

WEEKLY MENU



ISNS EY Snack and Lunch Menu April 13th to 17th 2026



	Monday (4.13)	Tuesday (4.14)	Wednesday(4.15)	Thursday(4.16)	Friday(4.17)
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	蛋挞 Egg Tart 香菇菠菜牛肉粥 Beef Congee with Shiitake Mushrooms and Spinach 香蕉 Banana	美式炒蛋 Scrambled Eggs 番茄鸡肉浓汤蝴蝶面 Farfalle in Tomato Chicken Soup 圣女果 哈密瓜 Cherry Tomatoes Hami Melon	水煮蛋 Boiled Egg 虾仁蔬菜粥 Shrimp and Vegetable Congee 橙子 苹果 Orange Apple	土豆鸡蛋饼 Potato and Egg Pancake 酸奶 Yogurt 西瓜 青提 Watermelon Green Grapes
午餐 Lunch	山药牛肉汤 Chinese Yam Beef Soup 沙姜炒鸡 Stir-Fried Chicken with Sand Ginger 青豆虾仁水蒸蛋 Steamed Egg with Green Peas and Shrimp 蒜蓉油麦菜 Garlic Lettuce 玉米饭 Corn Rice	莲子百合糖水 Lotus Seed & Lily Bulb Sweet Soup 马蹄蒸肉饼 Steamed Meat Patty with Water Chestnuts 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 清炒杭白菜 Stir-Fried Bok Choy 白米饭 Steamed Rice	菠菜肉丸汤 Spinach Meatball Soup 红烧牛腩 Braised Beef Brisket 肉沫茄子 Eggplant with Minced Pork 蚝油生菜 Lettuce with Oyster Sauce 燕麦米饭 Oat Rice	薏仁乌鸡汤 Coix Seed Black Chicken Soup 广式叉烧 Cantonese BBQ Pork 孜然土豆炒肉 Stir-Fried Pork with Potatoes and Cumin 清炒上海青 Stir-Fried Shanghai Green 白米饭 Rice	胡萝卜龙骨汤 Carrot Pork Bone Soup 椒盐鱼柳 Salt and Pepper Fish Fillet 京酱肉丝 Shredded Pork in Sweet Bean Sauce 清炒包菜 Stir-Fried Cabbage 口袋饼 Pita Bread
下午茶点 Afternoon Tea	古早蛋糕 Old-Fashioned Cake 燕麦牛奶 Oat Milk	椰蓉面包 Coconut Bread 牛奶 Milk	曲奇 Cookies 酸奶 Yogurt	迷你小披萨 Mini Pizza 牛奶 Milk	蓝莓吐司 Blueberry Toast 红枣牛奶 Red Date Milk

营养分析 / Nutrition Facts

热量 Energy /kcal	793.9	927.9	899.4	903.6	861.8
蛋白 Protein /g	45.1	33.7	33.9	42.5	40.9
脂肪 Fat /g	20.9	31.2	35.5	36.1	20.1
碳水 Carbs /g	106.4	128.2	111.1	102.1	129.4

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 April 13th to 17th 2026



		Type	Monday (4.13)	Tuesday (4.14)	Wednesday(4.15)	Thursday(4.16)	Friday(4.17)
午餐 Lunch	汤 Soup	山药牛肉汤 Chinese Yam Beef Soup	莲子百合糖水 Lotus Seed & Lily Bulb Sweet Soup	菠菜肉丸汤 Spinach Meatball Soup	薏米乌鸡汤 Coix Seed Black Chicken Soup	胡萝卜龙骨汤 Carrot Pork Bone Soup	
	主菜 Entrees	沙姜炒鸡 Stir-Fried Chicken with Sand Ginger 青豆虾仁水蒸蛋 Steamed Egg with Green Peas and Shrimp 	马蹄蒸肉饼 Steamed Meat Patty with Water Chestnuts 番茄炒鸡蛋 Scrambled Eggs with Tomatoes	红烧牛腩 Braised Beef Brisket 肉沫茄子 Eggplant with Minced Pork	广式叉烧 Cantonese BBQ Pork 孜然土豆炒肉 Stir-Fried Pork with Potatoes and Cumin 	椒盐鱼柳 Salt and Pepper Fish Fillet 京酱肉丝 Shredded Pork in Sweet Bean Sauce 	
	蔬菜 Veg	蒜蓉油麦菜 Garlic Lettuce	清炒杭白菜 Stir-Fried Bok Choy	蚝油生菜 Lettuce with Oyster Sauce	清炒上海青 Stir-Fried Shanghai Green	清炒包菜 Stir-Fried Cabbage	
	主食 Staple	玉米饭 Corn Rice	白米饭 Rice	燕麦米饭 Oat Rice	白米饭 Rice	口袋饼 Pita Bread 	
	水果 Fruit	橙子 Orange	西瓜 Watermelon	香蕉 Banana	苹果 Apple	橘子 Mandarin Orange	

营养分析 / Nutrition Facts

热量 Energy /kcal	522.7	557.9	566.9	594.2	592.9
蛋白 Protein /g	39.0	19.6	25.0	22.8	32.1
脂肪 Fat /g	15.1	17.6	20.6	23.0	14.8
碳水 Carbs /g	57.7	80.2	70.4	73.9	83.0

