

早餐菜单 Breakfast Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

8.28-8.29



日期/菜单
Date/Menu

8.25 星期一
Mon

8.26 星期二
Tue

8.27 星期三
Wed

8.28 星期四
Thu

8.29 星期五
Fri

西式早餐
Western

奶制品
Dairy

中式早餐
Chinese

粥铺
Porridge

晚点心
Night Snacks

煎蛋
Sunny-side up

培根
Bacon

蒸玉米、山药
Steamed corn & yam

吐司面包
Toast

豆浆/鲜牛奶
Soybean milk/Milk

手工肉包/豆沙包
Pork / red bean baozi

麻球
Sesame ball

鸡蛋饼
Egg pancake

茶叶蛋
Boiled tea egg

小米粥瘦肉粥
millet pork Porridge

蛋挞
Egg crust

葡萄果汁
Grape juice

煎蛋
Sunny-side up

猪肉早餐肠
Pork sausage

什锦烤蔬菜
Roasted vegetable

吐司面包
Toast

豆浆/鲜牛奶
Soybean milk/Milk

手工肉包/藜麦馒头
Pork baozi/Quinoa Steamed Bun

蒸饺
Steamed dumplings

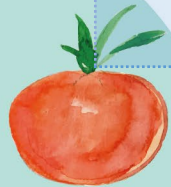
南瓜饼
Pumpkin pancake

白煮蛋
Boiled egg

香菇鸡肉粥
pork mushroom porridge

可可蛋糕切块
Slices chocolate cake

草莓果汁
Strawberry juice



9.1-9.5

早餐菜单
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Wellington College Education

日期/菜单 Date/Menu	9.1 星期一 Mon	9.2 星期二 Tue	9.3 星期三 Wed	9.4 星期四 Thu	9.5 星期五 Fri
西式早餐 Western	煎蛋 Sunny-side up	煎蛋 Sunny-side up	煎蛋 Sunny-side up	煎蛋 Sunny-side up	煎蛋 Sunny-side up
	培根 Bacon	猪肉早餐肠 Pork sausage	鸡肉早餐肠 Chicken sausage	猪肉早餐肠 Pork sausage	鸡肉早餐肠 Chicken sausage
	早餐炒土豆 Sauteed onion & potatoe	蒸玉米、南瓜 Steamed Corn、Pumpkin	西兰花、胡萝卜 Broccoli and carrot	早餐炒时蔬 Stir-fried vegetable	蒸玉米 Steamed corn
	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 Steamed 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	萝卜丝猪肉烧饼 Radish & pork stuffed baked cake
	小馄饨 Stew wonton	春卷 Spring roll	油条 Fried dough stick	麻球 Sesame ball	蒸饺 Steamed 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	皮蛋瘦肉粥 Century egg & pork porridge	小米南瓜粥 millet Pumpkin porridge	大米粥 Rice porridge	香菇鸡肉粥 Chicken & mushroom porridge
晚点心 Night Snacks	抹茶奶酥包 Matcha milk crisp bun	蓝莓卷 Blueberry roll	千层吐司卷 Thousand-layer toast roll	菠萝包 Pineapple bun	抹茶蛋糕卷 Matcha cake roll
	梨汁 Pear juice	苹果汁 Apple juice	橙汁 Orange juice	水蜜桃 Peach juice	葡萄果汁 Grape juice



9.8-9.12

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

日期/菜单 Date/Menu	9.8 星期一 Mon	9.9 星期二 Tue	9.10 星期三 Wed	9.11 星期四 Thu	9.12 星期五 Fri
西式早餐 Western	煎蛋 Sunny-side up	煎蛋 Sunny-side up	煎蛋 Sunny-side up	煎蛋 Sunny-side up	煎蛋 Sunny-side up
	鸡肉早餐肠 Chicken sausage	培根 Bacon	猪肉早餐肠 Pork sausage	鸡肉早餐肠 Chicken sausage	培根 Bacon
	蒸红薯 Steamed sweet potato yam	早餐炒土豆 Sauteed onion & potatoe	早餐炒时蔬 Stir-fried vegetable	蒸红薯 Steamed sweet potato	什锦炒蘑菇 Sauteed Mushrooms
	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 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 Wonton	葱油饼 Scallion pancake	猪肉大葱馅儿饼 Pork and scallion stuffed pancake	红糖发糕 Brown sugar rice cake	酱香饼 Sance-flavored pancake
	油条 Fried dough stick	麻球 Sesame ball	煎饺 Pan-fried dumpling	春卷 Spring roll	蒸饺 Steamed dumpling
	白煮蛋 Boiled egg	茶叶蛋 Boild tea egg	白煮蛋 Boiled egg	白煮蛋 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	巧克力蛋糕 Chocolate cake	猫爪面包 Cat claw bread	羊角包 Croissant	蔓越莓蛋糕 Cranberry cake	巧克力奶酥 Chocolate shortbread cookie
	草莓果汁 Strawberry juice	梨汁 Pear juice	苹果汁 Apple juice	橙汁 Orange juice	水蜜桃 Peach juice



9.15-9.19

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

日期/菜单 Date/Menu	9.15 星期一 Mon	9.16 星期二 Tue	9.17 星期三 Wed	9.18 星期四 Thu	9.19 星期五 Fri
西式早餐 Western	煎蛋 Sunny-side up	煎蛋 Sunny-side up	煎蛋 Sunny-side up	煎蛋 Sunny-side up	煎蛋 Sunny-side up
	鸡肉早餐肠 Chicken sausage	猪肉早餐肠 Pork sausage	鸡肉早餐肠 Chicken sausage	培根 Bacon	猪肉早餐肠 Pork sausage
	早餐炒土豆 Sauteed onion & potatoe	蒸玉米、南瓜 Steamed corn & pumpkin	西蓝花、胡萝卜 Broccoli and carrots	蒸玉米、山药 Steamed corn and yam	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 Handmade braised baozi	手工酱肉包 Homemade braised baozi	手工鲜肉包 Homemade pork baozi	手工酱肉包 Homemade braised baozi
	鸡蛋饼 Egg pancake	酱香饼 Sance-flavored pancake	红糖发糕 Brown sugar rice cake	鸡蛋饼 Egg pancake	南瓜饼 Pumpkin pancake
	小馄饨 Wonton	油条 Fried dough stick	春卷 Spring roll	麻球 Sesame ball	蒸饺 Steamed dumpling
	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	芥菜瘦肉粥 Yam carrot and pork porridge	皮蛋瘦肉粥 Century Egg and Pork Congee	牛肉青菜粥 beef Rice porridge	香芋咸肉粥 Taro and Salted Pork Congee	香菇鸡肉粥 Chicken and mushroom congee
晚点心 Night Snacks	蒜香面包 Garlic bread	红丝绒蛋糕卷 Red velvet cake	香葱肉松卷 Scallion and meat roll	蔓越莓蛋糕 Cranberry cake	火腿三明治 Ham sandwich
	葡萄果汁 Grape juice	草莓果汁 Strawberry juice	梨汁 Pear juice	苹果汁 Apple juice	橙汁 Orange juice



9.22-9.26

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

日期/菜单 Date/Menu	9.22 星期一 Mon	9.23 星期二 Tue	9.24 星期三 Wed	9.25 星期四 Thu	9.26 星期五 Fri
西式早餐 Western	煎蛋 Sunny-side up	煎蛋 Sunny-side up	煎蛋 Sunny-side up	煎蛋 Sunny-side up	煎蛋 Sunny-side up
	鸡肉早餐肠 Chicken sausage	猪肉早餐肠 Pork sausage	鸡肉早餐肠 Chicken sausage	培根 Bacon	猪肉早餐肠 Pork sausage
	什锦炒蘑菇 Sauteed mushroom	蒸玉米 Steamed corn	西兰花 Broccoli	蒸玉米、山药 Steamed corn and yam	南瓜 Steamed 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	手工鲜肉包/豆沙包子 Pork baozi/red bean baozi	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	葱花卷/肉包 Scallion buns/pork baizi
	小馄饨 Wonton	鸡蛋饼 Egg pancake	红糖发糕 Brown sugar rice cake	鸡蛋饼 Egg pancake	南瓜饼 Pumpkin pancake
	白煮蛋 Boiled egg	小馄饨 Wonton	春卷 Spring roll	麻球 Sesame ball	蒸饺 Steamed dumplings
	煎蛋 Sunny-side up	白煮蛋 Boiled egg	白煮蛋 Boiled egg	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg
粥铺 Porridge	山药胡萝卜瘦肉粥 Yam carrot and pork porridge	皮蛋瘦肉粥 Century egg and pork congee	小米南瓜粥 Pumpkin porridge	芹菜瘦肉粥 Beef Congee with Chinese Celery	香菇鸡肉粥 Chicken and shiitake mushroom congee
晚点心 Night Snacks	肉松小贝 Meat floss little bay	奥尔良鸡肉卷 Chicken wrap	奶油面包片 Bread with cream	奥利奥脆皮面包 Oreo crusted bun	黄金芝士玉米烙 Golden cheese corn cake
	水蜜桃 Peach juice	葡萄果汁 Grape juice	草莓果汁 Strawberry juice	梨汁 Pear juice	苹果汁 Apple juice



9.29-10.3

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

日期/菜单 Date/Menu	9.29 星期一 Mon	9.30 星期二 Tue	10.1 星期三 Wed	10.2 星期四 Thu	10.3 星期五 Fri
西式早餐 Western	煎蛋 Sunny-side up	煎蛋 Sunny-side up			
	鸡肉早餐肠 Chicken sausage	猪肉早餐肠 Pork sausage			
	什锦炒蘑菇 Sauteed mushroom	蒸玉米、南瓜 Steamed corn & pumpkin			
	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			
中式早餐 Chinese	手工鲜肉包/豆沙包子 Pork baozi/red bean baozi	手工鲜肉包/西葫芦鸡蛋包 Pork /zucchini egg baozi			
	萝卜丝猪肉烧饼 Radish and pork stuffed baked cake	酱香饼 Sauce-flavored pancake			
	小馄饨 Wonton	油条 Fried dough stick			
	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg			
粥铺 Porridge	山药胡萝卜瘦肉粥 Yam carrot and pork porridge	皮蛋瘦肉粥 Century egg and pork congee			
晚点心 Night Snacks	爆汁一口肠 Juicy mouthful sausage	原味蛋糕卷 Plain flavor cake roll			
	橙汁 Orange juice	水蜜桃 Peach juice			

