



	Monday (3.23)	Tuesday (3.24)	Wednesday(3.25)	Thursday(3.26)	Friday(3.27)
<p>上午茶点 Morning Snack</p>	肉包 Pork Buns 酸奶 Yogurt 红心火龙果 蓝莓 Red Dragon Fruit Blueberry	美式炒蛋 Scrambled Eggs 瘦肉粥 Lean Pork Congee 香蕉 Banana	蒸玉米 Steamed Corn 鸡肉青菜面 Shredded Chicken and Greens 青提 苹果 Green Grape Apple	香肠面包 Sausage Bread 牛肉粥 Beef Congee 橘子 Tangerine	奶黄包 Custard Bun 酸奶 Yogurt 圣女果 哈密瓜 Cherry Tomatoes
<p>午餐 Lunch</p>	白萝卜龙骨汤 White Radish Pork Soup 香菇蒸肉饼 Steamed Minced Pork Cake with Mushrooms 青椒炒鸡蛋 Stir-Fried Cucumber with Egg 清炒春菜 Stir-Fried Spring Greens 白米饭 Steamed Rice	绿豆糖水 Mung Bean Sweet Soup 南乳汁焖牛腩 Braised Beef Brisket with Red Fermented Bean Curd 肉沫豆腐 Minced Pork with Tofu 蒜蓉菜心 Choy Sum with Garlic 玉米饭 Corn Rice	虫草花龙骨汤 Pork Soup with Cordyceps Flower 卡律奶油鸡 Creamy Chicken Curry 菜花炒肉 Stir-Fried Cauliflower with Pork 清炒上海青 Stir-Fried Shanghai Green 番茄意面 Tomato Pasta	山药乌鸡汤 Black Chicken Soup with Chinese Yam 牛肉披萨 Beef Pizza 虾仁青豆水蒸蛋 Steamed Egg with Shrimp and Green Peas 蚝油生菜 Lettuce with Oyster Sauce 白米饭 Steamed Rice	牛肉冬瓜汤 Beef and Winter Melon Soup 红烧肉 Braised Pork Belly 茄子肉片煲 Stir-Fried Pork Slices with Eggplant 清炒杭白菜 Stir-Fried Chinese Cabbage 白米饭 Steamed Rice
<p>下午茶点 Afternoon Tea</p>	芝士蛋挞 Cheese Egg Tart 玉米片牛奶 Corn Flakes with Milk	虎皮蛋糕 Tiger Skin Roll 牛奶 Milk	水果小披萨 Mini Fruit Pizza 酸奶 Yogurt	奥利奥面包 Oreo Bread 牛奶 Milk	古法蛋糕 Traditional Cake 红枣牛奶 Red Date Milk

营养分析 / Nutrition Facts

热量 Energy /kcal	859.4	874.6	813.3	893.2	898.0
蛋白 Protein /g	35.3	33.7	36.7	37.5	26.1
脂肪 Fat /g	32.2	38.5	28.1	25.6	29.9
碳水 Carbs /g	107.0	98.4	103.5	128.2	131.2

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 (3.23)	Tuesday (3.24)	Wednesday(3.25)	Thursday(3.26)	Friday(3.27)
午餐 Lunch	汤 Soup		白萝卜龙骨汤 White Radish Pork Soup	绿豆糖水 Mung Bean Sweet Soup	虫草花龙骨汤 Pork Soup with Cordyceps Flower	山药乌鸡汤 Black Chicken Soup with Chinese Yam	牛肉冬瓜汤 Beef and Winter Melon Soup
	主菜 Entrees		香菇蒸肉饼 Steamed Minced Pork Cake with Mushrooms 青瓜炒鸡蛋 Stir-Fried Cucumber with Egg	南乳汁焖牛腩 Braised Beef Brisket with Red Fermented Bean Curd 肉沫豆腐 Minced Pork with Tofu	卡律奶油鸡 Creamy Chicken Curry 菜花炒肉 Stir-Fried Cauliflower with Pork	牛肉披萨 Beef Pizza 虾仁青豆水蒸蛋 Steamed Egg with Shrimp and Green Peas	红烧肉 Braised Pork Belly 茄子肉片煲 Stir-Fried Pork Slices with Eggplant
	蔬菜 Veg		清炒春菜 Stir-Fried Spring Greens	蒜蓉菜心 Choy Sum with Garlic	清炒上海青 Stir-Fried Shanghai Green	蚝油生菜 Lettuce with Oyster Sauce	清炒杭白菜 Stir-Fried Chinese Cabbage
	主食 Staple		白米饭 Steamed Rice	玉米饭 Corn Rice	番茄意面 Tomato Pasta	白米饭 Steamed Rice	白米饭 Steamed Rice
	水果 Fruit		橘子 Tangerine	哈密瓜 Hami Melon	苹果 Apple	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	522.6	534.9	538.7	598.3	557.7
蛋白 Protein /g	22.2	19.8	26.1	24.9	17.4
脂肪 Fat /g	19.7	20.0	19.8	14.9	25.0
碳水 Carbs /g	64.0	68.9	63.9	91.2	65.7

