

11.3~11.7

低龄食堂菜单

Lower School Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期/菜单 Date/Menu	11.3 星期一 Mon	11.4 星期二 Tue	11.5 星期三 Wed	11.6 星期四 Thu	11.7 星期五 Fri
午餐 Lunch Set Meal A	炸鱼柳佐塔塔酱 50g Fish & chips	奶油烩鸡 40g Stewed chicken in cream sauce	酸甜酱烤鸡翅 40g Sweet and sour chicken wings	咖喱鸡 Chicken curry	牛肉烩三鲜 20g Beef stew with vegetables
	芦笋肉丝 20g Asparagus with pork	沙拉酱土豆泥 20g Mashed potato with mayonnais	牛肉炒洋葱 30g Beef stir-fried with onion	菠萝牛肉炒饭 Beef fried rice pineapple	照烧龙利鱼 40g Longli fish fillet
	混合蔬菜/30g Mixed vegetables	西兰花白花朵40g Broccoli & cauliflower	韩式混合蔬菜 40g Korean mixed vegetable	五彩芦笋40g Asparagus	豆腐娃娃菜 30g Doufu with cabbage
	洋葱土豆汤 Onion potato soup	地中海番茄浓汤 Mediterranean tomato soup	法式蔬菜汤 Potage parmentier	花菜奶油汤 Cauliflower soup	奶油南瓜汤 Cream pumpkin soup
	西班牙炒土豆30g Spanish fried potatoes	香烤南瓜 30g Roasted pumpkin	蒜香西兰花 20g Roasted broccoli	蜂蜜红薯泥 30g Roasted sweet potatoes	橄榄油烤花菜 20g Roasted Cauliflower
午餐 Lunch Set Meal B	葱油蒸鸡20g Chicken legs with scallion oil	上海炸猪排25g Shanghai deep-fried pork chop	香酥鸡腿 Spiced chicken leg	香芹牛肉丝(50g) Shredded beef with celery	红烧肉 Stewed pork with sauce
	酱爆猪柳30g Stir-fried pork fillet	香菇土豆炒肉丁25g Stir-fried diced pork with potato	鱼香肉丝 Stewed eggplant with meat strip	酒鬼肉丁25g Diced pork with chilli & peanuts	番茄炒蛋(150g) Fried egg with tomato
	青椒小素鸡 20g Green pepper with bean cake	葱油冬瓜30g Wax gourd with scallion oil	香干芹菜 Stir-fried celery	双菇油面筋25g Fried gluten puff	地三鲜 Potato eggplant pepper
	绿叶菜30g Sautéed green vegetable	绿叶菜30g Sautéed green vegetable	绿叶菜 30g Sautéed green vegetable	绿叶菜30g Sautéed green vegetable	绿叶菜 30g Sautéed green vegetable
	番茄菌菇豆腐羹 Tomato mushroom soup	排骨冬瓜汤 Pork ribs soup with wax gourd	西湖牛肉羹汤 Mung bean soup	枸杞红枣银耳羹 Reddate white fungus	玉米鸡汤(200g) Chicken corn soup
面 Noodles	酸汤肥牛粉/老谭酸菜/水煮蛋 Beef noodles in sour soup	鸡肉咖喱乌冬面/绿叶菜/水煮蛋 Curry chicken udon noodles	响油鳝丝面/麻辣萝卜干/荷包蛋 Finless eel noodles	大排面/卤豆干/五香蛋 Pork chop noodles	番茄鸡蛋面/小青菜/鸡肉 Tomato egg noodles

