

WEEKLY
MENUISNS EY Snack and Lunch Menu
August 17th to 21st 2026

	Monday (8. 17)	Tuesday (8. 18)	Wednesday (8. 19)	Thursday (8. 20)	Friday (8. 21)
上午茶点 Morning Snack	蒸红薯 Steamed Sweet Potato 酸奶 Yogurt 红心火龙果 橙子 Red-flesh Dragon Fruit & Orange	水煮蛋 Boiled Egg 猪肉蝴蝶粉 Pork Farfalle Pasta 圣女果 哈密瓜 Cherry Tomatoes & Cantaloupe	香菇菜包 Vegetable & Shiitake Mushroom Bun 胡萝卜瘦肉粥 Congee with Carrot and Lean Pork 西瓜 青提 Watermelon & Green Grapes	鸡蛋卷 Egg Roll 牛肉粥 Beef Congee 蓝莓 苹果 Blueberries & Apple	蓝莓吐司 Blueberry Toast 酸奶 Yogurt 白心火龙果 红提 White-flesh Dragon Fruit & Red Grapes
午餐 Lunch	红枣乌鸡汤 Black-bone Chicken Soup with Red Dates 卤牛肉配豆干 Braised Beef with Dried Tofu 肉片茄子 Sautéed Eggplant with Sliced Pork 白灼生菜 Blanched Lettuce 白米饭 Rice	绿豆糖水 Mung Bean Sweet Soup 泰式烤鱼柳 Thai-style Grilled Fish Fillet 肉沫豆腐 Minced Pork with Tofu 蒜蓉油麦菜 Sautéed Leaf Lettuce with Garlic 白米饭 Steamed White Rice	冬瓜薏米黄豆龙骨汤 Pork Bone Soup with Winter Melon, Coix Seeds and Soybeans 红烧鸡腿 Braised Chicken Drumsticks 土豆丝炒肉 Stir-fried Shredded Potatoes with Sliced Pork 清炒大白菜 Stir-fried Chinese Cabbage 玉米饭 Corn Rice	鲫鱼豆腐汤 Crucian Carp Tofu Soup 红烧肉 Braised Pork Belly 芹菜香干肉片 Stir-fried Sliced Pork with Celery & Dried Tofu 清炒上海青 Sautéed Shanghai Greens 肉酱意大利面 Spaghetti Bolognese	山药肉丸汤 Chinese Yam & Meatball Soup 蒜香烤牛肉配蔬菜 Garlic Roasted Beef with Vegetables 肉沫水蒸蛋 Steamed Egg with Minced Pork 清炒菜心 Sautéed Chinese Flowering Cabbage 蒸饺 Steamed Dumplings
下午茶点 Afternoon Tea	南瓜派 Pumpkin Pie 木瓜牛奶 Papaya Milk	虎皮蛋糕 Tiger Skin Cake 牛奶 Milk	椰蓉面包 Coconut Bread 酸奶 Yogurt	可颂 Croissant 牛奶 Milk	草莓松饼 Strawberry Pancake 红豆椰奶 Red Bean 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

WEEKLY
MENU →ISNS G1&G2 Lunch Menu
August 17th to 21st 2026

午餐 Lunch	Type	Monday (8. 17)	Tuesday (8. 18)	Wednesday (8. 19)	Thursday (8. 20)	Friday (8. 21)
	汤 Soup	红枣乌鸡汤 Chicken Soup with Red Dates	 绿豆糖水 Mung Bean Sweet Soup	 冬瓜薏米黄豆龙骨汤 Pork Bone Soup with Winter Melon, Coix Seeds and Soybeans 	 鲫鱼豆腐汤  鲫鱼豆腐汤 Crucian Carp Tofu Soup	 山药肉丸汤 Chinese Yam & Meatball Soup
	主菜Entrees	 卤牛肉配豆干  Braised Beef with Dried Tofu 肉片茄子 Sautéed Eggplant with Sliced Pork 	 泰式烤鱼柳 Thai-style Grilled Fish Fillet 肉沫豆腐 Minced Pork with Tofu  	红烧鸡腿 Braised Chicken Drumsticks 土豆丝炒肉 Stir-fried Shredded Potatoes with Sliced Pork 	 红烧肉 Braised Pork Belly 芹菜香干肉片 Stir-fried Sliced Pork with Celery & Dried Tofu  	 蒜香烤牛肉配蔬菜 Garlic Roasted Beef with Vegetables  肉沫水蒸蛋 Steamed Egg with Minced Pork 
	蔬菜 Veg	白灼生菜 Blanched Lettuce	蒜蓉油麦菜 Sautéed Leaf Lettuce with Garlic	清炒大白菜 Stir-fried Chinese Cabbage	清炒上海青 Sautéed Shanghai Greens	清炒菜心 Sautéed Chinese Flowering Cabbage
	主食 Staple	白米饭 Rice	白米饭 Rice	玉米饭 Corn Rice	 肉酱意大利面 Spaghetti Bolognese	 蒸饺 Steamed Dumplings
	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	519.0	562.7	501.9	604.4	535.4
蛋白 Protein /g	28.6	28.1	24.5	29.7	24.6
脂肪 Fat /g	16.8	12.5	18.8	28.9	22.5
碳水 Carbs /g	63.4	84.4	58.7	56.4	58.5

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豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

WEEKLY MENU →

ISNS MYP&DP&PYP Lunch Menu August 17th to 21st 2026



	Type	Monday (8. 17)	Tuesday (8. 18)	Wednesday (8. 19)	Thursday (8. 20)	Friday (8. 21)
中餐 Chinese	汤 Soup	红枣乌鸡汤 Chicken Soup with Red Dates	 绿豆糖水 Mung Bean Sweet Soup	 冬瓜薏米黄豆龙骨汤  Pork Bone Soup with Winter Melon, Coix Seeds and Soybeans	 鲫鱼豆腐汤  Crucian Carp Tofu Soup	 山药肉丸汤 Chinese Yam & Meatball Soup
	主菜Entrees	 卤牛肉配豆干  Braised Beef with Dried Tofu  肉片茄子 Sautéed Eggplant with Sliced Pork  番茄炒鸡蛋 Scrambled Eggs with Tomato	 水煮肉片 (辣)  Spicy Boiled Sliced Pork 莲藕炒牛肉  Stir-fried Beef with Lotus Root  肉沫豆腐  Minced Pork with Tofu	红烧鸡腿 Braised Chicken Drumsticks  洋葱尖椒炒鱿鱼 (辣)  Spicy Stir-fried Squid with Onion & Green Chili 清炒土豆丝 Stir-fried Shredded Potatoes	 红烧肉 Braised Pork Belly  芹菜香干肉片  Stir-fried Sliced Pork with Celery & Dried Tofu 酸甜鸡丁 Sweet & Sour Diced Chicken	 酸菜鱼 (辣)  Spicy Sour Fish 肉沫水蒸蛋 Steamed Egg with Minced Pork 冬瓜炒鸡肉 Stir-fried Chicken with Winter Melon
	蔬菜 Veg	白灼生菜 Blanched Lettuce	蒜蓉油麦菜 Sautéed Leaf Lettuce with Garlic	清炒大白菜 Stir-fried Chinese Cabbage	清炒上海青 Sautéed Shanghai Greens	清炒菜心 Sautéed Chinese Flowering Cabbage
	主食 Staple	白米饭 Rice	白米饭 Rice	玉米饭 Corn Rice	红薯饭 Sweet Potato 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	796.0	830.0	805.5	879.8	770.8
蛋白 Protein /g	37.5	31.7	40.8	39.3	35.9
脂肪 Fat /g	21.5	19.9	28.2	34.7	23.4
碳水 Carbs /g	113.1	131.1	97.2	102.7	104.2

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WEEKLY MENU →

ISNS MYP&DP&PYP Lunch Menu August 17th to 21st 2026



	Type	Monday (8. 17)	Tuesday (8. 18)	Wednesday (8. 19)	Thursday (8. 20)	Friday (8. 21)
西餐 Western	汤 Soup	 罗宋汤 Borscht	 菠菜培根汤 Spinach & Bacon Soup	 奶油玉米汤 Creamy Corn Soup	 奶油南瓜汤 Creamy Pumpkin Soup	 奶油蘑菇汤 Creamy Mushroom Soup
	主菜 Entrees	 卡真烤鸡全翅 Cajun Roasted Whole Chicken Wings  炒年糕配五花肉 (辣)  Spicy Stir-fried Rice Cakes with Pork	 泰式烤鱼柳 Thai-style Grilled Fish Fillet 炒花菜配鸡肉 Stir-fried Cauliflower with Chicken	 BBQ 烤猪肋排 BBQ Roasted Pork Ribs  烤胡萝卜南瓜配烤肠 Roasted Carrots & Pumpkin with Sausages	 墨西哥风味虾 (辣)  Spicy Mexican-style Shrimp  杏鲍菇丁炒牛肉 Stir-fried Beef with Diced King Oyster Mushrooms	 蒜香烤牛肉配蔬菜 Garlic Roasted Beef with Vegetables  炒樱桃番茄配猪肉丁 Stir-fried Diced Pork with Cherry Tomatoes
	配菜 Side Dish	洋葱炒菠菜 Sautéed Spinach with Onions	意式炒杂菜 Italian Sautéed Mixed Vegetables	 口蘑西蓝花 Sautéed Broccoli with Button Mushrooms	节瓜炒彩椒 Stir-fried Zucchini with Bell Peppers	炒双色甘蓝 Stir-fried Two-color Cabbage
	主食 Staple	迷迭香烤土豆 Roasted Baby Potatoes with Rosemary	 黄油玉米 Butter Corn	 口袋饼  Pita Bread	 肉酱意大利面 Spaghetti Bolognese	 西式炒饭 Western Fried Rice
	水果 Fruit	橙子 Orange	香蕉 Banana	西瓜 Watermelon	苹果 Apple	苹果 Apple

营养分析 / Nutrition Facts

热量 Energy /kcal	879.1	866.2	737.6	732.5	815.3
蛋白 Protein /g	39.4	53.9	34.2	39.0	32.2
脂肪 Fat /g	21.3	22.9	22.4	20.5	33.5
碳水 Carbs /g	879.1	866.2	737.6	732.5	815.3

特色档 Special	 红烧排骨河粉配鸡蛋  Braised Pork Rib Noodles with Egg	 牛肉芝士汉堡   Beef & Cheese Burger	 酸汤肥牛米粉配鸡蛋  Sour Soup Beef Rice Noodles with Egg	 牛肉披萨   Beef Pizza	 清汤肥牛拉面配卤蛋  Clear Soup Beef Lamian Noodles with Marinated Egg
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营养分析 / Nutrition Facts

热量 Energy /kcal	736.5	775.4	620.3	699.3	681.3
蛋白 Protein /g	28.9	26.1	23.5	28.2	36.4
脂肪 Fat /g	29.7	36.3	14.8	17.7	14.7
碳水 Carbs /g	88.4	86.1	98.1	106.8	100.9

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