

WEEKLY MENU

ISNS EY Snack and Lunch Menu

June 1st – 5th 2026



	Monday (6.1)	Tuesday (6.2)	Wednesday (6.3)	Thursday (6.4)	Friday (6.5)
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	鸡蛋炒玉米 Scrambled Eggs with Corn 香菇鸡肉粥 Shiitake Mushroom & Chicken Congee 西瓜 Watermelon	酱肉包 Sauced Meat Bun 胡萝卜瘦肉粥 Carrot & Lean Pork Congee 圣女果哈密瓜 Cherry Tomato Hami Melon	水煮蛋 Boiled Egg 猪肉番茄通心粉 Pork & Tomato Macaroni 橙子 苹果 Orange Apple	蛋挞 Egg Tart 酸奶 Yogurt 白心火龙果 红提 White Pitaya Red Grape
午餐 Lunch	山药鸡汤 Chinese Yam Chicken Soup 蜜豆千张炒肉 Sliced Pork with Sweet Beans & Tofu Sheets 肉沫蒸蛋 Steamed Egg with Minced Pork 清炒菜心 Sautéed Choy Sum 鸡排汉堡 Chicken Burger	绿豆汤 Mung Bean Soup 红烧肉 Braised Pork in Brown Sauce 牛肉沫豆腐 Minced Beef with Tofu 蒜蓉上海青 Garlic Shanghai Greens 白米饭 Steamed Rice	冬瓜肉片汤 Winter Melon & Sliced Pork Soup 香茅猪扒 Lemongrass Pork Chop 莴笋丝炒肉丝 Shredded Pork with Shredded Asparagus Lettuce 清炒大白菜 Sautéed Chinese Cabbage 鸡蛋酱油炒饭 Egg & Soy Sauce Fried Rice	胡萝卜玉米龙骨汤 Carrot, Corn & Pork Bone Soup 南乳汁焖牛腩 Braised Beef Brisket in Fermented Bean Curd Sauce 土豆丝丝炒肉 Shredded Potatoes with Sliced Pork 蒜蓉油麦菜 Garlic Leaf Lettuce 白米饭 Steamed Rice	黄豆凉瓜牛肉汤 Beef & Bitter Melon Soup with Soybeans 塔塔酱配鱼排 Fish Fillet with Tartar Sauce 杂菇炒肉 Sliced Pork with Assorted Mushrooms 清炒上海青 Sautéed Shanghai Greens 白米饭 Steamed Rice
下午茶点 Afternoon Tea	鸡蛋酥 Egg Crisp 红豆椰奶 Red Bean Coconut Milk	芝士松饼 Cheese Pancake 牛奶 Milk	提子面包 Raisin Bread 酸奶 Yogurt	奥利奥蛋糕 Oreo Cake 牛奶 Milk	绿豆糕 Mung Bean Cake 燕麦牛奶 Oat Milk

营养分析 / Nutrition Facts

热量 Energy /kcal	1034.2	890.1	878.3	892.6	840.7
蛋白 Protein /g	48.2	34.1	34.2	37.1	39.3
脂肪 Fat /g	43.2	32.1	29.9	32.3	27.4
碳水 Carbs /g	113.1	116.2	118.0	113.5	109.1

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 (6. 1)	Tuesday (6. 2)	Wednesday (6. 3)	Thursday (6. 4)	Friday (6. 5)
午餐 Lunch	汤 Soup		山药鸡汤 Chinese Yam Chicken Soup	绿豆汤 Mung Bean Soup	冬瓜肉片汤 Winter Melon & Sliced Pork Soup	胡萝卜玉米龙骨汤 Carrot, Corn & Pork Bone Soup	黄豆凉瓜牛肉汤 Beef & Bitter Melon Soup with Soybeans
	主菜 Entrees		蜜豆千张炒肉 Sliced Pork with Sweet Beans & Tofu Sheets 肉沫蒸蛋 Steamed Egg with Minced Pork	红烧肉 Braised Pork in Brown Sauce 牛肉沫豆腐 Minced Beef with Tofu	香茅猪扒 Lemongrass Pork Chop 莴笋丝炒肉丝 Shredded Pork with Shredded Asparagus Lettuce	南乳汁焖牛腩 Braised Beef Brisket in Fermented Bean Curd Sauce 土豆丝丝炒肉 Shredded Potatoes with Sliced Pork	塔塔酱配鱼排 Fish Fillet with Tartar Sauce 杂菇炒肉 Sliced Pork with Assorted Mushrooms
	蔬菜 Veg		清炒菜心 Sautéed Choy Sum	蒜蓉上海青 Garlic Shanghai Greens	清炒大白菜 Sautéed Chinese Gabbage	蒜蓉油麦菜 Garlic Leaf Lettuce	清炒上海青 Sautéed Shanghai Greens
	主食 Staple		鸡排汉堡 Chicken Burger	白米饭 Steamed Rice	鸡蛋酱油炒饭 Egg & Soy Sauce Fried Rice	白米饭 Steamed Rice	白米饭 Steamed Rice
	水果 Fruit		苹果 Apple	橘子 Mandarin Orange	西瓜 Watermelon	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	723.2	588.1	523.8	593.5	527.5
蛋白 Protein /g	37.9	18.2	27.0	21.7	27.4
脂肪 Fat /g	33.7	22.3	20.6	17.8	15.8
碳水 Carbs /g	67.1	78.7	57.7	86.7	68.8

过敏源Allergen:



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蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

