

12.1-12.5

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

日期/菜单 Date/Menu	12.1星期一 Mon	12.2星期二 Tue	12.3星期三 Wed	12.4星期四 Wed	12.5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	煎蛋 Sunny-side up	煎蛋 Sunny-side up
	培根 Bacon	猪肉早餐肠 Pork sausage	培根 Bacon	牛肉早餐肠 Beef sausage	炒香肠 Chicken sausage
	早餐炒土豆 Sauteed onion & potatoe	蒸玉米 Steamed Corn	橄榄油西蓝花 Broccoli	早餐炒时蔬 Stir-fried vegetable	蒸南瓜 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	手工香菇菜包/萝卜丝肉包 Shiitake Vegetable Bun /Radish and Meat Bun	手工肉包/豆沙包 Porkbaozi /Red bean baozi	葱花卷/三丁包 Scallion buns/Three Dice Bun	手工鲜肉包/西葫芦鸡蛋包 Porkbaozi /zucchini egg baozi	手工酱肉包/藜麦馒头 Sauced Pork Bun/QuinoaSteamedBn
	葱油饼 Scallion oil pancake	烧麦 Shaomai	红糖发糕 Brown sugar rice cake	鸡蛋饼 Egg pancake	蒸方糕 Steamed Rice Cake
	小馄饨 Stew 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	皮蛋瘦肉粥 Century egg & pork porridge	小米南瓜粥 Millet porridge with pompkin	大米粥 Rice porridge	香菇鸡肉粥 Chicken & mushroom porridge



12.15-12.19

早餐菜单 Breakfast Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期/菜单 Date/Menu	12.15星期一 Mon	12.16星期二 Tue	12.17 星期三 Wed	12.18 星期四 Thu	12.19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 Sunny-side up	煎蛋 Sunny-side up	荷包蛋 Sunny-side up
	鸡肉早餐肠 Chicken sausage	牛肉香肠 Beef sausage	鸡米花 Popcorn chicken	培根 Bacon	猪肉早餐肠 Pork sausage
	樱桃小番茄 Grilled tomatoes	白砂糖珍珠米 Steamed corn	彩椒西蓝花 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/葱花卷 Homemade pork baozi/Scallion Roll	手工酱肉包/粉丝肉沫包 Handmade braised baozi/Vermicelli and Minced Meat Bun	三丁包/豆沙包 Three Dice Bun/Red bean baozi	萝卜丝鲜肉包/香菇菜包 Radish and Meat Bun/Shiitake Mushroom and Vegetable Bun	手工酱肉包/藜麦馒头 Sauced Pork Bun/Quinoa steamed bun
	鸡蛋饼 Egg pancake	烧麦 Shaomai	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	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	牛肉青菜粥 Beef vegetable porridge	皮蛋瘦肉粥 Century egg pork congee	小米南瓜粥 Millet porridge with pumpkin	香菇鸡肉粥 Chicken mushroom congee

