

# 低龄食堂菜单 Lower School Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

日期/菜单  
Date/Menu

12月1星期一  
Mon

|                           |                                                                                   |                                   |                              |                                                                                 |
|---------------------------|-----------------------------------------------------------------------------------|-----------------------------------|------------------------------|---------------------------------------------------------------------------------|
| 午餐<br>Lunch<br>Set Meal A | 西班牙海鲜炒饭70g<br>Spanish seafood fried rice                                          | 牛肉烩萝卜60g<br>Beef braised radish   | 营养成分<br>Nutritional Analysis | 总热量Cal: 581.7kcal<br>蛋白质Protein: 29.3g<br>脂肪 Fat: 22.4g<br>碳水化合物Carbs: 67.9g    |
|                           | 混合蔬菜50g<br>Mix vegetables                                                         | 洋葱土豆汤80g<br>Onion and potato soup |                              |                                                                                 |
|                           | 印尼土豆30g<br>Indonesian potatoes                                                    | 酸奶Yogurt<br>水果Fruit               |                              |                                                                                 |
| 面<br>Noodles              | 酸菜鱼/生菜/荷包蛋<br>Sour soup fish /pickled cabbage noodles<br>(面条100g鱼肉40g荷包蛋40g生菜50g) |                                   | 营养成分<br>Nutritional Analysis | 总热量 Cal: 456.0kcal<br>蛋白质 Protein: 29.8g<br>脂肪 Fat: 24.1g<br>碳水化合物 Carbs: 31.0g |
| 午餐<br>Lunch<br>Set Meal B | 蜜制叉烧60g<br>Secret recipe barbecued pork                                           | 枸杞红枣炖羊肉70g<br>Steamed mutton      | 营养成分<br>Nutritional Analysis | 总热量Cal: 598.6kcal<br>蛋白质Protein: 32.5g<br>脂肪 Fat: 23.4g<br>碳水化合物Carbs: 67.8g    |
|                           | 葱油芋头40g<br>Scallion oil taro                                                      | 绿叶菜50g<br>Green vegetables        |                              |                                                                                 |
|                           | 西红柿鸡蛋汤110g<br>Tomato and egg soup                                                 | 酸奶Yogurt<br>水果Fruit               |                              |                                                                                 |

低龄食堂菜单  
Lower School Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

日期/菜单  
Date/Menu

12月2星期二  
Tue

|                           |                                                                                                         |                                             |                              |                                                                                 |
|---------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------|------------------------------|---------------------------------------------------------------------------------|
| 午餐<br>Lunch<br>Set Meal A | 罗马奶油鸡35g<br>Roma cream chicken                                                                          | 炭烤三文鱼45g<br>Grilled salmon                  | 营养成分<br>Nutritional Analysis | 总热量Cal: 582.4kcal<br>蛋白质Protein: 30.7g<br>脂肪 Fat: 24.3g<br>碳水化合物Carbs: 63.8g    |
|                           | 西兰花白花菜65g<br>Broccoli and cauliflower                                                                   | 地中海西红柿浓汤110g<br>Mediterranean tomato bisque |                              |                                                                                 |
|                           | 香烤南瓜60g<br>Roasted pumpkin                                                                              | 酸奶Yogurt<br>水果Fruit                         |                              |                                                                                 |
| 面<br>Noodles              | 香菇炖鸡面/绿叶菜/卤蛋<br>Chickenmushroomnoodles/vegetable/sesameoilbamboo shoot<br>(面条100g卤蛋50g绿叶菜50g香菇15g鸡肉30g) |                                             | 营养成分<br>Nutritional Analysis | 总热量 Cal: 461.5kcal<br>蛋白质 Protein: 28.2g<br>脂肪 Fat: 23.2g<br>碳水化合物 Carbs: 31.0g |
| 午餐<br>Lunch<br>Set Meal B | 上海红烧肉55g<br>Shanghai braised pork                                                                       | 西红柿炒鸡蛋60g<br>Scrambled eggs with tomatoes   | 营养成分<br>Nutritional Analysis | 总热量Cal: 589.4kcal<br>蛋白质Protein: 29.7g<br>脂肪 Fat: 24.2g<br>碳水化合物Carbs: 63.5g    |
|                           | 缸豆烩葫芦50g<br>Stewed bean with gourd                                                                      | 绿叶菜50g<br>Green vegetables                  |                              |                                                                                 |
|                           | 海带牛肉汤100g<br>Kelp beef soup                                                                             | 酸奶Yogurt<br>水果Fruit                         |                              |                                                                                 |



# 低龄食堂菜单 Lower School Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

日期/菜单  
Date/Menu

12月3星期三  
Wed

|                           |                                                                                                                      |                                      |                              |                                                                                 |
|---------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------------------|------------------------------|---------------------------------------------------------------------------------|
| 午餐<br>Lunch<br>Set Meal A | 法式鳕鱼排35g<br>French cod fillet                                                                                        | 牛肉炒洋葱45g<br>Beef sautéed with onions | 营养成分<br>Nutritional Analysis | 总热量Cal: 578.6kcal<br>蛋白质Protein: 30.1g<br>脂肪 Fat: 22.7g<br>碳水化合物Carbs: 65.9g    |
|                           | 韩式混合蔬菜65g<br>Korean mixed vegetables                                                                                 | 法式蔬菜汤100g<br>French vegetable soup   |                              |                                                                                 |
|                           | 蒜香西兰花55g<br>Garlic broccoli                                                                                          | 酸奶Yogurt<br>水果Fruit                  |                              |                                                                                 |
| 面<br>Noodles              | 岐山臊子面/白煮蛋/绿叶菜<br>Qishan saozhi noodles/Dried radish/salted radish/Green leafy vegetables<br>(面条100g鸡蛋50g臊子30g绿叶菜50g) |                                      | 营养成分<br>Nutritional Analysis | 总热量 Cal: 453.0kcal<br>蛋白质 Protein: 26.5g<br>脂肪 Fat: 21.0g<br>碳水化合物 Carbs: 31.0g |
| 午餐<br>Lunch<br>Set Meal B | 香酥鸡腿60g<br>Crispy chicken legs                                                                                       | 鱼香肉丝60g<br>Stewed eggplant with meat | 营养成分<br>Nutritional Analysis | 总热量Cal: 596.8kcal<br>蛋白质Protein: 31.5g<br>脂肪 Fat: 25.3g<br>碳水化合物Carbs: 64.2g    |
|                           | 香干芹菜65g<br>Stir-fried celery                                                                                         | 绿叶菜50g<br>Green vegetables           |                              |                                                                                 |
|                           | 鸡肉枸杞汤<br>Chicken and goji berry soup                                                                                 | 酸奶Yogurt<br>水果Fruit                  |                              |                                                                                 |





## 低龄食堂菜单 Lower School Menu

日期/菜单  
Date/Menu

12月4 星期四  
Thu

|                           |                                                                                |                                    |                              |                                                                                 |
|---------------------------|--------------------------------------------------------------------------------|------------------------------------|------------------------------|---------------------------------------------------------------------------------|
| 午餐<br>Lunch<br>Set Meal A | 夏威夷凤梨烤猪肉45g<br>Hawaiian pineapple pork                                         | 牛肉炒饭75g<br>Beef fried rice         | 营养成分<br>Nutritional Analysis | 总热量Cal: 586.9kcal<br>蛋白质Protein: 29.8g<br>脂肪 Fat: 23.5g<br>碳水化合物Carbs: 68.3g    |
|                           | 五彩芦笋65g<br>Colorful asparagus                                                  | 花菜奶油汤80g<br>Cauliflower cream soup |                              |                                                                                 |
|                           | 蜂蜜烤红薯30g<br>Honey baked sweet potatoes                                         | 酸奶Yogurt<br>水果Fruit                |                              |                                                                                 |
| 面<br>Noodles              | 西红柿牛腩粉丝汤/小青菜/卤蛋<br>Tomato beef pot rice noodle<br>(粉丝100g牛腩30g西红柿30青菜40g鸡蛋40g) |                                    | 营养成分<br>Nutritional Analysis | 总热量 Cal: 468.0kcal<br>蛋白质 Protein: 27.0g<br>脂肪 Fat: 24.3g<br>碳水化合物 Carbs: 32.0g |
| 午餐<br>Lunch<br>Set Meal B | 东坡肉45g<br>Dongpo meat                                                          | 红烧鸡块<br>braised pieces of chicken  | 营养成分<br>Nutritional Analysis | 总热量Cal: 583.7kcal<br>蛋白质Protein: 28.6g<br>脂肪 Fat: 26.5g<br>碳水化合物Carbs: 59.8g    |
|                           | 山药木耳60g<br>Yam fungus                                                          | 绿叶菜50g<br>Green vegetables         |                              |                                                                                 |
|                           | 豆腐萝卜汤100g<br>Tofu radish soup                                                  | 酸奶Yogurt<br>水果Fruit                |                              |                                                                                 |



## 低龄食堂菜单 Lower School Menu

日期/菜单  
Date/Menu

12月5星期五  
Fri

|                           |                                                                           |                                             |                              |                                                                                 |
|---------------------------|---------------------------------------------------------------------------|---------------------------------------------|------------------------------|---------------------------------------------------------------------------------|
| 午餐<br>Lunch<br>Set Meal A | 鸡米花30g<br>Chicken popcorn                                                 | 照烧龙利鱼40g<br>Teriyaki dragon fish            | 营养成分<br>Nutritional Analysis | 总热量Cal: 573.2kcal<br>蛋白质Protein: 28.6g<br>脂肪 Fat: 24.1g<br>碳水化合物Carbs: 64.5g    |
|                           | 豆腐娃娃菜70g<br>Tofu baby cabbage                                             | 地中海西红柿浓汤100g<br>Mediterranean tomato bisque |                              |                                                                                 |
|                           | 烤土豆50g<br>Roasted Potatoes                                                | 酸奶Yogurt<br>水果Fruit                         |                              |                                                                                 |
| 面<br>Noodles              | 红烧鸡块汤面/绿叶菜/煎蛋<br>Braised chicken noodles/egg<br>(面条100g绿叶菜50g煎蛋50g,鸡块40g) |                                             | 营养成分<br>Nutritional Analysis | 总热量 Cal: 476.0kcal<br>蛋白质 Protein: 31.2g<br>脂肪 Fat: 25.1g<br>碳水化合物 Carbs: 31.0g |
| 午餐<br>Lunch<br>Set Meal B | 锅包肉45g<br>Pot wrapped meat                                                | 金针菇撒尿牛丸70g<br>Mushroom beef balls           | 营养成分<br>Nutritional Analysis | 总热量Cal: 591.2kcal<br>蛋白质Protein: 29.8g<br>脂肪 Fat: 24.7g<br>碳水化合物Carbs: 66.5g    |
|                           | 绿叶菜50g<br>Green vegetables                                                | 茄角之恋65g<br>Eggplant wedge                   |                              |                                                                                 |
|                           | 酸辣汤<br>Hot and sour soup                                                  | 酸奶Yogurt<br>水果Fruit                         |                              |                                                                                 |



## 低龄食堂菜单 Lower School Menu

日期/菜单  
Date/Menu

12月8星期一  
Mon

|                           |                                                                                      |                                     |                              |                                                                                 |
|---------------------------|--------------------------------------------------------------------------------------|-------------------------------------|------------------------------|---------------------------------------------------------------------------------|
| 午餐<br>Lunch<br>Set Meal A | 意大利肉酱面90g<br>Spaghetti bolognase                                                     | 摩洛哥香烤鸡翅75g<br>Grilled chicken wings | 营养成分<br>Nutritional Analysis | 总热量 Cal: 612.8kcal<br>蛋白质Protein: 32.4g<br>脂肪 Fat: 27.6g<br>碳水化合物Carbs: 68.3g   |
|                           | 橄榄油烤蔬菜45g<br>Roasted vegetables in olive oil                                         | 法式蔬菜汤100g<br>French vegetable soup  |                              |                                                                                 |
|                           | 蒜香西兰花50g<br>Garlic broccoli                                                          | 酸奶Yogurt<br>水果Fruit                 |                              |                                                                                 |
| 面<br>Noodles              | 肥牛酸汤面/小青菜/卤蛋<br>Beef pickled cabbage noodlesvegetable/egg<br>(面条100g肥牛30g青菜50g卤蛋50g) |                                     | 营养成分<br>Nutritional Analysis | 总热量 Cal: 486.5kcal<br>蛋白质 Protein: 38.3g<br>脂肪 Fat: 26.5g<br>碳水化合物 Carbs: 31g   |
| 午餐<br>Lunch<br>Set Meal B | 凤梨咕咾肉40g<br>Pineapple gourd meat<br>(瘦猪肉35g凤梨50g)                                    | 鱼丸麻辣烫<br>Fish ball picy hot pot     | 营养成分<br>Nutritional Analysis | 总热量 Cal: 556.7kcal<br>蛋白质 Protein: 22.5g<br>脂肪 Fat: 21.5g<br>碳水化合物 Carbs: 61.8g |
|                           | 海米冬瓜40g<br>Dried shrimp wax gourd                                                    | 绿叶菜50g<br>Green vegetables          |                              |                                                                                 |
|                           | 排骨莲藕汤<br>Pork rib and lotus root soup                                                | 酸奶Yogurt<br>水果Fruit                 |                              |                                                                                 |

# 低龄食堂菜单 Lower School Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

日期/菜单  
Date/Menu

12月9 星期二  
Tue

|                           |                                                                        |                                                   |                              |                                                                                 |
|---------------------------|------------------------------------------------------------------------|---------------------------------------------------|------------------------------|---------------------------------------------------------------------------------|
| 午餐<br>Lunch<br>Set Meal A | 西红柿芝士牛肉丸40g<br>Tomato and cheese beef balls                            | 奶油蘑菇螺丝面90g<br>Creamy mushroom pasta               | 营养成分<br>Nutritional Analysis | 总热量 Cal: 576.9kcal<br>蛋白质Protein: 25.8g<br>脂肪 Fat: 26.5g<br>碳水化合物Carbs: 65.3g   |
|                           | 快炒甜椒结瓜45g<br>Stir-fry the bell peppers and melons                      | 花菜浓汤70g<br>Cauliflower soup                       |                              |                                                                                 |
|                           | 希腊柠檬土豆角60g<br>Greek lemon potato wedges                                | 酸奶Yogurt<br>水果Fruit                               |                              |                                                                                 |
| 面<br>Noodles              | 兰州牛肉拉面/绿叶菜<br>LanZhou beef noodles/vegetables<br>(拉面100g,绿叶菜50g,牛肉50g) |                                                   | 营养成分<br>Nutritional Analysis | 总热量 Cal: 483.0kcal<br>蛋白质 Protein: 43.7g<br>脂肪 Fat: 23.0g<br>碳水化合物 Carbs: 31.0g |
| 午餐<br>Lunch<br>Set Meal B | 咖喱鸡腿60G<br>Curry chicken legs                                          | 莴苣木耳炒肉片80g<br>Stir-fried pork slices with lettuce | 营养成分<br>Nutritional Analysis | 总热量 Cal: 592.9kcal<br>蛋白质Protein: 29.1g<br>脂肪 Fat: 18.5g<br>碳水化合物Carbs: 77.5g   |
|                           | 五彩日本豆腐60g<br>Colorful Japanese tofu                                    | 绿叶菜50g<br>Green vegetables                        |                              |                                                                                 |
|                           | 西红柿金针菇蛋汤90g<br>Tomato mushroom egg soup                                | 酸奶Yogurt<br>水果Fruit                               |                              |                                                                                 |



# 低龄食堂菜单 Lower School Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

日期/菜单  
Date/Menu

12月10星期三  
Wed

|                           |                                                                               |                                         |                              |                                                                                 |
|---------------------------|-------------------------------------------------------------------------------|-----------------------------------------|------------------------------|---------------------------------------------------------------------------------|
| 午餐<br>Lunch<br>Set Meal A | 美式孜然猪柳50g<br>American pork fillet                                             | 香煎三文鱼土豆60g<br>Pan-fried salmon potatoes | 营养成分<br>Nutritional Analysis | 总热量 Cal: 589.6kcal<br>蛋白质Protein: 30.2g<br>脂肪 Fat: 25.8g<br>碳水化合物Carbs: 64.7g   |
|                           | 青豆花菜45g<br>Green bean cauliflower                                             | 洋葱土豆汤80g<br>Onion and potato soup       |                              |                                                                                 |
|                           | 意式烩时蔬80g<br>Italian stew seasonal vegetables                                  | 酸奶Yogurt<br>水果Fruit                     |                              |                                                                                 |
| 面<br>Noodles              | 杂酱面/绿叶菜/炸蛋<br>Fried sauce noodlesvegetable /fried egg<br>(面条100g,炸蛋30g绿叶菜50g) |                                         | 营养成分<br>Nutritional Analysis | 总热量 Cal: 488.4kcal<br>蛋白质 Protein: 29.4g<br>脂肪 Fat: 30.1g<br>碳水化合物 Carbs: 31.0g |
| 午餐<br>Lunch<br>Set Meal B | 胡萝卜炖牛肉75g<br>Beef stew with carrots                                           | 水煮肉片60g<br>Boiled slice meat            | 营养成分<br>Nutritional Analysis | 总热量 Cal: 586.3kcal<br>蛋白质Protein: 31.2g<br>脂肪 Fat: 21.8g<br>碳水化合物Carbs: 65.4g   |
|                           | 一品香芋40g<br>Fried taro                                                         | 绿叶菜50g<br>Green vegetables              |                              |                                                                                 |
|                           | 白菜豆腐虾皮汤110g<br>Cabbage tofu shrimp skin soup                                  | 酸奶Yogurt<br>水果Fruit                     |                              |                                                                                 |



# 低龄食堂菜单 Lower School Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

日期/菜单  
Date/Menu

12月11星期四  
Thu

|                           |                                                                          |                                                  |                              |                                                                                 |
|---------------------------|--------------------------------------------------------------------------|--------------------------------------------------|------------------------------|---------------------------------------------------------------------------------|
| 午餐<br>Lunch<br>Set Meal A | 希腊炖羊肉60g<br>Greek stewed lamb                                            | 越南虾仁银牙炒河粉80g<br>Vietnamese shrimp stir-fried pho | 营养成分<br>Nutritional Analysis | 总热量 Cal: 597.3kcal<br>蛋白质Protein: 32.6g<br>脂肪 Fat: 24.8g<br>碳水化合物Carbs: 67.5g   |
|                           | 甜椒卷心菜60g<br>Bell pepper cabbage                                          | 花菜奶油汤80g<br>Cauliflower cream soup               |                              |                                                                                 |
|                           | 百里香时蔬60g<br>Seasonal vegetables                                          | 酸奶Yogurt<br>水果Fruit                              |                              |                                                                                 |
| 面<br>Noodles              | 白切羊肉面/小青菜/煎蛋<br>Mutton noodles/vegetable/egg<br>(面条100g,羊肉50g青菜50g煎蛋46g) |                                                  | 营养成分<br>Nutritional Analysis | 总热量 Cal: 511.4kcal<br>蛋白质 Protein: 46.9g<br>脂肪 Fat: 29.3g<br>碳水化合物 Carbs: 31.3g |
| 午餐<br>Lunch<br>Set Meal B | 红烧大排70g<br>Braised pork ribs                                             | 酱香牛肉丁丁60g<br>Sauce-flavored beef tinted          | 营养成分<br>Nutritional Analysis | 总热量 Cal: 595.7kcal<br>蛋白质Protein: 33.6g<br>脂肪 Fat: 22.3g<br>碳水化合物Carbs: 68.2g   |
|                           | 青椒土豆丝60g<br>Shredded potatoes with green peppers                         | 绿叶菜50g<br>Green vegetables                       |                              |                                                                                 |
|                           | 玉米冬瓜汤100g<br>Corn winter melon soup                                      | 酸奶Yogurt<br>水果Fruit                              |                              |                                                                                 |



# 低龄食堂菜单 Lower School Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

日期/菜单  
Date/Menu

12月12 星期五  
Fri

午餐  
Lunch  
Set Meal A

玛格丽塔披萨40g  
Margherita pizza

蒜香西兰花50g  
Garlic broccoli

照烧红薯50g  
Teriyaki sweet potatoes

炭烤牛里脊55g  
Grilled beef tenderloin

南瓜浓汤90g  
Pumpkin bisque

酸奶Yogurt  
水果Fruit

营养成分  
Nutritional Analysis

总热量 Cal: 593.8kcal  
蛋白质Protein: 31.5g  
脂肪 Fat: 25.2g  
碳水化合物Carbs: 66.4g

面  
Noodles

新疆鸡肉面/生菜/卤蛋  
chicken noodle/egg nugget  
(面条100g,s鸡肉60g,鸡蛋50g,生菜60g)

营养成分  
Nutritional Analysis

总热量 Cal: 503.6kcal  
蛋白质 Protein: 45.8g  
脂肪 Fat: 24.7g  
碳水化合物 Carbs: 31.6g

午餐  
Lunch  
Set Meal B

炸鸡腿排65g  
Fried chicken cutlet

芹菜炒腐竹70g  
Stir-fried bean curd with celery

平菇菠菜鸡蛋汤100g  
Oyster mushroom spinach egg soup

肉沫蒸蛋75g  
Steamed egg with minced meat

绿叶菜50g  
Green vegetables

酸奶Yogurt  
水果Fruit

营养成分  
Nutritional Analysis

总热量 Cal: 602.5kcal  
蛋白质Protein: 34.8g  
脂肪 Fat: 25.6g  
碳水化合物Carbs: 62.3g





## 低龄食堂菜单 Lower School Menu

日期/菜单  
Date/Menu

12月15星期一  
Mon

|                           |                                                                      |                                          |                              |                                                                                 |
|---------------------------|----------------------------------------------------------------------|------------------------------------------|------------------------------|---------------------------------------------------------------------------------|
| 午餐<br>Lunch<br>Set Meal A | 鸡米花30g<br>Chicken popcorn                                            | 西班牙海鲜炒饭95g<br>Spanish seafood fried rice | 营养成分<br>Nutritional Analysis | 总热量 Cal: 588 kcal<br>蛋白质Protein: 26.3 g<br>脂肪 Fat: 23.2 g<br>碳水化合物Carbs: 71.5g  |
|                           | 柠檬小土豆40g<br>Lemon potatoes                                           | 百里香烤时蔬50g<br>Roasted vegetables          |                              |                                                                                 |
|                           | 蘑菇浓汤100g<br>Cream mushroom soup                                      | 酸奶Yogurt<br>水果Fruit                      |                              |                                                                                 |
| 面<br>Noodles              | 香辣牛肉汤面/绿叶菜/荷包蛋<br>Beef noodles/egg<br>(小麦面条 100g瘦牛肉 25g绿叶菜50g鸡蛋 40g) |                                          | 营养成分<br>Nutritional Analysis | 总热量 Cal: 442.5kcal<br>蛋白质 Protein: 28.5g<br>脂肪 Fat: 22.3g<br>碳水化合物 Carbs: 31.0g |
| 午餐<br>Lunch<br>Set Meal B | 扬州狮子头65g<br>Yangzhou meatball                                        | 虾仁炒蛋<br>Scrambled egg with shrimp        | 营养成分<br>Nutritional Analysis | 总热量 Cal: 602kcal<br>蛋白质Protein: 14.3g<br>脂肪 Fat: 20.1g<br>碳水化合物Carbs: 81.6g     |
|                           | 青椒土豆片60g<br>Green pepper potato chips                                | 绿叶菜45g<br>Green vegetables               |                              |                                                                                 |
|                           | 西红柿鸡蛋汤115g<br>Tomato egg soup                                        | 酸奶Yogurt<br>水果Fruit                      |                              |                                                                                 |

# 低龄食堂菜单 Lower School Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

日期/菜单  
Date/Menu

12月16 星期二  
Tue

|                           |                                                                          |                                    |                              |                                                                                 |
|---------------------------|--------------------------------------------------------------------------|------------------------------------|------------------------------|---------------------------------------------------------------------------------|
| 午餐<br>Lunch<br>Set Meal A | 炭烤鳕鱼柠檬汁50g<br>Grilled cod with lemon juice                               | 虾仁青酱面90g<br>Shrimp pesto           | 营养成分<br>Nutritional Analysis | 总热量 Cal: 585kcal<br>蛋白质Protein: 13.8g<br>脂肪 Fat: 19.2g<br>碳水化合物Carbs: 78.5g     |
|                           | 柠檬土豆40g<br>Lemon potatoes                                                | 花菜奶油汤90g<br>Cauliflower cream soup |                              |                                                                                 |
|                           | 奶油西兰花50g<br>Cream broccoli                                               | 酸奶Yogurt<br>水果Fruit                |                              |                                                                                 |
| 面<br>Noodles              | 白切羊肉面/小青菜/煎蛋<br>Mutton noodles/vegetable/egg<br>(面条100g,羊肉50g青菜50g煎蛋46g) |                                    | 营养成分<br>Nutritional Analysis | 总热量 Cal: 478.0kcal<br>蛋白质 Protein: 32.2g<br>脂肪 Fat: 25.6g<br>碳水化合物 Carbs: 31.5g |
| 午餐<br>Lunch<br>Set Meal B | 外婆粉蒸肉75g<br>Steamed pork with rice flour                                 | 青椒黄牛肉70g<br>Green pepper beef      | 营养成分<br>Nutritional Analysis | 总热量 Cal: 623kcal<br>蛋白质Protein: 14.6g<br>脂肪 Fat: 21.5g<br>碳水化合物Carbs: 85.8g     |
|                           | 咸蛋黄豆腐57g<br>Salted egg yolk tofu                                         | 绿叶菜50g<br>Green vegetables         |                              |                                                                                 |
|                           | 海带牛肉汤<br>Kelp and beef soup                                              | 酸奶Yogurt<br>水果Fruit                |                              |                                                                                 |



# 低龄食堂菜单 Lower School Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

日期/菜单  
Date/Menu

12月17星期三  
Wed

午餐  
Lunch  
Set Meal A

凤梨咕咾肉65g  
Pineapple gourd meat

牛肉金丝炒面75g  
Beef stir-fried noodles

蒜香西兰花50g  
Garlic broccoli

鸭油薯条45g  
French fries

地中海西红柿浓汤100g  
Mediterranean tomato bisque

酸奶Yogurt  
水果Fruit

营养成分  
Nutritional Analysis

总热量 Cal: 592kcal  
蛋白质Protein: 14.2g  
脂肪 Fat: 20.5g  
碳水化合物Carbs: 82.3g

面  
Noodles

老母鸡汤面/绿叶菜/五香蛋  
Chicken noodles/vegetable/egg  
(面条 100g老母鸡 30g绿叶菜52g鸡蛋 40g)

营养成分  
Nutritional Analysis

总热量 Cal: 459.0kcal  
蛋白质 Protein: 30.8g  
脂肪 Fat: 23.8g  
碳水化合物 Carbs: 31.5g

午餐  
Lunch  
Set Meal B

卤味鹅翅膀40g  
Braised goose wings

青椒炒香干55g  
Sauteed dried Tofu with chives

排骨冬瓜汤138g  
Pork ribs and wax gourd soup

回锅肉45g  
Fried sliced pork

绿叶菜50g  
Green vegetables

酸奶Yogurt  
水果Fruit

营养成分  
Nutritional Analysis

总热量 Cal: 605kcal  
蛋白质Protein: 14.4g  
脂肪 Fat: 20.3g  
碳水化合物Carbs: 83.2g





## 低龄食堂菜单 Lower School Menu

日期/菜单  
Date/Menu

12月18星期四  
Thu

午餐  
Lunch  
Set Meal A

日式猪排43g  
Japanese pork chop

照烧红薯57g  
Teriyaki sweet potatoes

普罗旺斯蔬菜55g  
Provencal vegetables

希腊莫萨卡85g  
Lasagna, Greece

土豆京葱汤110g  
Potato Beijing onion soup

酸奶Yogurt  
水果Fruit

营养成分  
Nutritional Analysis

总热量 Cal: 615kcal  
蛋白质Protein: 14.8g  
脂肪 Fat: 21.3g  
碳水化合物Carbs: 86.5g

面  
Noodles

泰国咖喱肥牛米线/煎蛋/绿叶菜  
Curry beef noodle  
(米线 100g肥牛卷 30g鸡蛋 40g绿叶菜52g)

营养成分  
Nutritional Analysis

总热量 Cal: 465.0kcal  
蛋白质 Protein: 29.3g  
脂肪 Fat: 24.5g  
碳水化合物 Carbs: 31.5g

午餐  
Lunch  
Set Meal B

一字肉 60g  
Thick-cut braised pork

五彩西兰花70g  
Colorful broccoli

玉米海带汤127g  
Corn kelp soup

四川酸菜鱼60g  
Sichuan sauerkraut fish

韭菜绿豆芽55g  
Chinese chives sprouts

酸奶Yogurt  
水果Fruit

营养成分  
Nutritional Analysis

总热量 Cal: 618kcal  
蛋白质Protein: 14.7g  
脂肪 Fat: 21.2g  
碳水化合物Carbs: 84.5g





## 低龄食堂菜单 Lower School Menu

日期/菜单  
Date/Menu

12月19星期五  
Fri

午餐  
Lunch  
Set Meal A

西班牙扇子骨 45g  
spanish ribs

柠檬红鲷鱼 50g  
lemon sea bream

营养成分  
Nutritional Analysis

总热量 Cal: 546.1kcal  
蛋白质 Protein: 32.8g  
脂肪 Fat: 24.5g  
碳水化合物 Carbs: 48.6g

芦笋西兰花 50g  
Asparagus and broccoli

烤土豆 90g  
Roasted Potatoes

希腊鸡汤 100g  
Greek lemon chicken soup

酸奶 Yogurt  
水果 Fruit

面  
Noodles

红烧大排面/小青菜/卤蛋  
pork noodles / vegetable / egg  
(小麦面条 100g 大排 40g 鸡蛋 50g 青菜 60g)

营养成分  
Nutritional Analysis

总热量 Cal: 490.0kcal  
蛋白质 Protein: 33.5g  
脂肪 Fat: 26.2g  
碳水化合物 Carbs: 32.2g

午餐  
Lunch  
Set Meal B

鸡肉恰巴塔  
Chicken Ciabatta

红酒炖牛肉  
Red Wine Braised Beef

营养成分  
Nutritional Analysis

总热量 Cal: 605kcal  
蛋白质 Protein: 14.9g  
脂肪 Fat: 21.8g  
碳水化合物 Carbs: 87.3g

柠檬土豆角  
Lemon baked potato

藜麦沙拉  
Quinoa Salad

酒酿圆子  
Boiled rice ball soup

酸奶 Yogurt  
水果 Fruit

