WEEKLY MENU

ISNS EY Snack and Lunch Menu
December 8th - 12th 2025

eat by sodexo

	Monday (12.8)	Tuesday (12.9)	Wednesday(12.10)	Thursday(12.11)	Friday(12.12)
上午茶点 Morning Snack	蒸红薯 Steamed Sweet Potato 酸奶 Yogurt 橙子 蓝莓 Orange Blueberry	水煮蛋 Boiled Egg 瘦肉粥 Lean Pork Congee 香蕉 Banana	烧麦 Shaomai 酸奶 Yogurt 红提 苹果 Red Grape Apple	鸡蛋卷 Egg Rolls 牛肉青菜面 Beef and Vegetable Noodle Soup 橘子 Tangerine	桂花糕 Osmanthus Cake 酸奶 Yogurt 火龙果 青提 Dragon Fruit Green Grape
午餐 Lunch	椰子鸡汤 Coconut Chicken Soup 粤式蒸鱼 Cantonese-Style Steamed Fish 肉沫水蒸蛋 Steamed Egg with Minced Pork 杭白菜 Bok Choy 白米饭 Steamed Rice	马蹄雪梨糖水 Water Chestnut and Asian Pear Sweet Broth 土豆焖牛腩 Braised Beef Brisket with Potatoes 蒜苗胡萝卜炒肉 Stir-Fried Pork with Garlic Sprouts and Carrots 白灼生菜 Blanched Lettuce 鸡丝蔬菜炒面 Stir-Fried Noodles with Shredded Chicken and Vegetables	裙带菜牛肉汤 Beef and Wakame Soup 蒜香蜜汁烤猪里脊 Garlic & Honey-Glazed Roasted Pork Tenderloin 炒金针菇配肥牛 Stir-Fried Enoki Mushrooms with Beef Slices 上海青 Bok Choy 白米饭 Steamed Rice	鲫鱼山药百合汤 Crucian Carp, Chinese Yam and Lily Bulb Soup 红烧肉 Braised Pork Belly 粉丝肉沫蒸丝瓜 Steamed Sponge Gourd with Vermicelli and Minced Pork 蒜蓉油麦菜 Garlic Sautéed Choy Sum 牛肉酱千层面 Beef Bolognese Lasagna	菠菜豆腐肉沫汤 Spinach, Tofu and Minced Pork Soup 蜜汁烤鸡小腿 Honey-Glazed Roasted Chicken Drumsticks 番茄炒鸡蛋 Stir-Fried Eggs with Tomatoes 清炒春菜 Stir-Fried Spring Greens 白米饭 Steamed Rice
下午茶点 Afternoon Tea	蔓越莓面包 Cranberry Bread 南瓜炖奶 Steamed Pumpkin and Milk	香蕉松饼 Banana Pancakes 牛奶 Milk	原味麻薯 Plain Mochi 紫薯玉米糊 Purple Sweet Potato and Corn Porridge	提子云朵蛋糕 Grape Cloud Cake 牛奶 Milk	绿豆饼 Mung Bean Cake 苹果热橙汤 Hot Apple and Orange Soup
营养分析 / Nutrition Facts					
热量 Energy /kcal	856.2	980.7	903.2	989.2	831.2
蛋白 Protein /g	40.6	33.0	38.8	48.2	35.2
脂肪 Fat /g	24.8	38.7	27.0	44.3	22.8
碳水 Carbs /g	117.7	125.2	126.2	99.4	121.4

过敏源Allergen: 奶类Milk 蛋Egg 豆Bean 海鲜Seafood 牛肉Beef 猪肉Pork

WEEKLY MENU

ISNS G1&G2 Lunch Menu
December 8th - 12th 2025

eat by sodexo

	Type	Monday (12.8)	Tuesday (12.9)	Wednesday(12.10)	Thursday(12.11)	Friday(12.12)
午餐 Lunch	汤 Soup	椰子鸡汤 Coconut Chicken Soup	马蹄雪梨糖水 Water Chestnut and Asian Pear Sweet Broth	裙带菜牛肉汤 Beef and Wakame Soup	鲫鱼山药百合汤 Crucian Carp, Chinese Yam and Lily Bulb Soup	菠菜豆腐肉沫汤 Spinach, Tofu and Minced Pork Soup
	主菜Entrees	粤式蒸鱼 Cantonese-Style Steamed Fish 肉沫水蒸蛋 Steamed Egg with Minced Pork	土豆焖牛腩 Braised Beef Brisket with Potatoes 蒜苗胡萝卜炒肉 Stir-Fried Pork with Garlic Sprouts and Carrots	蒜香蜜汁烤猪里脊 Garlic & Honey-Glazed Roasted Pork Tenderloin 炒金针菇配肥牛 Stir-Fried Enoki Mushrooms with Beef Slices	红烧肉 Braised Pork Belly 粉丝肉沫蒸丝瓜 Steamed Sponge Gourd with Vermicelli and Minced Pork	蜜汁烤鸡小腿 Honey-Glazed Roasted Chicken Drumsticks 番茄炒鸡蛋 Stir-Fried Eggs with Tomatoes
	蔬菜 Veg	杭白菜 Bok Choy	白灼生菜 Blanched Lettuce	上海青 Bok Choy	蒜蓉油麦菜 Garlic Sautéed Choy Sum	清炒春菜 Stir-Fried Spring Greens
	主食 Staple	白米饭 Steamed Rice	鸡丝蔬菜炒面 Stir-Fried Noodles with Shredded Chicken and Vegetables	白米饭 Steamed Rice	牛肉酱千层面 Beef Bolognese Lasagna	白米饭 Steamed Rice
	水果 Fruit	苹果 Apple	橘子 Tangerine	哈密瓜 Hami Melon	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts					
热量 Energy /kcal	519.8	549.5	572.7	625.2	499.8
蛋白 Protein /g	29.8	20.3	26.9	28.8	23.3
脂肪 Fat /g	17.6	19.4	21.4	28.7	15.8
碳水 Carbs /g	60.6	73.4	68.2	65.9	66.1

过敏源Allergen: 奶类Milk 蛋Egg 豆Bean 海鲜Seafood 牛肉Beef 猪肉Pork

WEEKLY MENU

ISNS MYP&DP&PYP Lunch Menu
December 8th - 12th 2025

eat by sodexo

	Type	Monday (12.8)	Tuesday (12.9)	Wednesday(12.10)	Thursday(12.11)	Friday(12.12)
中餐 Chinese	汤 Soup	椰子鸡汤 Coconut Chicken Soup	马蹄雪梨糖水 Water Chestnut and Asian Pear Sweet Broth	裙带菜牛肉汤 Beef and Wakame Soup	鲫鱼山药百合汤 Crucian Carp, Chinese Yam and Lily Bulb Soup	菠菜豆腐肉沫汤 Spinach, Tofu and Minced Pork Soup
	主菜Entrees	粤式椒丝蒸鱼 Cantonese-Style Steamed Fish with Shredded Chili Peppers 西芹荷兰豆炒牛肉（辣） (Spicy) Stir-Fried Beef with Celery and Snow Peas 香葱蒸水蛋 Steamed Egg with Chives	土豆焖牛腩 Braised Beef Brisket with Potatoes 香芹肉片炒尖椒（辣） Spicy Stir-Fried Pork Slices with Celery and Chili Peppers 蒜苗胡萝卜炒肉 Stir-Fried Pork with Garlic Sprouts and Carrots	避风塘炒大虾 Typhoon Shelter-Style Stir-Fried Prawns 毛豆炒肉 Stir-Fried Pork with Edamame Beans 娃娃菜煮油豆腐鸡肉 Simmered Chicken with Baby Cabbage and Fried Tofu Puffs	红烧肉 Braised Pork Belly 粉丝肉沫蒸丝瓜 Steamed Sponge Gourd with Vermicelli and Minced Pork 清炒土豆丝（辣） (Spicy) Stir-Fried Shredded Potatoes	蜜汁烤鸡小腿 Honey-Glazed Roasted Chicken Drumsticks 番茄炒鸡蛋 Stir-Fried Eggs with Tomatoes 孜然洋葱土豆鱿鱼（辣） (Spicy) Stir-Fried Squid with Cumin, Onions and Potatoes
	蔬菜 Veg	杭白菜 Bok Choy	白灼生菜 Blanched Lettuce	上海青 Bok Choy	蒜蓉油麦菜 Garlic Sautéed Choy Sum	清炒春菜 Stir-Fried Spring Greens
	主食 Staple	白米饭 Steamed Rice	白米饭 Steamed Rice	白米饭 Steamed Rice	玉米饭 Corn Rice	广式腊味饭 Cantonese-Style Preserved Meat Rice
	水果 Fruit	苹果 Apple	橘子 Tangerine	哈密瓜 Hami Melon	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts					
热量 Energy /kcal	782.0	808.3	765.2	798.8	784.0
蛋白 Protein /g	44.0	29.9	36.3	26.6	38.1
脂肪 Fat /g	17.7	19.4	21.0	26.4	23.6
碳水 Carbs /g	111.6	128.5	107.8	113.6	104.7

过敏源Allergen: 奶类Milk 蛋Egg 豆Bean 海鲜Seafood 牛肉Beef 猪肉Pork

WEEKLY MENU

ISNS MYP&DP&PYP Lunch Menu
December 8th - 12th 2025

eat by sodexo

	Type	Monday (12.8)	Tuesday (12.9)	Wednesday(12.10)	Thursday(12.11)	Friday(12.12)
西餐 Western	汤 Soup	奶油蘑菇汤 Cream of Mushroom Soup	西兰花培根汤 Broccoli and Bacon Soup	土豆鸡肉汤 Chicken and Potato Soup	香浓南瓜汤 Creamy Pumpkin Soup	紫甘蓝虾仁汤 Purple Cabbage and Shrimp Soup
	主菜 Entrees	橙香罗勒猪颈肉 Orange and Basil Marinated Pork 时蔬配青酱鱿鱼 Squid with Pesto and Seasonal Vegetables	麦乐鸡块 Chicken McNuggets 沙爹鱼丸 Satay Fish Balls	蒜香蜜汁烤猪里脊 Garlic & Honey-Glazed Roasted Pork Tenderloin 炒金针菇配肥牛（辣） (Spicy) Stir-Fried Enoki Mushrooms with Beef Slices	巴西椰汁炖鱼 Brazilian-Style Coconut Milk Simmered Fish 炒杂菇配鸡腿肉 Stir-Fried Chicken Drumsticks with Mixed Mushrooms	拿破仑烤牛肉 Napoleon-Style Roasted Beef 烤樱桃番茄配猪肉丁 Roasted Cherry Tomatoes with Diced Pork
	配菜 Side Dish	韩式炒杂菜 Korean-Style Stir-Fried Glass Noodles with Mixed Vegetables	黄油西兰花 Buttered Broccoli	胡萝卜配甜豆 Carrots with Sugar Snap Peas	炒什锦蔬菜 Stir-Fried Mixed Vegetables	炒双色甘蓝 Stir-Fried Mixed Cabbage
	主食 Staple	奶油芝士烤小土豆 Cream Cheese Roasted Potatoes	鸡丝蔬菜炒面 Stir-Fried Noodles with Shredded Chicken and Vegetables	泰式菠萝炒饭 Thai-Style Pineapple Fried Rice	牛肉酱千层面 Beef Bolognese Lasagna	烤小南瓜 Roasted Pumpkin
	水果 Fruit	苹果 Apple	橘子 Tangerine	哈密瓜 Hami Melon	香蕉 Banana	橙子 Orange
营养分析 / Nutrition Facts						
热量 Energy /kcal		780.0	854.7	824.8	874.7	828.1
蛋白 Protein /g		49.9	28.4	33.1	50.5	39.2
脂肪 Fat /g		24.5	30.7	29.3	30.4	26.8
碳水 Carbs /g		90.0	116.1	107.2	99.9	107.6
特色档 Special		酸汤肥牛米粉配卤蛋 Sour Soup Fatty Beef Rice Vermicelli with Marinated Egg	香菇肉酱刀削面配煎蛋 Noodles with Mushroom Meat Sauce and Fried Egg	兰州牛肉拉面配卤蛋 Lanzhou Beef Lamian with Marinated Egg	云吞面配烤肠 Wonton Noodle Soup with Grilled Sausage	叉烧鸡蛋乌冬汤面 Char Siu and Egg Udon Noodle Soup
营养分析 / Nutrition Facts						
热量 Energy /kcal		630.6	752.8	699.1	684.4	694.0
蛋白 Protein /g		24.2	33.8	43.0	30.0	25.7
脂肪 Fat /g		15.5	32.4	14.8	23.0	29.6
碳水 Carbs /g		98.7	81.6	98.5	89.3	81.1

过敏源Allergen: 奶类Milk 蛋Egg 豆Bean 海鲜Seafood 牛肉Beef 猪肉Pork