11.10-11.14

低龄食堂菜单

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日期/菜单 Date/Menu	11.10 星期一 Mon	11.11 星期二 Tue	11.12 星期三 Wed	11.13 星期四 Thu	11.14 星期五 Fri
午餐 Lunch Set Meal A	唐扬粉鱼柳佐塔塔酱 50g Fish & chips	番茄芝士牛肉丸50g Beefballs with tomato cheese	香菇滑鸡 50g Steam chicken & mushrooms	番茄蔬菜炖牛肉 Beef & Vegetable	牛肉番茄披萨 20g Beef tomato pizza
	意式番茄炖香肠 40g Tomato stewed sausage	奶油蘑菇螺丝面40g Spiral pasta with cream	香煎三文鱼土豆 20g Fried Salmon and potato	五花肉炒香干 Stir-fried pork belly with bean	西兰花炒蘑菇 Poached broccoli with mushroom
	橄榄油烤蔬菜40g Roast Mixed vegetables	橙味胡萝卜 20g Orange carrot	炒包菜丝 30g Fried Cabbage	清炒生菜 30g Stir-fried Lactuca	口蘑烩鸡腿肉 Braise chicken breast with Mushroom
	法式蔬菜汤 Potage parmentier	花菜浓汤 Creamed cauliflower soup	洋葱土豆汤 Onion potato Soup	花菜奶油汤 Cream cauliflower soup	鸡肉玉米汤 Chicken corn soup
	蒜香西兰花30g Garlic broccoli	希腊柠檬土豆角 35g lemon potatoes	意式烩时蔬 35g Grill vegetable	百里香时蔬 35g Grill vegetable	照烧红薯 30g Roasted sweet potatoes
午餐 Lunch Set Meal B	金针菇肥牛50g Slices beef with mushroom	糖醋里脊35g Sweet and sour pork	麻油鸡40g Sesame oil chicken	香芹牛肉35g Shredded beef with celery	葱油蒸鸡腿40g Steamed chicken legs
	红烧鸭块40g Braise duck cutlets	青椒牛肉丝 Shredded beef with pepper	回锅肉35g Sliced pork with cabbage	酒鬼肉丁40g Diced pork with Chilli & peanuts	红烧肉35g Stewed pork with sauce
	葱油冬瓜45g Wax gourd with scallion oil	白菜豆腐30g Cabbage and tofu	茄子炒土豆45g Eggplant with potato	双菇油面筋40g Fried gluten puff	青椒小素鸡45g Green pepper with bean cake
	绿叶菜50g Sautéed green vegetable	地三鲜50g Potato eggplant pepper	绿叶菜50g Sautéed green vegetable	绿叶菜50g Sautéed green vegetable	绿叶菜50g Sautéed green vegetable
	玉米鸡蛋羹 Egg with corn soup	红糖小圆子 Sweet soup	排骨冬瓜汤 Pork ribs soup with wax gourd	番茄豆腐羹 Tomato and tofu soup	菌菇豆腐羹 Mushroom and tofu soup
面 Noodles	云南走地鸡米线/兰花豆干/ 水煮蛋 Chicken rice noodles	兰州牛肉面/老谭酸菜/荷包蛋 Lanzhou beef noodles	咖喱牛肉粉丝/五香豆腐丝/炸蛋 Curry beef rice noodles	海鲜面/小青菜/水煮蛋 Seafood noodles	大排面/蒜泥黄瓜/五香蛋 Curry chicken noodles



11.17-11.21

低龄食堂菜单

Lower School Menu



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日期/菜单 Date/Menu	11.17 星期一 Mon	11.18 星期二 Tue	11.19 星期三 Wed	11.20 星期四 Thu	11.21 星期五 Fri
午餐 Lunch Set Meal A	无午餐 No Lunch	希腊风味烤鸡40g Greek roast chicken	意式奶油鳕鱼排 40g Italian cream chicken	咖喱鱼丸 40g Curry fish ball	洋葱西兰花牛肉40g Fried beef with broccoli
		番茄肉酱焗茄子 20g Eggplant baked with bolognese	苹果印尼炒饭40g Indian-style fried rice	牛肉土豆丝30g Beef potato	红烧肉末茄子30g Braised eggplant with meat
		花菜胡萝卜30g Cauliflower and carrot	奶油土豆泥30g Creamy mashed potatoes	炭烤红薯角 Grilled sweet potato	蒜香西兰花 Garlic broccoli
		花菜奶油汤 Cream cauliflower soup	地中海番茄浓汤 Mediterranean tomato soup	鸡肉玉米汤 Chicken corn soup	希腊柠檬鸡汤 Greek lemon chicken soup
		碳烤时蔬 40g Roasted vegetable	百里香烤甜椒 40g Roasted bell pepper	意式烤花菜 30g Grilled cauliflower	咖喱土豆 40g Curried potatoes
午餐 Lunch Set Meal B		菠萝咕咾肉35g Sweet and sour pork	盐焗鸡45g Salt baked chicken	东坡肉40g Braised pork chunks	土豆烧鸡块35g Roasted chicken pieces
		虾仁蒸蛋45g Steamed egg with shrimp	回锅肉30g Fried sliced pork	鱼香肉丝35g Shredded pork with garlic	梅干菜肉圆35g Braised meatball
		红烧豆腐 Braised tofu	韭菜炒香干(50g) Sauteed dried Tofu with chives	五彩西兰花40g Colorful broccoli	番茄炒蛋 Fried egg with tomato
		绿叶菜40g Sautéed green vegetable	绿叶菜40g Sautéed green vegetable	绿叶菜40g Sautéed green vegetable	绿叶菜40g Sautéed green vegetable
		红枣鸡汤 Chicken soup	玉米排骨汤 Pork ribs with soup	红糖小圆子 Brown sugar rice bal	荠菜豆腐羹 Shepherd's purse & tofu soup
面 Noodles			糖醋里脊面/五香豆干/炸蛋 Sweet and sour pork noodles	白切羊排面/老虎菜/五香蛋 Lamb chop noodles	番茄肥牛米线/老醋木耳/五香蛋 Tomato & beef rice noodles

11.24-11.28

低龄食堂菜单

Lower School Menu



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日期/菜单 Date/Menu	11.24 星期一 Mon	11.25 星期二 Tue	11.26 星期三 Wed	11.27 星期四 Thu	11.28 星期五 Fri
午餐 Lunch Set Meal A	鸡脯烩萝卜 30g Stewed chicken carrot	炭烤鳕鱼柠檬汁 30g Baked cod fish lemon sauce	菠萝咕咾肉 20g Sweet sour pork	日式猪排35g Japanese Pork chop	意大利香肠匹萨40g Pepperoni pizza
	玉米西芹炒香肠30g Fried sausage with celery	鸡肉蘑菇烧素鸡35g Chicken fried with mushroom	西葫芦炒蛋35g Scrambled eggs with zucchini	水牛芝士焗烤薯角40g Cheese Crispy potato wedges	奥尔良鸡翅根30g Orleans chicken wings
	炭烤彩椒 Grilled pepper	普罗旺斯蔬菜 Grilled vegetable	百里香西兰花 Grilled broccoli	意大利炖蔬菜 Italian stewed vegetable	芦笋有机花菜 Asparagus and broccoli
	蘑菇奶油浓汤 60g Green mushroom soup	地中海番茄汤 60g Tomato soup	柠檬鸡汤 Lemon chicken soup	法式土豆汤 60g French potatoes soup	地中海浓汤 60g Mediterranean soup
	蜂蜜烤红薯 Baked sweet potato	柠檬烤土豆 Lemon baked potato	香烤南瓜角 Roasted Pumpkin wedge	迷迭香烤土豆 Rosemary potato	奶油红薯泥 Creamy sweet potato
午餐 Lunch Set Meal B	蒜苔炒肉片 Stir-fried pork	桂花盐水鸭30g Osmanthus salted duck	红烧鸡30g Braised chicken chips	上海大猪排30g Stewed pork chops	香芹牛肉丝30g Shredded beef with celery
	牛腩炖土豆25g Beef with potato	糖醋里脊35g Sweet and sour pork	回锅肉 Slices pork meat	酱爆鸡丁 Diced chicken with Soy Sauce	酱爆肉柳40g Sautéed pork with soy sauce
	生炒有机花菜30g Stir-fried organic cauliflower	双菇油面筋20g Fried gluten puff	地三鲜 Potato pepper eggplant	葱油冬瓜(50g) Wax gourd with scallion oil	芹菜白玉菇30g Mushroom and celery
	绿叶菜40g Sautéed green vegetable	绿叶菜40g Sautéed green vegetable	绿叶菜40g Sautéed green vegetable	绿叶菜 40g Sautéed green vegetable	绿叶菜40g Sautéed green vegetable
	排骨萝卜汤 Pork bone with daikon soup	青菜老鸭汤(200g) Vegetable and duck soup	西湖牛肉羹(200g) Xihu style beef sticky soup	紫菜蛋花汤 Seaweed egg drop soup	鸡蛋豆腐汤 Egg tofu soup
面 Noodles	越南牛肉米粉/五香豆干/炸蛋 Braised beef rice noodles	新疆大盘鸡面/小青菜/水煮蛋 Xinjiang braised chicken noodles	香辣大肠面/生菜/五香蛋 Spicy intestine noodles	酸菜牛肉面/老醋木耳/荷包蛋 Beef noodles with cabbage	荠菜鲜肉大馄饨/兰花豆干/水煮蛋 Shepherd's pork dumpling