WEEKLY MENU →

ISNS MYP&DP&PYP Lunch Menu

June 1st – 5th 2026



		Type	Monday (6.1)	Tuesday (6.2)	Wednesday (6.3)	Thursday (6.4)	Friday (6.5)
中餐 Chinese	汤 Soup		山药鸡汤 Chinese Yam Chicken Soup	绿豆汤 Mung Bean Soup	冬瓜肉片汤 Winter Melon & Sliced Pork Soup	胡萝卜玉米龙骨汤 Carrot, Corn & Pork Bone Soup	黄豆凉瓜牛肉汤 Beef & Bitter Melon Soup with Soybeans
	主菜 Entrees		中式卤牛肉 Chinese Braised Beef 尖椒千张炒肉 (辣) Spicy Sliced Pork with Green Pepper & Tofu Sheets 肉沫蒸蛋 Steamed Egg with Minced Pork	红烧肉 Braised Pork in Brown Sauce 牛肉沫豆腐 Minced Beef with Tofu 冬瓜炒肉 Sliced Pork with Winter Melon	新疆大盘鸡 (辣) Spicy Xinjiang Big Plate Chicken 西芹胡萝卜炒肉 Sliced Pork with Celery & Carrot 莴笋丝炒肉丝 Shredded Pork with Shredded Asparagus Lettuce	南乳汁焖牛腩 Braised Beef Brisket in Fermented Bean Curd Sauce 酸辣土豆丝 (辣) Spicy & Sour Shredded Potatoes 沙葛炒鱿鱼 Squid with Kudzu Root	香芋蒸排骨 Steamed Pork Ribs with Taro 番茄炒鸡蛋 Scrambled Eggs with Tomato 杂菇炒肉 Sliced Pork with Assorted Mushrooms
	蔬菜 Veg		清炒菜心 Sautéed Choy Sum	蒜蓉上海青 Garlic Shanghai Greens	清炒大白菜 Sautéed Chinese Cabbage	蒜蓉油麦菜 Garlic Leaf Lettuce	清炒上海青 Sautéed Shanghai Greens
	主食 Staple		玉米饭 Corn Rice	白米饭 Steamed Rice	鸡蛋酱油炒饭 Egg & Soy Sauce Fried Rice	白米饭 Steamed Rice	白米饭 Steamed Rice
	水果 Fruit		苹果 Apple	橘子 Mandarin Orange	西瓜 Watermelon	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	833.2	872.5	788.8	798.2	767.1
蛋白 Protein /g	40.1	30.1	40.5	29.9	37.5
脂肪 Fat /g	32.1	29.4	29.4	21.1	21.4
碳水 Carbs /g	96.0	121.8	90.5	122.3	106.1

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

June 1st – 5th 2026



	Type	Monday (6.1) 快乐六一套餐 Happy Children's Day Set Meal	Tuesday (6.2)	Wednesday (6.3)	Thursday (6.4)	Friday (6.5)
西餐 Western	汤 Soup	鹰嘴豆培根汤 Chickpea & Bacon Soup	玉米鸡肉汤 Corn & Chicken Soup	奶油南瓜汤 Creamy Pumpkin Soup	奶油蘑菇汤 Creamy Mushroom Soup	西兰花香肠汤 Broccoli & Sausage Soup
	主菜 Entrees	麦乐鸡块 Chicken McNuggets 肉汁薯条 Gravy Fries	菠菜芝士烤鱼 Baked Fish with Spinach and Cheese 炒胡萝卜口蘑配鸡肉丁 Sautéed Carrots & Mushrooms with Diced Chicken	香茅猪扒 Lemongrass Pork Chop 茄汁鱼丸 Fish Balls in Tomato Sauce	蒜香黄油烤猪肉 Garlic & Butter Roasted Pork 炒节瓜配培根 Sautéed Zucchini with Bacon	塔塔酱配鱼排 Fish Fillet with Tartar Sauce 蜜豆芦笋炒牛肉 Sliced Beef with Asparagus & Sweet Beans
	配菜 Side Dish	黄油西兰花 Butter Broccoli	普罗旺斯炖菜 Provençal Stew	韩式炒杂菜 Korean Mixed Vegetable	炒双色甘蓝 Sautéed Mixed Cabbage	什锦蔬菜 Mixed Vegetables
	主食 Staple	鸡排汉堡 Chicken Burger	蜂蜜玉米 Honey Corn	白米饭 Steamed White Rice	口袋饼 Pita Bread	迷迭香烤小南瓜 Roasted Mini Pumpkin with Rosemary
	水果 Fruit	苹果 Apple	橘子 Mandarin Orange	西瓜 Watermelon	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	917.1	776.7	800.4	814.7	769.0
蛋白 Protein /g	44.4	34.5	28.5	39.2	33.1
脂肪 Fat /g	36.9	29.2	20.7	20.2	23.1
碳水 Carbs /g	102.0	93.9	125.1	119.0	107.2

特色档 Special	猪肉丸肉片河粉配鸡蛋 Pork Ball & Sliced Pork Rice Noodles with Egg	牛肉热干面配鸡蛋 Beef Hot Dry Noodles with Egg	清汤肥牛米粉配鸡蛋 Clear Broth Beef Rice Noodles with Egg	番茄鸡扒米线配油豆腐 Tomato Chicken Cutlet Rice Noodles with Fried Tofu	黄豆猪肉酱拌面配煎蛋 Noodles with Soybean Pork Sauce & Fried Egg
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营养分析 / Nutrition Facts

热量 Energy /kcal	633.6	714.9	657.8	642.7	671.3
蛋白 Protein /g	28.8	46.3	27.9	31.9	28.4
脂肪 Fat /g	15.2	15.0	16.2	19.6	30.4
碳水 Carbs /g	95.4	98.6	100.1	84.6	71.1

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom