

11.3-11.7

晚餐菜单
Dinner 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
西式 Western	鸡腿烩土豆 Chicken leg with potato	意式猎人烩鸡 Chicken cacciatore	梅花肉烩苹果 Pork collar braised with apple	意式红烩牛肉 Spezzatino	无晚餐 No dinner
	西班牙扇子骨 Spanish ribs	茄汁鸡肉意面 Ketchup chicken pasta	地中海番茄烩鱼排 Tomato fish steak	唐扬粉巴沙鱼 Tempura basa fish	
	香烤南瓜角 Roasted pumpkin	照烧烤红薯 Baked sweet potato	咖喱土豆 Curry potato	香烤南瓜角 Roasted pumpkin	
	咖喱土豆 Curry potato	碳烤时蔬 Grilled vegetable	炭烤迷迭香彩椒 Rosemary bell pepper	碳烤时蔬 Grilled vegetable	
汤 Soup	胡萝卜奶油汤 Cream carrot soup	蘑菇浓汤 Cream mushroom soup	奶油西蓝花汤 Cream broccoli soup	南瓜汤 Pumpkin soup	
亚式 Asian	番茄炖牛腩 Beef stew in tomato sauce	湖南小炒鸡 Hunan chicken with chili pepper	酱香焖鸭块 Braised duck chunks	糖醋小排面 Pork chop noodles 五香蛋 Spiced egg 生菜 Lettuce	
	宫保肉丁 Diced pork	青椒五花肉片 Sliced pork with	杏鲍菇牛肉片 Sliced beef with mushroom		
	韭菜炒香干 Fried chinese chives	红烧手撕老豆腐 Braised firm tofu	蒜蓉金针菇 Mushroom with garlic		
	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable		
汤 Soup	西湖牛肉羹 Beef sticky soup	荠菜豆腐羹 Shepherd's purse & tofu soup	番茄鸡蛋汤 Tomato egg soup		
点心 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit	



11.10-11.14

晚餐菜单
Dinner 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Fri
西式 Western	意式红烩牛肉 Spezzatino	德州烧烤鸡腿 BBQ chicken leg	夏威夷烤鸡 Hawaiian grilled chicken	无晚餐 No Dinner	无晚餐 No Dinner
	西西里岛风味烤鸡 Sicilia roasted chicken	意式番茄烩鱼排 Tomato braised fish fillets	地中海番茄鳕鱼排 Bacon eggplant pasta		
	蜂蜜红薯角 Honey sweet potato	脆皮烤土豆 Crispy roasted potatoes	炭烤玉米棒 Grilled corn cob		
	炭烤彩椒 Grilled pepper	普罗旺斯蔬菜 Grilled vegetable	百里香西兰花 Grilled broccoli		
汤 Soup	排骨玉米汤 Pork rib with corn soup	大葱土豆汤 Potato soup	南瓜奶油汤 Pumpkin soup		
亚式 Asian	红烧鸡块 Braised chicken pieces	宫保肉丁 Diced pork	粉蒸肉 Steamed pork with rice flour		
	肉片西葫芦 Stir-fried pork with zucchini	红烧肉 Braise bouili	五彩鸡丁 Colourful diced chicken		
	一品香芋 Deep feied taro	白菜豆腐 Stewed cabbage with tofu	绿豆芽韭菜 Stir-fried green bean sprouts		
	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable		
汤 Soup	紫菜鸡蛋汤 Seaweed egg soup	三鲜汤 Fresh delicacies soup	丝瓜鸡蛋汤 Luffa egg soup		
点心 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt		

11.17-11.21

晚餐菜单
Dinner Menu南通惠立学校
Hiba Academy Nantong
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 Western	无晚餐 No Dinner	西班牙扇子骨 Spanish ribs	黑椒牛小排 Black pepper beef ribs	唐扬粉巴沙鱼 Tempura basa fish	罗马风味烤鸡腿 Roma roast chicken
		意式巴沙鱼烩时蔬 Italian basa fish braised vegetable	鸡肉节瓜螺丝面 Chicken with zucchini pasta	西班牙炒饭 Spanish Fried rice	日式炸猪排 Roasted pork with apple sauce
		照烧南瓜角 Roasted pumpkin wedges	蜂蜜烤红薯 Baked sweet potato	奶油土豆泥 Creamy mashed potatoes	咖喱时蔬 Curry vegetables
		咖喱时蔬 Grilled vegetable	牛奶玉米 Grilled milk corn	意式炭烤彩椒 Grilled vegetable	奶油西蓝花 Creamed broccoli
		汤 Soup	蘑菇浓汤 Creamy mushroom soup	大葱土豆汤 Potato soup	法式土豆汤 Potage parmentier soup
亚式 Asian		金汤肥牛 Golden soup with beef	苏式焖蹄 Braised pork hock	泰国番茄肥牛面 Thai tomatobeefnoodles	孜然牛柳 Cumin beef filet
		杏鲍菇炒培根 Mushroom with bacon	青椒炒蛋 Scrambled egg with fungus		红烧鸭腿 Braised duck legs
		葱油芋头 Scallion oil taro	雪菜毛豆笋片 Stir fried bamboo shoots		麻婆豆腐 Mapo tofu
		绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable		绿叶菜 Sautéed green vegetable
汤 Soup		红枣鸡汤 Chicken soup	小排蘑菇汤 Pork ribs and radish soup	香油生菜 Sesame lettuce	小排蘑菇汤 Pork ribs and radish soup
点心 Fruit/Yogurt		酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit

11.24-11.28

晚餐菜单
Dinner 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	米兰鸡腿排 Milanese chicken cutlets	意式洋葱牛前胸 Italian onion beef brisket	罗马风味烤鸡腿 Roma roasted chicken	巴沙鱼条 Basa fish strip	韩式酱烤鸡肉 Korean sauce grilled chicken
	牛前胸肉洋葱意面 Beef brisket and onion pasta	青橄榄鱼柳面 Green olive fish fillet pasta	虾仁罗勒意大利面 Shrimp basil pasta	日式照烧牛肉饭 Basil tomato sauce pasta	越南辣牛肉豆腐 Spicy beef & tofu
	生炒有机花菜 Stir fried organic cauliflower	蜂蜜烤红薯 Baked sweet potato	黄油洋葱炒土豆 Sauteed onion & potato	蜂蜜烤南瓜 Baked sweet pumpkin	炭烤时蔬 Roasted vegetable
	碳烤时蔬 Grilled vegetable	碳烤时蔬 Grilled vegetable	碳烤时蔬 Grilled vegetable	蒜香西兰花 Garlic broccoli	绿叶菜 Sautéed green vegetable
汤 Soup	花菜奶油汤 Cauliflower soup	蘑菇浓汤 Cream mushroom soup	希腊柠檬鸡汤 Greek lemon chicken soup	蘑菇浓汤 Cream mushroom soup	意式番茄汤 Tomato basil soup
亚式 Asian	酱香焖鸭块 Braised duck chunks	红烧狮子头 Stewed meat ball	糖醋里脊 Sweet and sour pork	台湾红烧酸菜牛肉面 Pickled cabbage beef noodles 荷包蛋 Fried egg 小青菜 Green vegetable	宫保鸡丁 Stir-fried chicken pieces
	杏鲍菇牛肉片 Sliced beef with mushroom	韭黄炒蛋(150g) Eggplant with garlic sauce	洋葱炒蛋 Onion fried eggs		家常回锅肉 Stir-fried Pork slices
	蒜蓉金针菇 Mushroom with garlic	双菇油面筋 Mushrooms and fried gluten puff	鱼香茄子 Eggplant with garlic sauce		荠菜烩双菇 Braised mushrooms with purse
	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	番茄豆腐羹 Tomato and tofu soup	番茄鸡蛋羹 Tomato and egg soup	菌菇豆腐羹 Mushroom and tofu soup		番茄菌菇豆腐羹 Tomato and tofu sticky soup
点心 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit	水果 Fruit