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 (3.23)	Tuesday (3.24)	Wednesday(3.25)	Thursday(3.26)	Friday(3.27)
中餐 Chinese	汤 Soup		白萝卜龙骨汤 White Radish Pork Soup	绿豆糖水 Mung Bean Sweet Soup	虫草花龙骨汤 Pork Soup with Cordyceps Flower	山药乌鸡汤 Black Chicken Soup with Chinese Yam	牛肉冬瓜汤 Beef and Winter Melon Soup
	主菜 Entrees		新疆大盘鸡 (辣) Xinjiang Style Braised Chicken 西芹香干片炒五花肉 Stir-Fried Pork Belly with Celery and Dried Tofu Slices 青瓜炒鸡蛋 Stir-Fried Cucumber with Egg	南乳汁焖牛腩 Braised Beef Brisket with Red Fermented Bean Curd 肉沫豆腐 双椒炒鸡丁 (辣) Stir-Fried Diced Chicken with Two Peppers (Spicy)	水煮鱼 (辣) Boiled Fish (Spicy) 菜花炒肉 Stir-Fried Cauliflower with Pork 莲藕炒牛肉 Stir-Fried Lotus Root with Beef	潮汕卤水鹅配豆干 Chaoshan Braised Goose with Tofu 白萝卜炒肉 Stir-Fried Pork with White Radish 虾仁青豆水蒸蛋 Steamed Egg with Shrimp and Green Peas	红烧肉 Braised Pork Belly 酸辣土豆丝 (辣) Hot & Sour Shredded Potatoes (Spicy) 茄子肉片煲 Stir-Fried Pork Slices with Eggplant
	蔬菜 Veg		清炒春菜 Stir-Fried Spring Greens	蒜蓉菜心 Choy Sum with Garlic	清炒上海青 Stir-Fried Shanghai Green	蚝油生菜 Lettuce with Oyster Sauce	清炒杭白菜 Stir-Fried Chinese Cabbage
	主食 Staple		白米饭 Steamed Rice	玉米饭 Corn Rice	白米饭 Steamed Rice	白米饭 Steamed Rice	蔬菜炒面 Vegetable Fried Noodles
	水果 Fruit		橘子 Tangerine	哈密瓜 Hami Melon	苹果 Apple	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	782.4	799.5	798.8	797.0	877.9
蛋白 Protein /g	39.1	31.1	43.0	35.8	28.2
脂肪 Fat /g	23.7	25.8	19.7	19.5	39.6
碳水 Carbs /g	103.2	110.6	112.5	119.5	102.1

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

March 23rd - 27th 2026



		Type	Monday (3.23)	Tuesday (3.24)	Wednesday(3.25)	Thursday(3.26)	Friday(3.27)
西餐 Western	汤 Soup	奶油西兰花汤 Cream of Broccoli Soup	番茄蔬菜鸡肉汤 Tomato & Vegetable Chicken Soup	奶油蘑菇汤 Cream of Mushroom Soup	奶油海鲜浓汤 Creamy Seafood Soup	奶油玉米汤 Creamy Corn Soup	
	主菜 Entrees	芝士排骨 Cheese Ribs 樱桃番茄烤牛肉丁 Roasted Beef Dice with Cherry Tomatoes	南瓜酱猪扒 Pork Chop with Pumpkin Sauce 菌菇炒海鲜 Stir-Fried Seafood with Mushrooms	卡律奶油鸡 Creamy Chicken Curry 香肠芝士焗蛋 Baked Egg with Sausage & Cheese	牛肉披萨 Beef Pizza 烤花椰菜配培根 Roasted Cauliflower with Bacon	法式香酥鱼块 French Crispy Fish Fillets 蒜香口蘑鸡扒 Garlic Mushroom Chicken Chop	
	配菜 Side Dish	炒节瓜配芦笋 Stir-fried Zucchini with Asparagus	黄油西兰花 Buttered Broccoli	胡萝卜配蜜豆 Carrots with Honey Beans	炒双色甘蓝 Stir-fried Shredded Cabbage	炒什锦蔬菜 Stir-fried Mixed Vegetables	
	主食 Staple	菠萝炒饭 Pineapple Fried Rice	墨西哥玉米 Mexican Corn	番茄意面 Tomato Pasta	烤薯角 Roasted Potato Wedges	口袋饼 Pita Bread	
	水果 Fruit	橘子 Tangerine	哈密瓜 Hami Melon	苹果 Apple	香蕉 Banana	橙子 Orange	

营养分析 / Nutrition Facts

热量 Energy /kcal	837.7	749.9	816.0	831.9	816.4
蛋白 Protein /g	28.9	26.5	32.8	33.1	40.2
脂肪 Fat /g	32.9	30.1	30.4	29.9	19.1
碳水 Carbs /g	106.6	93.2	102.8	107.6	120.9

特色档 Special	酸汤肥牛米粉配煎蛋 Rice Noodles with Beef in Sour Soup and Fried Egg	番茄鸡扒刀削面配卤蛋 Tomato Chicken Chop Sliced Noodles with Braised Egg	猪肉米粉配煎蛋 Pork Rice Noodles with Fried Egg	红烧鱼丸拉面配油豆腐 Braised Fish Ball Ramen with Fried Tofu	兰州牛肉拉面配卤蛋 Lanzhou Beef Noodles with Braised Egg
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营养分析 / Nutrition Facts

热量 Energy /kcal	646.1	664.5	767.6	760.4	699.1
蛋白 Protein /g	24.2	34.9	25.5	33.1	43.0
脂肪 Fat /g	17.1	17.9	32.1	21.0	14.8
碳水 Carbs /g	98.8	90.9	94.2	109.8	98.5

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom