

WEEKLY
MENUISNS EY Snack and Lunch Menu
September 7th – 11th 2026eat
by sodexo

	Monday (9. 7)	Tuesday (9. 8)	Wednesday (9. 9)	Thursday (9. 10)	Friday (9. 11)
上午茶点 Morning Snack	蒸红薯 Steamed Sweet Potato 酸奶 Yogurt 红心火龙果 蓝莓 Red-Flesh Pitaya Blueberries	鸡蛋卷 Egg Roll 牛肉青菜面 Beef & Green Vegetable Noodles 西瓜 青提 Watermelon Green Grapes	香菇菜包 Shiitake Vegetable Bun 瘦肉粥 Lean Meat Congee 圣女果 哈密瓜 Cherry Tomatoes Cantaloupe	豆沙包 Red Bean Paste Bun 云吞 Wonton 橙子 苹果 Orange Apple	蛋挞 Egg Tart 牛奶 Milk 桔子 红提 Orange Red Grapes
午餐 Lunch	鲫鱼山药百合汤 Chinese Yam and Lily Bulb 酸菜红烧肉 Braised Pork Belly with Pickles 粉丝牛肉沫蒸丝瓜 Steamed Luffa with Vermicelli and Minced Beef 清炒杭白菜 Sautéed Hangzhou Cabbage 玉米饭 Corn Rice	枸杞叶瘦肉汤 Pork Soup with Goji Leaves 香菇蒸鸡 Steamed Chicken with Shiitake Mushrooms 番茄炒鸡蛋 Stir-fried Egg with Tomato 蒜蓉娃娃菜 Garlic Baby Cabbage 白米饭 Steamed Rice	土豆浓汤 Potato Soup 香烤牛肉配烤蔬菜 Roasted Beef with Seasonal Vegetables 肉沫豆腐 Braised Tofu with Pork 清炒上海青 Sautéed Shanghai Greens 白米饭 Steamed Rice	椰子鸡汤 Coconut Chicken Soup 土豆焖牛腩 Braised Beef Brisket with Potatoes 洋葱彩椒肉片 Stir-fried Pork with Onion and Bell Pepper 蒜蓉包菜 Garlic Cabbage 番茄蝴蝶面 Tomato Farfalle Pasta	青红萝卜牛骨汤 Raddish & Beef Soup 黄油柠檬煎鱼柳 Pan-Fried Fish Fillet with Butter and Lemon 肉沫水蒸蛋 Steamed Egg with Minced Meat 白灼生菜 Blanched Lettuce 番茄罗勒螺丝面 Fusilli in Basil Tomato Sauce
下午茶点 Afternoon Tea	蔓越莓面包 Cranberry Bread 苹果山楂牛奶 Apple & Hawthorn Milk	提子蛋糕 Grape Cake 酸奶 Yogurt	草莓甜甜圈 Strawberry Donut 牛奶 Milk	菠菜面包 Spinach Bread 酸奶 Yogurt	红豆糕 Red Bean Cake 燕麦牛奶 Oat Milk

营养分析 / Nutrition Facts

热量 Energy /kcal	794.9	858.4	883.0	893.4	772.5
蛋白 Protein /g	35.5	42.1	30.0	40.0	36.9
脂肪 Fat /g	26.7	16.4	35.5	28.9	18.1
碳水 Carbs /g	103.1	135.7	110.9	118.4	115.5

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 September 7th – 11th 2026



	Type	Monday (9. 7)	Tuesday (9. 8)	Wednesday (9. 9)	Thursday (9. 10)	Friday (9. 11)
午餐 Lunch	汤 Soup	 鲫鱼山药百合汤 Crucian Carp Soup with Chinese Yam and Lily Bulb	 枸杞叶瘦肉汤 Pork Soup with Goji Leaves	土豆浓汤 Potato Soup	椰子鸡汤 Coconut Chicken Soup	 青红萝卜牛骨汤 Raddish & Beef Soup
	主菜Entrees	 酸菜红烧肉 Braised Pork Belly with Pickles  粉丝牛肉沫蒸丝瓜 Steamed Luffa with Vermicelli and Minced Beef	香菇蒸鸡 Steamed Chicken with Shiitake Mushrooms  番茄炒鸡蛋 Stir-fried Egg with Tomato	 香烤牛肉配烤蔬菜 Roasted Beef with Seasonal Vegetables  肉沫豆腐  Braised Tofu with Pork	 土豆焖牛腩 Braised Beef Brisket with Potatoes  洋葱彩椒肉片 Stir-fried Pork with Onion and Bell Pepper	 黄油柠檬煎鱼柳 Pan-Fried Fish Fillet with Butter and Lemon  肉沫水蒸蛋  Steamed Egg with Minced Meat
	蔬菜 Veg	清炒杭白菜 Sautéed Hangzhou Cabbage	蒜蓉娃娃菜 Garlic Baby Cabbage	清炒上海青 Sautéed Shanghai Greens	蒜蓉包菜 Garlic Cabbage	白灼生菜 Blanched Lettuce
	主食 Staple	玉米饭 Corn Rice	白米饭 Steamed Rice	白米饭 Steamed Rice	番茄蝴蝶面 Tomato Farfalle Pasta	番茄罗勒螺丝面  Fusilli in Basil Tomato Sauce
	水果 Fruit	橘子 Orange	苹果 Apple	火龙果 Pitaya	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	507. 3	540. 2	546. 6	566. 6	504. 8
蛋白 Protein /g	25. 2	29. 5	20. 6	28. 3	28. 2
脂肪 Fat /g	18. 9	11. 1	21. 9	19. 6	13. 0
碳水 Carbs /g	59. 0	80. 6	66. 8	69. 2	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 September 7th – 11th 2026



	Type	Monday (9. 7)	Tuesday (9. 8)	Wednesday (9. 9)	Thursday (9. 10)	Friday (9. 11)
中餐 Chinese	汤 Soup	 鲫鱼山药百合汤 Crucian Carp Soup with Chinese Yam and Lily Bulb	 枸杞叶瘦肉汤 Pork Soup with Goji Leaves 	绿豆汤 Mung Bean Soup	椰子鸡汤 Coconut Chicken Soup	 青红萝卜牛骨汤 Raddish & Beef Soup
	主菜Entrees	 酸菜红烧肉 Braised Pork Belly with Pickles  粉丝牛肉沫蒸丝瓜 Steamed Luffa with Vermicelli and Minced Beef 酸辣土豆丝  Spicy and Sour Potatoes	香菇蒸鸡 Steamed Chicken with Shiitake Mushrooms  番茄炒鸡蛋 Stir-fried Egg with Tomato 孜然洋葱土豆五花肉 (辣) Spicy Cumin Pork Belly with Onion and Potato  	酸汤鱼柳  Sour Soup Fish Fillets 肉沫豆腐  Braised Tofu with Pork 胡萝卜炒五花肉 Stir-Fried Pork Belly with and Carrots 	 土豆焖牛腩 Braised Beef Brisket with Potatoes  洋葱彩椒肉片 Stir-fried Pork with Onion and Bell Pepper  香芹尖椒炒海鲜 (辣) Spicy Stir-Fried Seafood with Celery and Green Chili 	 红烧排骨 Braised Pork Ribs  蒜苔炒牛肉丝 Stir-Fried Beef with Garlic Sprouts  肉沫水蒸蛋  Steamed Egg with Minced Meat
	蔬菜 Veg	清炒杭白菜 Sautéed Hangzhou Cabbage	蒜蓉娃娃菜 Garlic Baby Cabbage	清炒上海青 Sautéed Shanghai Greens	蒜蓉包菜 Stir-Fried Cabbage	白灼生菜 Blanched Lettuce
	主食 Staple	玉米饭 Corn Rice	白米饭 Steamed Rice	白米饭 Steamed Rice	红薯饭 Rice with Sweet Potatoes	白米饭 Steamed Rice
	水果 Fruit	橘子 Orange	苹果 Apple	火龙果 Pitaya	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	714.5	802.6	827.2	797.3	802.5
蛋白 Protein /g	35.5	31.6	30.9	43.9	39.0
脂肪 Fat /g	21.3	18.0	26.5	18.9	29.9
碳水 Carbs /g	95.2	128.5	116.3	112.8	94.4

过敏源Allergen:



奶类Milk



蛋Egg



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海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

WEEKLY MENU →

ISNS MYP&DP&PYP Lunch Menu September 7th – 11th 2026



西餐 Western	Type	Monday (9. 7)	Tuesday (9. 8)	Wednesday (9. 9)	Thursday (9. 10)	Friday (9. 11)
	汤 Soup	牛肉大酱汤 Beef Soybean Paste Soup	奶油蘑菇汤 Creamy Mushroom Soup	土豆浓汤 Potato Soup	玉米浓汤 Corn Soup	西兰花培根汤 Broccoli & Bacon Soup
	主菜 Entrees	奥尔良烤鸡扒 New Orleans Chicken 时蔬配海鲜 Seafood with Seasonal Vegetables	卡真酱大虾 Cajun-Style Prawns 杂菇扒培根段 Grilled Mushroom with Bacon	香烤牛肉配烤蔬菜 Roasted Beef with Seasonal Vegetables 炒杂菇配鸡腿肉 Stir-Fried Mixed Mushrooms with Chicken Thigh Meat	香烤猪排配樱桃番茄 Roasted Cherry Tomatoes with Diced Pork 胡萝卜蜜豆配牛肉 Beef with Carrots and Sweet Beans	黄油柠檬煎鱼柳 Pan-Fried Fish Fillet with Butter and Lemon 香煎培根配烤土豆 Roasted Potatoes with Bacon
	配菜 Side Dish	烤花菜 Roasted Cauliflower	炒什锦蔬菜 Stir-Fried Assorted Vegetables	黄油西兰花 Buttered Broccoli	法式洋葱土豆 French-Style Onion Potatoes	胡萝卜配甜豆 Carrots with Sweet Peas
	主食 Staple	口袋饼 Pita Bread	迷迭香烤小土豆 Roasted Baby Potatoes with Rosemary	奶香土豆泥 Mashed Potatoes	番茄蝴蝶面 Tomato Farfalle Pasta	番茄罗勒螺丝面 Fusilli in Basil Tomato Sauce
	水果 Fruit	橘子 Orange	苹果 Apple	火龙果 Pitaya	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	692.9	845.0	821.7	828.1	772.0
蛋白 Protein /g	32.0	27.8	30.8	43.4	33.2
脂肪 Fat /g	21.6	21.7	19.3	31.7	21.5
碳水 Carbs /g	92.7	134.6	131.3	92.2	111.5

特色档 Special	兰州牛肉拉面配油豆腐 Lanzhou Beef Noodles with Fried Tofu	台式卤肉饭配卤蛋 Taiwanese Braised Minced Pork Rice with Egg	炸酱面配鸡蛋 Noodle with Meat Paste and Egg	鸡肉披萨 Chicken Pizza	番茄鸡蛋面 Noodles with Tomato and Egg
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营养分析 / Nutrition Facts

热量 Energy /kcal	699.1	675.0	670.9	694.0	773.0
蛋白 Protein /g	43.0	31.5	35.7	25.7	33.4
脂肪 Fat /g	14.8	17.7	14.1	29.6	21.6
碳水 Carbs /g	98.5	97.4	100.4	81.1	111.3

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom