

11.3-11.7



南通惠立学校
Hiba Academy Nantong
Wellington College Education

早餐菜单 Breakfast Menu

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
西式早餐 Western	煎蛋 Sunny-side up	牛奶滑蛋 Creamy scrambled eggs	炒鸡蛋 Scrambled eggs	太阳蛋 Sunny-side up	红烧太阳蛋 Sunny-side up
	鸡米花 Popcon chicken	香肠炒青椒 Sausage str-fried with pepper	炒土豆丝 Stir-fried shredded potato	炒时蔬 Ftir-fried vegetable	鸡肉肠 Chicken sausage
	蒸南瓜 Steamed pumpkin	樱桃小番茄 Roasted tomatoes	蒸红薯 Steamed sweet potato	蒸玉米 Steamed corn	橄榄油西兰花 Broccoli with olive oil
	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast
奶制品 Dairy	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk
中式早餐 Chinese	手工肉包/豆沙包 Pork baozi / red bean baozi	手工肉包/藜麦馒头 Pork baozi/Quinoa Steamed Bun	手工肉包/葱花卷 Pork bun/Scallion steamed Bun	手工肉包/香菇菜包 Pork bun/Mushroom Bun	手工肉包/南瓜馒头 Pork baozi/pumpkin Bun
	五彩小汤圆 Sweet rice ball	小馄饨 Cooking wontons	水饺 Steamed dumplings	牛奶小汤圆 Sweet rice ball	汤圆 Sweet rice flour
	鸡蛋饼 Egg pancake	南瓜饼 Pumpkin pancake	葱油饼 Scallion pancake	葱油羌饼 Scallion pancake	太阳蛋 Sunny-side up
	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg	白煮蛋 Boiled egg
粥铺 Porridge	小米红薯粥 Millet sweet potato porridge	香菇鸡肉粥 Chicken mushroom porridge	大米红薯粥 Rice sweet potato prridge	皮蛋瘦肉粥 Century egg and pork congee	大米粥 Rice porridge
晚点心 Night Snacks	抹茶蛋糕 Match cake	鸡肉卷 Chicken roll	原味麻薯 Mochi	肉松卷 Meat floss roll	
	果汁 Juice	绿豆百合汤 Green bean sweet soup	果汁 Juice	果汁 Juice	



11.10-11.14



早餐菜单 Breakfast Menu



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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 Wed	11.14星期五 Wed
西式早餐 Western	红烧太阳蛋 Sunny-side up	煎蛋 Sunny-side up	牛奶滑蛋 Creamy scrambled eggs	太阳蛋 Sunny-side up	法式炒蛋 Scrambled eggs
	培根 Bacon	牛肉早餐肠 Beef sausage	鸡肉早餐肠 Chicken sausage	猪肉早餐肠 Pork sausage	炒香肠 Chicken sausage
	早餐炒土豆 Fried potato	蒸玉米 Steamed Corn	橄榄油西兰花 Broccoli Olive oil	早餐炒时蔬 Stir-fried vegetable	蒸南瓜 Steam pumpkin
	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast
奶制品 Dairy	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk
中式早餐 Chinese	手工香菇菜包/肉包 Pork /mushroom baozi	手工肉包/豆沙包 Pork /red bean baozi	葱花卷/肉包 Scallion buns/pork baizi	手工鲜肉包/西葫芦鸡蛋包 Pork /zucchini egg baozi	手工肉包/藜麦馒头 Pork baozi/Quinoa bun
	葱油饼 Scallion oil pancake	酱香饼 Homemade sauce pancake	红糖发糕 Brown sugar rice cake	鸡蛋饼 Egg pancake	蒸方糕 Steamed Rice Cake
	小馄饨 Cooking wonton	水饺 Boiled dumplings	汤圆 Sweet rice ball	小馄饨 Stew wonton	水饺 Boiled dumplings
	白煮蛋 Boiled egg	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg
粥铺 Porridge	山药瘦肉粥 Yam and pork porridge	胡萝卜瘦肉粥 Carrot pork porridge	小米南瓜粥 Millet porridge with pompkin	大米粥 Rice porridge	香菇鸡肉粥 Chicken & mushroom porridge
晚点心 Night Snacks	蔓越莓蛋糕 Cranberry cake	奶油面包片 Slices butter bread	拿破仑酥 Mille fueille	红豆饼 Red bean cake	蔓越莓蛋糕 Cranberry cake
	果汁 Juice	牛奶芋圆塘 Milk taro ball soup	果汁 Juice	果汁 Juice	



11.17-11.21

早餐菜单
Breakfast Menu南通惠立学校
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Wellington College Education

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
西式早餐 Western	太阳蛋 Sunny-side up	煎蛋 Sunny-side up	牛奶滑蛋 Creamy scrambled eggs	红烧太阳蛋 Fried egg in soy sauce	荷包蛋 Sunny-side up
	鸡米花 Popcorn chicken	培根 Bacon	猪肉早餐肠 Pork sausage	香肠炒蔬菜 Fried sausage with vegetable	牛肉早餐肠 Beef sausage
	蒸红薯 Steamed sweet potato	白沙糖玉米 White sugar corn	早餐炒时蔬 Stir-fried vegetable	蒸南瓜 Steamed pumpkin	蒜香西兰花 Sauteed garlic broccoli
	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast
奶制品 Dairy	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk
中式早餐 Chinese	手工鲜肉包/豆沙包子 Pork baozi/red bean bun	葱花卷/肉包 Scallion buns/Pork baizi	手工鲜肉包/西葫芦鸡蛋包 Pork /zucchini egg baozi	手工香菇菜包/肉包 Pork /mushroom baozi	手工肉包/藜麦馒头 Pork baozi/Quinoa steamed bun
	小馄饨 Boiled wonton	葱油饼 Scallion pancake	猪肉大葱馅儿饼 Pork pancake	红糖发糕 Brown sugar rice cake	酱香饼 Sance-flavored pancake
	油条 Deep fried dough stick	汤圆 Sesame ball	水饺 Pan-fried dumpling	五色小汤圆 Sweet rice ball	香油水饺 Sesame dumpling
	白煮蛋 Boiled egg	茶叶蛋 Boild tea egg	白煮蛋 Boiled egg	五香蛋 Boiled egg	茶叶蛋 Boiled tea egg
粥铺 Porridge	芹菜瘦肉粥 Celery and pork congee	山药胡萝卜瘦肉粥 Yam carrot and pork porridge	小米南瓜粥 Millet Pumpkin porridge	牛肉青菜粥 Beef rice porridge	皮蛋瘦肉粥 Century egg & pork porridge
晚点心 Night Snacks	咸甜手工饼 Sweet salty pancakes	香肠芝士碱水球 Sausage cheese pretzel bun	香蕉蛋糕 Banana cake	巧克力蛋糕 Chocolate cake	
	果汁 Juice	银耳红豆汤 Red bean soup	果汁 Juice	果汁 Juice	

11.24-11.28

早餐菜单
Breakfast Menu南通惠立学校
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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
西式早餐 Western	牛奶滑蛋 Creamy scrambled eggs	太阳蛋 Sunny-side up	法式炒蛋 Scrambled eggs	煎蛋 Sunny-side up	荷包蛋 Sunny-side up
	鸡肉早餐肠 Chicken sausage	酸奶 Yogurt	鸡米花 Popcorn chicken	培根 Bacon	猪肉早餐肠 Pork sausage
	樱桃小番茄 Grilled tomatoes	蒸南瓜 Steamed pumpkin	彩椒西兰花 Broccoli and pepper	蒸红薯 Steamed sweet potato	什锦烤蔬菜 Roasted vegetable
	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast
奶制品 Dairy	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk
中式早餐 Chinese	手工鲜肉包 Homemade pork baozi	手工酱肉包/葱花卷 Braised pork baozi/Scallion roll	手工酱肉包/豆沙包 Braised baozi/Red bean bun	手工鲜肉包/香菇菜包 Pork baozi/Mushroom baozi	手工酱肉包/藜麦馒头 Braised pork baozi/Quinoa bun
	鸡蛋饼 Egg pancake	酱香饼 Sauce-flavored pancake	红糖发糕 Brown sugar rice cake	鸡蛋饼 Egg pancake	南瓜饼 Pumpkin pancake
	小馄饨 Boiled Wonton	水饺 Boiled dumplings	汤圆 Sweet rice ball	小馄饨 Boiled Wonton	香油水饺 Boiled dumplings
	五香蛋 Boiled spiced egg	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg
粥铺 Porridge	芹菜瘦肉粥 Celery pork porridge	皮蛋瘦肉粥 Century egg pork congee	牛肉青菜粥 Beef vegetable porridge	小米南瓜粥 Millet porridge with pumpkin	香菇鸡肉粥 Chicken mushroom congee
晚点心 Night Snacks	肉松小贝 Meat floss bread	牛角包 Crossant	南瓜蛋糕 Pumpkin cake	麻薯 Mochi bread	
	果汁 Juice	红薯西米汤 Sweet potato sago soup	果汁 Fruit	果汁 Juice	