

11.3-11.7

午餐菜单 Lunch 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 (立冬) Fri (Start of Winter)
西式 Western	意式红酒烩牛肉 Beef burgundy	西班牙油封鸭腿 Spanish roasted chicken	意大利美味肉丸 Italian meatball	卡真粉鸡腿排 Cajun-spiced chicken leg	墨西哥鸡肉卷 Mexican chicken roll
	青酱虾仁意面 Shrimp pesto pasta	培根蘑菇奶油意面 Spaghetti cabonara	罗马牛前胸 烩面 Roman beef brisket pasta	青橄榄鱼柳面 Green olive fish fillet pasta	墨西哥玉米片配番茄莎莎 Tortilla chips
	西班牙炒土豆 Spanish fried potatoes	香烤南瓜角 Roasted pumpkin	芝士焗土豆泥 Baked mashed potatoes	柠檬烤土豆 Lemon baked potato	披萨草西兰花 Roasted broccoli with pizza herb
	普罗旺斯时蔬 Grilled vegetable	地中海烤蔬菜 Grilled vegetable	西班牙花菜 Spanish cauliflower	卡真粉西兰花 Grilled cazin broccli	蜂蜜红薯角 Honey sweet potato
汤 Soup	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 Creamy pumpkin soup
亚式 Asian	葱油蒸鸡 Chicken legs with scallion oil	上海炸猪排 Shanghai deep-fried pork chop	香酥鸡腿 Spiced chicken leg	香芹牛肉丝 Shredded beef with celery	枸杞羊肉炖萝卜 Provence braised mutton
	酱爆猪柳 Stir-fried pork fillet	香菇土豆炒肉丁 Stir-fried diced pork with potato	鱼香肉丝 Stewed eggplant with meat strip	酒鬼肉丁 Diced pork with chilli & peanuts	番茄炒蛋 Fried egg with tomato
	青椒小素鸡 Green pepper with bean cake	葱油冬瓜 Wax gourd with scallion oil	香干芹菜 Stir-fried celery	双菇油面筋 Fried gluten puff	地三鲜 Potato eggplant pepper
	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable
汤 Soup	番茄菌菇豆腐羹 Tomato and mushroom soup	排骨冬瓜汤 Pork ribs soup with wax gourd	西湖牛肉羹汤 Beef soup	枸杞红枣银耳羹 Red date white fungus	汤圆 Sweet rice ball
面 Noodles	酸汤肥牛粉/绿叶菜/水煮蛋 Sour soup beef rice noodles	鸡肉咖喱乌冬面/绿叶菜/水煮蛋 Curry chicken udon noodles	响油鳝丝面/绿叶菜/荷包蛋 Stir-fried finless eel noodle	大排面/绿叶菜/荷包蛋 Pork chop noodles	牛肉饺子 Beef Dumplings
炉档 Grilled	越南炒河粉/小青菜/荷包蛋 Vietnamese fried noodles vegetable /fried eggs	牛肉披萨/炸薯条/烤蔬菜 Beef pizza/French fries/Roasted vegetables	泰式菠萝炒饭 Thai-style pineapple fried rice	番茄炒蛋/肉酱盖浇饭/米饭 Fried eggs with tomatoes over rice with meat /Rice	牛肉炒面/生菜/荷包蛋 Beef fried noodles/Lettuce/Fried egg
水果/酸奶 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit	水果 Fruit



11.10-11.14

午餐菜单

Lunch Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

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(家长会) Fri (Parents' meeting)
西式 Western	法式苹果焖鸡 Chicken stewed apple	西班牙烤鸡 Spanish roast chicken	黑椒鸡块 Chicken nuggets	希腊莫萨卡 Greek moussaka	枸杞羊肉炖萝卜 Provence braised mutton
	虾仁罗勒意大利面 Shrimp basil pasta	青椒榄鱼柳意面 Green olive fish fillet pasta	塞维利亚炖肉丸 Seville meatball	希腊烤鸡腿肉 Greek roast chicken leg	鸡肉西兰花奶油面 Chicken broccoli cream pasta
	蜂蜜烤南瓜配小番茄 Roast pumpkin with tomato	柠檬烤土豆 Lemon baked potato	烤花菜 Stir fried cauliflower	柠檬烤土豆 Lemon baked Potato	土豆烧洋葱(150g) Roasted onion with potato
	蒜香西兰花 Grilled vegetable	百里香彩椒 Grilled vegetable	碳烤甜玉米 Grilled vegetable	意大利烩蔬菜 Grilled Vegetable	甜椒芦笋 Grilled sweet pepper and asparagus
汤 Soup	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
亚式 Asian	金针菇肥牛 Slices beef with mushroom	糖醋里脊 Sweet and sour pork	麻油鸡 Sesame oil chicken	香芹牛肉 Shredded beef with celery	葱油蒸鸡腿 Steamed chicken legs
	红烧鸭块 Braised pieced	青椒牛肉丝 Shredded beef with pepper	回锅肉 Sliced spicy pork	酒鬼肉丁 Diced pork with Chilli & peanuts	红烧肉 Stewed pork
	葱油冬瓜 Wax gourd with scallion oil	白菜豆腐 Cabbage and tofu	茄子炒土豆 Eggplant with potato	双菇油面筋 Fried gluten puff	青椒小素鸡 Green pepper with bean cake
	绿叶菜 Sautéed green vegetable	地三鲜 Potato eggplant pepper	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable
汤 Soup	玉米鸡蛋羹 Steamed egg custard	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 sticky soup
面 Noodles	云南走地鸡米线/绿叶菜/水煮蛋 Rice noodles with chicken	兰州牛肉面/绿叶菜/荷包蛋 Lanzhou beef noodles	咖喱牛肉粉丝/绿叶菜/炸蛋 Curry beef rice noodles	海鲜面/小青菜/水煮蛋 Seafood noodles	大排面/绿叶菜/五香蛋 Pork chop with noodles
扒炉档 Grilled	牛肉炒饭/鸡米花/小青菜 Beef fried rice /popcorn chicken	陕西炒面/煎蛋/青菜 Shanxi fried noodle/fried egg vegetables	五彩虾仁炒饭/鸡米花/小青菜 Shrimp fried rice /popcorn chicken vegetables	越南牛肉炒河粉/卤蛋/生菜 Vietnamese Beef pho spiced egg/lettuce	
水果/酸奶 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit	水果 Fruit



11.17-11.21

午餐菜单

Lunch Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期/菜单 Date/Menu	11.17 星期一 (教师发展日) Mon (PD day)	11.18 星期二 Tue	11.19 星期三 Wed	11.20 星期四 Thu	11.21 星期五 Fri
西式 Western	酥炸鸡腿 Deep-fried Chicken legs	希腊莫萨卡 Greek mosack	法式苹果鸡 Frebch-chicken apples	奥尔良炸鸡肉 Orleans deep-fried chicken	匈牙利炖牛肉 Hungarian beef goulash
	培根茄子番茄酱面 Bacon eggplant pasta	希腊烤鸡腿肉 Greek roast chicken legs	炸鱼条 Fried fish strips	蘑菇奶油意面 Spaghetti cabonara	青酱虾仁意面 Shrimp pesto pasta
	蜂蜜烤红薯 Baked sweet potato	柠檬烤土豆 Lemon baked potato	香烤南瓜角 Roasted Pumpkin	迷迭香烤土豆 Rosemary potato	西班牙炒土豆 Spanish fried potato
	普罗旺斯时蔬 Grilled vegetable	地中海烤蔬菜 Grilled vegetable	西班牙花菜 Spanish cauliflower	卡真粉西兰花 Grilled cazin broccli	蜂蜜红薯角 Honey sweet potato
汤 Soup	蘑菇浓汤 Creamy mushroom soup	花菜奶油汤 Cream cauliflower soup	地中海番茄浓汤 Mediterranean tomato soup	鸡肉玉米汤 Chicken soup	希腊柠檬鸡汤 Greek lemon chicken soup
亚式 Asian	狮子头 Chinese style meatball	菠萝咕咾肉 Sweet and sour pork	盐焗鸡 Salt baked chicken	东坡肉 Braised pork chunks	土豆烧鸡块 Roasted chicken pieces
	番茄炒蛋炒蛋 Fried egg with tomato	虾仁蒸蛋 Steamed egg with shrimp	回锅肉 Fried sliced pork	鱼香肉丝 Shredded meat and scallion	梅干菜肉圆 Braised meatball
	鸡油莴笋丝 Stir-fried shreded bamboo shoots	红烧豆腐 Braised tofu	韭菜炒香干 Sauteed dried Tofu with chives	五彩西兰花 Colourful broccoli	番茄炒蛋 Fried egg with tomato
	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable
汤 Soup	番茄鸡蛋汤 Tomato egg soup	红枣鸡汤 Chicken red date soup	玉米排骨汤 Pork ribs with soup	红糖小圆子 Brown sugar rice ball	荠菜豆腐羹 Shepherd's purse & tofu soup
面 Noodles		糖醋里脊面/绿叶菜/炸蛋 Sweet and sour pork noodles	白切羊排面/绿叶菜/五香蛋 Lamb chop noodles	泰国番茄肥牛米线/绿叶菜/五香蛋 Tomato & beef pot rice noodle	香酥鸡腿面/小生菜/荷包蛋 Crispy chicken leg noodles
扒炉档 Grilled		牛肉炒饭/炸薯条/烤蔬菜 Beef fried rice /chips/vegetable	新疆大盘鸡面/鸡块/土豆彩椒 Xingjiang chicken noodle/chicken nugget/patato pepper	红烧鳝丝盖浇面/米饭/煎蛋 Braised eel thread noodle/egg	牛肉炒面/生菜/荷包蛋 Beef fried noodles/lettuce/egg
水果/酸奶 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit	水果 Fruit

11.24-11.28

午餐菜单
Lunch Menu南通惠立学校
Hiba Academy Nantong
Wellington College Education

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
西式 Western	炸鸡腿排 KFC chicken legs	中东风味烤鸡 Arabic spice roasted chicken	越南苹果猪肉 Vietnam apple pork	巴黎鸡翅根 Parisian chicken drumsticks	意式青酱鸡腿肉 Italian pesto chicken leg
	培根西兰花奶油意面 Bacon and broccoli pasta	罗马牛前胸烩面 Braised beef brisket pasta	卡真粉鸡腿排 Caju Chicken Cutlets	虾仁罗勒意大利面 Shrimp basil pasta	罗马牛前胸烩面 Braised beef brisket pasta
	蜂蜜烤红薯 Baked sweet potato	芝士土豆泥 Roast pumpkin	黄油洋葱炒土豆 Sauteed onion & potato	香烤南瓜 Roasted pumpkin	柠檬土豆角 Lemon potato
	蒜香西兰花 Garlic broccoli	卡真粉花 Grilled vegetable	碳烤芦笋珍珠玉米 Grilled vegetable	意式炭烤时蔬 Grilled vegetable	碳烤时蔬 Grilled vegetable
汤 Soup	蘑菇浓汤 Creamy mushroom soup	地中海番茄浓汤 Mediterranean tomato soup	玉米鸡汤 chicken soup	法式土豆汤 Potato soup	地中海浓汤 Mediterranean tomato soup
亚式 Asian	蒜苔炒肉片 Stir-fried pork slices with garlic sprouts	桂花盐水鸭 Osmanthus salted duck	红烧鸡 Braised chicken chips	上海大猪排 Stewed pork chops	香芹牛肉丝 Shredded beef with celery
	牛腩炖土豆 Stewed beef with potato	糖醋里脊 Sweet and sour pork	回锅肉 Slices pork meat	酱爆鸡丁 Diced chicken with Soy Sauce	酱爆肉柳 Sauteed pork with soy sauce
	生炒花菜 Stir-fried cauliflower	双菇油面筋 Oil stuffed gluten	地三鲜 Potato pepper eggplant	红烧冬瓜 Wax gourd with scallion oil	芹菜白玉菇 Mushroom and celery
	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable
汤 Soup	排骨萝卜汤 Pork bone with carrot	青菜老鸭汤 Vegetable and duck soup	西湖牛肉羹 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/绿叶菜/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 intestines noodles	酸菜牛肉面/青菜/荷包蛋 Braised beef with pickled mushroom noodles	手工荠菜鲜肉大馄饨/绿叶菜/水煮蛋 Shepherd's purse & pork dumpling
扒炉档 Grilled	陕西牛肉炒面/煎蛋/青菜 Shanxi fried noodle/beef/ fried egg/vegetables	五彩虾仁炒饭/鸡米花/小青菜 Shrimp fried rice / popcorn chicken/vegetables	越南牛肉炒河粉/五香蛋/绿叶菜 Vietnam chicken noodles / Spiced egg/Vegetables	猪肉三明治/鸭油炸薯条/时蔬 Pork sandwich /Duck fat fries/Seasonal vegetables	牛肉玉米炒饭/煎鸡蛋 Beef & corn fried rice
水果/酸奶 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit	水果 Fruit

