

WEEKLY MENU →

ISNS EY Snack and Lunch Menu May 5th - 8th 2026



	Monday (5.4)	Tuesday (5.5)	Wednesday(5.6)	Thursday(5.7)	Friday(5.8)
上午茶点 Morning Snack		蒸红薯 Steamed Sweet Potato 酸奶 Yogurt 红心火龙果 蓝莓 Red-fleshed Pitaya Blueberry	鸡蛋卷 Egg Roll 牛肉青菜面 Beef & Greens Noodles 西瓜 Watermelon	酱肉包 Braised Pork Bun 胡萝卜瘦肉粥 Carrot & Lean Meat Congee 圣女果 哈密瓜 Cherry Tomatoes Cantaloupe	水煮蛋 Boiled Egg 牛肉粥 Beef Congee 白心火龙果 苹果 White-fleshed Pitaya Apple
午餐 Lunch	Labor Day Holiday	山药牛肉汤 Chinese Yam & Beef Soup 红烧肉 Braised Pork in Brown Sauce 肉沫水蒸蛋 Steamed Egg with Minced Pork 清炒杭白菜 Stir-Fried Hang Cabbage 白米饭 Rice	鲫鱼萝卜汤 Crucian Carp and Radish Soup 香草烤猪肉 Herb Roasted Pork 土豆丝炒牛肉 Stir-Fried Beef with Shredded Potato 蒜蓉油麦菜 Garlic Lettuce 口袋饼 Pita Bread	香芋牛奶糖水 Taro Milk Sweet Soup 沙姜炒鸡 Sand Ginger Stir-Fried Chicken 番茄炒鸡蛋 Scrambled Eggs with Tomato 清炒上海青 Stir-Fried Shanghai Greens 肉酱千层面 Meat Sauce Lasagna	胡萝卜玉米龙骨汤 Carrot, Corn & Pork Bone Soup 匈牙利烩牛肉 Hungarian Braised Beef 西芹香干炒肉 Sliced Pork with Celery & Dried Tofu 清炒菜心 Stir-fried Choy Sum 蛋炒饭 Egg Fried Rice
下午茶点 Afternoon Tea		肉松面包 Pork Floss Bread 木瓜炖牛奶 Papaya Stewed Milk	香蕉松饼 Banana Pancake 牛奶 Milk	芝士玉米包 Cheese Corn Bun 酸奶 Yogurt	南瓜派 Pumpkin Egg Tart 牛奶 Milk

营养分析 / Nutrition Facts

热量 Energy /kcal	777.7	926.6	793.2	848.6
蛋白 Protein /g	25.2	41.9	39.1	41.7
脂肪 Fat /g	26.9	28.2	24.2	33.2
碳水 Carbs /g	108.6	126.2	104.7	95.6

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 (5.4)	Tuesday (5.5)	Wednesday(5.6)	Thursday(5.7)	Friday(5.8)
午餐 Lunch	汤 Soup			山药牛肉汤 Chinese Yam and Beef Soup	鲫鱼萝卜汤 Crucian Carp and Radish Soup	香芋牛奶糖水 Taro Milk Sweet Soup	胡萝卜玉米龙骨汤 Carrot, Corn & Pork Bone Soup
	主菜 Entrees	Labor Day Holiday	红烧肉 Braised Pork in Brown Sauce 肉沫水蒸蛋 Steamed Egg with Minced Pork 	香草烤猪肉 Herb Roasted Pork 土豆丝炒牛肉 Stir-Fried Beef with Shredded Potato 	沙姜炒鸡 Sand Ginger Stir-Fried Chicken 番茄炒鸡蛋 Scrambled Eggs with Tomato 	匈牙利烩牛肉 Hungarian Braised Beef 西芹香干炒肉 Sliced Pork with Celery & Dried Tofu 	
	蔬菜 Veg		清炒杭白菜 Stir-fried Chinese Cabbage	蒜蓉油麦菜 Garlic Lettuce	清炒上海青 Stir-Fried Shanghai Greens	清炒菜心 Stir-fried Choy Sum	
	主食 Staple		白米饭 Rice	口袋饼 Pita Bread	肉酱千层面 Meat Sauce Lasagna	蛋炒饭 Egg Fried Rice	
	水果 Fruit		西瓜 Watermelon	苹果 Apple	香蕉 Banana	橙子 Orange	

营养分析 / Nutrition Facts

热量 Energy /kcal	527.2	579.3	595.9	578.8
蛋白 Protein /g	17.1	27.4	30.5	30.8
脂肪 Fat /g	20.7	14.7	19.4	22.7
碳水 Carbs /g	68.1	84.3	75.0	62.7

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 (5.4)	Tuesday (5.5)	Wednesday(5.6)	Thursday(5.7)	Friday(5.8)
中餐 Chinese	汤 Soup			山药牛肉汤 Chinese Yam and Beef Soup	鲫鱼萝卜汤 Crucian Carp and Radish Soup	香芋牛奶糖水 Taro Milk Sweet Soup	胡萝卜玉米龙骨汤 Carrot, Corn & Pork Bone Soup
	主菜 Entrees	Labor Day Holiday	红烧肉 Braised Pork in Brown Sauce	水煮牛肉 (辣) Spicy Boiled Beef	花菜炒肉片 Sliced Pork with Cauliflower	沙姜炒鸡 Sand Ginger Stir-Fried Chicken	酸汤鱼柳 (辣) Spicy Sour Fish Fillet Soup
			莲藕尖椒炒牛肉 (辣) Root and Green Chili (Spicy)	肉沫水蒸蛋 Steamed Egg with Minced Pork	南瓜焖肉片 Braised Pork Slices with Pumpkin	西芹香干炒肉 Sliced Pork with Celery & Dried Tofu	
			清炒杭白菜 Stir-fried Chinese Cabbage	蒜蓉油麦菜 Garlic Lettuce	清炒上海青 Stir-Fried Shanghai Greens	孜然洋葱炒鸡胸肉 Cumin Onion Stir-fried Chicken Breast	
			白米饭 Rice	白米饭 Rice	红薯饭 Sweet Potato Rice	蛋炒饭 Egg Fried Rice	
			西瓜 Watermelon	苹果 Apple	香蕉 Banana	橙子 Orange	
	蔬菜 Veg						
	主食 Staple						
	水果 Fruit						

营养分析 / Nutrition Facts

热量 Energy /kcal		801.1	734.8	727.2	823.0
蛋白 Protein /g		29.1	32.2	28.6	50.3
脂肪 Fat /g		26.6	16.5	15.6	26.8
碳水 Carbs /g		111.3	114.5	118.1	95.1

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

May 5th - 8th 2026



		Type	Monday (5.4)	Tuesday (5.5)	Wednesday(5.6)	Thursday(5.7)	Friday(5.8)
西餐 Western	汤 Soup			土豆虾仁汤 Potato and Shrimp Soup	奶油南瓜汤 Creamy Pumpkin Soup	西兰花培根汤 Broccoli & Bacon Soup	玉米鸡肉汤 Corn & Chicken Soup
	主菜 Entrees	Labor Day Holiday		炸鸡块配番茄酱 Chicken Nuggets with Ketchup 咖喱时蔬配海鲜 Seafood with Curried Seasonal Vegetables	韩式烤猪肉 Korean Roasted Pork 炒杂菇配鸡腿肉 Sautéed Mixed Mushrooms with Chicken Thigh	泰式烤虾(辣) Spicy Thai-style Grilled Shrimp 蒜香节瓜炒牛肉 Garlic Zucchini Stir-Fried Beef	匈牙利烩牛肉 Hungarian Braised Beef 烤樱桃番茄配猪肉丁 Roasted Cherry Tomatoes with Diced Pork
	配菜 Side Dish			炒菠菜洋葱 Stir-Fried Spinach with Onion	炒什锦蔬菜 Stir-Fried Mixed Vegetables	黄油西兰花 Butter Broccoli	炒双色甘蓝 Stir-fried Two-color Cabbage
	主食 Staple			蜂蜜烤玉米 Honey Roasted Corn	口袋饼 Pita Bread	肉酱千层面 Meat Sauce Lasagna	迷迭香烤小土豆 Rosemary Roasted Baby Potatoes
	水果 Fruit			西瓜 Watermelon	苹果 Apple	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal		794.8	829.0	831.4	735.5
蛋白 Protein /g		33.1	31.0	43.0	35.2
脂肪 Fat /g		29.3	24.5	25.4	19.8
碳水 Carbs /g		99.7	121.1	107.8	104.2

特色档 Special	Labor Day Holiday	酸汤肥牛米线配鸡蛋 Sour Soup Beef Rice Noodles with Egg	番茄鸡扒米线配油豆腐 Tomato Chicken Chop Rice Noodles with Fried Tofu Puffs	兰州拉面配卤蛋 Lanzhou Hand-Pulled Noodles with Marinated Egg	排骨卤蛋配河粉 Rice Noodles with Pork Ribs & Marinated Egg
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营养分析 / Nutrition Facts

热量 Energy /kcal		670.9	679.9	699.1	746.9
蛋白 Protein /g		35.7	27.4	43.0	29.6
脂肪 Fat /g		14.1	20.4	14.8	30.3
碳水 Carbs /g		100.4	96.7	98.5	88.9

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom