

WEEKLY MENU

ISNS EY Snack and Lunch Menu

May 18th – 22nd 2026



	Monday (5. 18)	Tuesday (5. 19)	Wednesday (5. 20)	Thursday (5. 21)	Friday (5. 22)
上午茶点 Morning Snack	猪肉蒸饺 Steamed Pork Dumplings 酸奶 Yogurt 西瓜 蓝莓 Watermelon Blueberry	鸡蛋饼 Egg Pancake 生滚丝瓜鸡粥 Loofah & Chicken Congee 梨 Pear	水煮蛋 Boiled Egg 牛肉青菜面 Beef & Greens Noodle Soup 红心火龙果 哈密瓜 Red-fleshed Pitaya Hami Melon	蒸红薯 Steamed Sweet Potato 胡萝卜瘦肉粥 Carrot & Lean Meat Congee 圣女果 苹果 Cherry Tomatoes Apple	鸡蛋炒菠菜 Stir-Fried Spinach with Egg 酸奶 Yogurt 白心火龙果 红提 White-Fleshed Pitaya Red Grapes
午餐 Lunch	茶树菇鹅汤 Mushroom with Goose Soup 照烧猪扒 Teriyaki Pork Chop 冬瓜炒肉片 Stir-fried Pork Slices with Wax Gourd 清炒上海青 Sautéed Shanghai Greens 白米饭 Rice	绿豆糖水 Mung Bean Sweet Soup 红烧牛腩 Braised Beef Brisket 肉沫水蒸蛋 Steamed Egg with Minced Pork 清炒大白菜 Sautéed Chinese Cabbage 番茄意面 Tomato Spaghetti	薏米龙骨汤 Coix Seed Pork Bone Soup 土豆焖鸡 Braised Chicken with Potatoes 西兰花炒肉 Stir-fried Pork with Broccoli 清炒菜心 Sautéed Choy Sum 白米饭 Rice	鲫鱼豆腐汤 Crucian Carp Tofu Soup 香菇蒸肉饼 Steamed Pork Patty with Mushroom 茼笋炒牛肉 Stir-Fried Beef with Asparagus Lettuce 清炒生菜 Sautéed Lettuce 白米饭 Rice	山药牛肉汤 Chinese Yam & Beef Soup 柠檬酱烤鱼柳 Grilled Fish Fillet with Lemon Sauce 土豆丝炒肉 Shredded Potato Stir-Fried with Pork 蒜蓉油麦菜 Garlic Lettuce 白米饭 Rice
下午茶点 Afternoon Tea	蛋挞 Egg Tart 燕麦牛奶 Oat Milk	蓝莓松饼 Blueberry Muffin 牛奶 Milk	奥利奥蛋糕 Oreo Cake 酸奶 Yogurt	虎皮蛋糕 Tiger Skin Cake 牛奶 Milk	菠萝包 Pineapple Bun 香芋椰奶 Taro Coconut Milk

营养分析 / Nutrition Facts

热量 Energy /kcal	842.7	860.5	818.0	818.2	814.8
蛋白 Protein /g	30.0	33.0	37.8	35.2	32.6
脂肪 Fat /g	33.4	31.4	30.5	30.9	22.0
碳水 Carbs /g	105.5	111.4	98.0	99.7	121.8

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 (5. 18)	Tuesday (5. 19)	Wednesday (5. 20)	Thursday (5. 21)	Friday (5. 22)
午餐 Lunch	汤 Soup	茶树菇鹅汤 Mushroom with Goose Soup	绿豆糖水 Mung Bean Sweet Soup	薏米龙骨汤 Coix Seed Pork Bone Soup	鲫鱼豆腐汤 Crucian Carp Tofu Soup	山药牛肉汤 Chinese Yam & Beef Soup	
	主菜Entrees	照烧猪扒 Teriyaki Pork Chop 冬瓜炒肉片 Stir-fried Pork Slices with Wax Gourd	红烧牛腩 Braised Beef Brisket 肉沫水蒸蛋 Steamed Egg with Minced Pork	土豆焖鸡 Braised Chicken with Potatoes 西蓝花炒肉 Stir-fried Pork with Broccoli 	香菇蒸肉饼 Steamed Pork Patty with Mushroom 莴笋炒牛肉 Stir-Fried Beef with Asparagus Lettuce	柠檬酱烤鱼柳 Grilled Fish Fillet with Lemon Sauce 土豆丝炒肉 Shredded Potato Stir-Fried with Pork 	
	蔬菜 Veg	清炒上海青 Sautéed Shanghai Greens	清炒大白菜 Sautéed Chinese Cabbage	清炒菜心 Sautéed Choy Sum	清炒生菜 Sautéed Lettuce	蒜蓉油麦菜 Garlic Lettuce	
	主食 Staple	白米饭 Rice	番茄意面 Tomato Spaghetti	白米饭 Rice	白米饭 Rice	白米饭 Rice	
	水果 Fruit	橙子 Orange	香蕉 Banana	橘子 Orange	西瓜 Watermelon	苹果 Apple	

营养分析 / Nutrition Facts

热量 Energy /kcal	532.5	551.7	502.2	552.3	511.3
蛋白 Protein /g	19.1	17.3	22.9	28.0	23.2
脂肪 Fat /g	20.5	22.5	14.9	20.8	13.1
碳水 Carbs /g	67.9	70.1	69.1	63.2	75.0

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蘑菇Mushroom

		Type	Monday (5. 18)	Tuesday (5. 19)	Wednesday (5. 20)	Thursday (5. 21)	Friday (5. 22)
中餐 Chinese	汤 Soup	茶树菇鹅汤 Mushroom with Goose Soup	绿豆糖水 Mung Bean Sweet Soup	薏米龙骨汤 Coix Seed Pork Bone Soup	鲫鱼豆腐汤 Crucian Carp Tofu Soup	山药牛肉汤 Chinese Yam & Beef Soup	
	主菜Entrees	香芋椒盐虾 Salt and Pepper Shrimp with Taro 冬瓜炒肉片 Stir-fried Pork Slices with Wax Gourd 蒜苔炒牛肉 Stir-fried Beef with Garlic Scapes	红烧牛腩 Braised Beef Brisket 肉沫水蒸蛋 Steamed Egg with Minced Pork 黄瓜炒鸡肉 Stir-Fried Chicken with Cucumber	土豆焖鸡 Braised Chicken with Potatoes 西蓝花炒肉 Stir-fried Pork with Broccoli 肉沫豆腐 Minced Pork with Tofu	香菇蒸肉饼 Steamed Pork Patty with Mushroom 莴笋炒牛肉 Stir-Fried Beef with Asparagus Lettuce 洋葱彩椒炒鱿鱼花 (辣) (Spicy) Stir-Fried Squid Flowers with Onion & Bell Pepper	辣椒炒肉 (辣) Spicy Stir-Fried Pork with Chili 土豆丝炒肉 Shredded Potato Stir-Fried with Pork 番茄炒鸡蛋 Scrambled Eggs with Tomato	
	蔬菜 Veg	清炒上海青 Sautéed Shanghai Greens	清炒大白菜 Sautéed Chinese Cabbage	清炒菜心 Sautéed Choy Sum	清炒生菜 Sautéed Lettuce	蒜蓉油麦菜 Garlic Lettuce	
	主食 Staple	白米饭 Rice	白米饭 Rice	白米饭 Rice	白米饭 Rice	白米饭 Rice	
	水果 Fruit	橙子 Orange	香蕉 Banana	橘子 Orange	西瓜 Watermelon	苹果 Apple	

营养分析 / Nutrition Facts

热量 Energy /kcal	739.5	808.8	781.6	813.5	743.6
蛋白 Protein /g	32.4	29.5	34.6	42.4	29.0
脂肪 Fat /g	18.2	24.1	25.4	27.2	17.0
碳水 Carbs /g	111.5	118.6	103.7	99.8	118.7

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ISNS MYP&DP&PYP Lunch Menu

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		Type	Monday (5.18)	Tuesday (5.19)	Wednesday (5.20)	Thursday (5.21)	Friday (5.22)
西餐 Western	汤 Soup	奶油南瓜汤 Creamy Pumpkin Soup	意式蔬菜汤 Italian Vegetable Soup	奶油蘑菇汤 Cream of Mushroom Soup	奶油玉米汤 Creamy Corn Soup	奶油鸡肉玉米汤 Creamy Chicken & Corn Soup	
	主菜 Entrees	照烧猪扒 Teriyaki Pork Chop 炒胡萝卜蜜豆配鸡肉 Stir-Fried Chicken with Carrots and Sweet Beans	古巴猪肉 Cuban Style Pork 杏鲍菇香草炒海鲜 Sautéed Seafood with Mushroom and Herbs	墨西哥风味虾(辣) Spicy Mexican Style Shrimp 芝士五花肉炒年糕 Stir-fried Rice Cake with Cheese & Pork Belly	蒜香鸡扒 Garlic Chicken Chop 芝士肉沫南瓜 Minced Pork Pumpkin with Cheese	柠檬酱烤鱼柳 Grilled Fish Fillet with Lemon Sauce 炒节瓜配培根 Stir-Fried Zucchini with Bacon	
	配菜 Side Dish	黄油西兰花 Butter Broccoli	洋葱炒菠菜 Stir-Fried Spinach with Onion	烤樱桃番茄 Roasted Cherry Tomatoes	炒双色甘蓝 Stir-Fried Two-Colored Cabbage	黄油胡萝卜 Buttered Carrots	
	主食 Staple	蜂蜜烤玉米 Honey Roasted Corn	番茄意面 Tomato Spaghetti	三文鱼洋葱炒饭 Salmon and Onion Fried Rice	黄油吐司	菠菜薄饼 Spinach Pancake	
	水果 Fruit	橙子 Orange	香蕉 Banana	橘子 Orange	西瓜 Watermelon	苹果 Apple	

营养分析 / Nutrition Facts

热量 Energy /kcal	838.2	826.7	847.3	748.0	816.8
蛋白 Protein /g	36.3	32.1	20.5	29.2	35.1
脂肪 Fat /g	28.2	32.1	21.4	21.8	28.6
碳水 Carbs /g	109.9	102.5	143.2	108.7	104.8
特色档 Special	红汤肥牛汤面配鸡蛋 Spicy Beef Noodle Soup with Egg	沙茶鸡扒米线配油豆腐 Satay Chicken Chop Rice Noodles with Fried Tofu Puffs	云吞面配烤肠 Wonton Noodles with Sausage	清汤肥牛拉面配卤蛋 Clear Soup Beef Ramen with Marinated Egg	牛肉酱拌面配鸡蛋 Noodles with Beef Sauce and Egg

营养分析 / Nutrition Facts

热量 Energy /kcal	708.5	693.1	693.3	642.0	644.1
蛋白 Protein /g	40.1	23.0	26.6	41.2	28.6
脂肪 Fat /g	15.4	22.0	17.5	14.8	17.7
碳水 Carbs /g	102.3	100.7	107.2	86.0	92.7

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