油豆腐 Lanzhou Beef Ramen with Fried Tofu
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营养分析 / Nutrition Facts

热量 Energy /kcal	716.9	628.9	646.1	698.2	739.8
蛋白 Protein /g	29.4	24.9	24.2	34.4	44.8
脂肪 Fat /g	26.4	16.9	17.1	16.0	17.7
碳水 Carbs /g	90.5	94.3	98.8	104.2	100.3

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