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蘑菇Mushroom

		Type	Monday (4.13)	Tuesday (4.14)	Wednesday(4.15)	Thursday(4.16)	Friday(4.17)
中餐 Chinese	汤 Soup		山药牛肉汤 Chinese Yam Beef Soup	莲子百合糖水 Lotus Seed & Lily Bulb Sweet Soup	菠菜肉丸汤 Spinach Meatball Soup	薏米乌鸡汤 Coix Seed Black Chicken Soup	胡萝卜龙骨汤 Carrot Pork Bone Soup
	主菜 Entrees		沙姜炒鸡 Stir-Fried Chicken with Sand Ginger 莴笋炒肉 (辣) Stir-Fried Pork with Asparagus Lettuce (Spicy) 青豆虾仁水蒸蛋 Steamed Egg with Green Peas and Shrimp 	马蹄蒸肉饼 Steamed Meat Patty with Water Chestnuts 青椒炒肉丝 (辣) Shredded Pork with Green Peppers (Spicy) 番茄炒鸡蛋 Scrambled Eggs with Tomatoes	红烧牛腩 Braised Beef Brisket 黄瓜玉米炒肉 Stir-Fried Pork with Cucumber and Corn 彩椒肉沫茄子 Eggplant with Minced Pork and Bell Peppers	广式叉烧 Cantonese BBQ Pork 东北酱豆腐 Minced Chicken with Tofu 孜然土豆炒五花肉 Stir-Fried Pork Belly with Potatoes and Cumin 	椒盐鱼柳 Salt and Pepper Fish Fillet 京酱肉丝 Shredded Pork in Sweet Bean Sauce 菜花蜜豆炒鸡肉 Stir-Fried Chicken with Cauliflower and Sweet Peas
	蔬菜 Veg		蒜蓉油麦菜 Garlic Lettuce	清炒杭白菜 Stir-Fried Bok Choy	蚝油生菜 Lettuce with Oyster Sauce	清炒上海青 Stir-Fried Shanghai Green	清炒包菜 Stir-Fried Cabbage
	主食 Staple		玉米饭 Corn Rice	三丝炒面 Fried Noodles with Three Shreds	燕麦米饭 Oat Rice	白米饭 Rice	白米饭 Rice
	水果 Fruit		橙子 Orange	西瓜 Watermelon	香蕉 Banana	苹果 Apple	橘子 Mandarin Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	746.8	858.5	816.2	843.9	751.3
蛋白 Protein /g	50.2	32.7	37.3	31.9	33.4
脂肪 Fat /g	19.4	33.8	25.1	29.5	18.9
碳水 Carbs /g	92.9	105.9	110.3	112.8	112.0

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猪肉Pork



蘑菇Mushroom

WEEKLY MENU



ISNS MYP&DP&PYP Lunch Menu

April 13th to 17th 2026



	Type	Monday (4.13)	Tuesday (4.14)	Wednesday(4.15)	Thursday(4.16)	Friday(4.17)
西餐 Western	汤 Soup	菌菇鱼丸汤 Mushroom Fish Ball Soup	奶油胡萝卜汤 Creamy Carrot Soup	奶油蘑菇汤 Creamy Mushroom Soup	西兰花奶油汤 Creamy Broccoli Soup	土豆奶油鸡肉汤 Creamy Potato Chicken Soup
	主菜 Entrees	香茅蒜香烤猪扒 Lemongrass & Garlic Grilled Pork Chop 蘑菇节瓜配牛肉 Beef with Mushrooms and Zucchini	柠檬叶酱烤鱼柳 Baked Fish Fillet with Lime Leaf Paste 樱桃番茄鸡肉丁 Diced Chicken with Cherry Tomatoes	韩式鸡块 Korean Chicken Nuggets 照烧鱼丸 Teriyaki Fish Balls	牛肉披萨 Beef Pizza 炒时蔬配海鲜 Stir-Fried Seasonal Vegetables with Seafood	BBQ 烤肋排 BBQ Grilled Ribs 泰式炒牛肉沫 Thai Stir-Fried Minced Beef
	配菜 Side Dish	韩式炒杂菜 Korean Stir-Fried Glass Noodles with Vegetables	口蘑西兰花 Broccoli with Mushrooms	炒什锦蔬菜 Stir-Fried Mixed Vegetables	普罗旺斯炖菜 Ratatouille	咖喱杂菜 Curry Mixed Vegetables
	主食 Staple	土豆培根炒饭 Potato and Bacon Fried Rice	白米饭 Steamed Rice	蜂蜜小南瓜 Honey Glazed Baby Pumpkin	星星薯角 Star Potato Wedges	口袋饼 Pita Bread
	水果 Fruit	橙子 Orange	西瓜 Watermelon	香蕉 Banana	苹果 Apple	橘子 Mandarin Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	813.0	721.2	803.2	776.7	790.2
蛋白 Protein /g	31.0	28.4	20.7	32.8	28.5
脂肪 Fat /g	27.3	20.9	25.9	22.1	23.0
碳水 Carbs /g	110.9	104.8	122.0	111.7	117.3
特色档 Special	番茄肥牛配米粉鸡蛋 Tomato Beef with Rice Noodles and Egg	扁河粉配日式鸡扒油豆腐 Rice Noodles with Japanese Chicken Cutlet and Fried Tofu	卤肉刀削面配鸡蛋 Sliced Noodles with Braised Pork and Egg	云吞面配烤肠鸡蛋 Wonton Noodles with Grilled Sausage and Egg	兰州牛肉拉面配鸡蛋 Lanzhou Beef Ramen with Egg

营养分析 / Nutrition Facts

热量 Energy /kcal	639.9	694.9	720.3	750.4	688.8
蛋白 Protein /g	24.0	35.4	31.3	28.4	42.4
脂肪 Fat /g	15.9	17.8	26.4	17.5	14.2
碳水 Carbs /g	100.2	98.3	89.4	119.7	97.9

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