

12.1-12.5

午餐菜单
Lunch 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 Thu	12.5 星期五 Fri
西式 Western	意式红酒烩牛肉 Beef braised in red wine	法式油封鸭腿 Classic duck confit	照烧梅花猪 Teriyaki blossom pork	德国BBQ翅根 German chicken wings	煎鱼排 Fried fish fillet
	青酱虾仁意面 Shrimp pesto pasta	墨西哥奶油鸡 Mexico chicken in cream sauce	红酒烩牛肉 Beef with red wine	青橄榄鱼柳面 Green olive fish fillet pasta	鸡肉西兰花奶油面 Chicken broccoli cream pasta
	西班牙炒土豆 Spanish fried potatoes	香烤南瓜角 Roasted pumpkin	蜂蜜烤红薯 Roasted sweet potato	西班牙甜椒 Spanish sweet pepper	咖喱土豆 Roasted curry potato
	普罗旺斯时蔬 Grilled vegetable	地中海烤蔬菜 Grilled vegetable	混合色拉 Mixed salad	卡真粉西蓝花 Grilled broccoli	甜椒芦笋 Grilled sweet pepper and asparagus
汤 Soup	红枣雪梨汤 Winter jujube and pear soup	地中海番茄浓汤 Mediterranean tomato soup	法式蔬菜汤 French vegetable soup	银耳苹果汤 White fungus and apple soup	地中海番茄浓汤 Mediterranean tomato soup
亚式 Asian	蜜制叉烧 Recipe barbecued pork	红烧肉 Classic stewed pork	香酥鸡腿 Spiced chicken leg	东坡肉 Braised thick cut pork	锅包肉 Fried pork in scoop
	清炖红枣枸杞羊肉 Stewed mutton	番茄炒鸡蛋 Scrambled egg with tomato	鱼香肉丝 Stewed eggplant with meat strip	红烧鸡块 braised pieces of chicken	金针菇撒尿牛丸 Beef ball with mushroom
	葱油芋头 Fried taro with onion oil	缸豆烩葫芦 Stewed cowpea and gourd	香干芹菜 Stir-fried celery	山药木耳 Fried yam mushroom	茄角之恋 Eggplant wedges
	绿叶菜 Sautéed green vegetable	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	西红柿鸡蛋汤 Tomato and egg soup	海带牛肉汤 Kelp and beef soup	鸡肉枸杞汤 Chicken and goji berry soup	豆腐萝卜汤 Radish and tofu soup	酸辣汤 Hot and sour soup
面 Noodles	酸菜鱼/生菜/荷包蛋 Sour soup fish / pickled cabbage noodles	香菇炖鸡面/绿叶菜/卤蛋 Chicken mushroom noodles / vegetable / sesame oil bamboo shoot	岐山臊子面/白煮蛋/绿叶菜 Qishan saozhi noodles/Dried radish/salted radish/Green leafy vegetables	西红柿牛腩粉丝汤/小青菜/卤蛋 Tomato beef pot rice noodle	红烧鸡块汤面/绿叶菜/煎蛋 Braised chicken noodles/egg
热饮档 Fruit/Yogurt	越南炒河粉/小青菜/荷包蛋 Vietnamese fried noodles vegetable /fried eggs	蟹肉三明治/炸薯条/烤蔬菜 Crab meat sandwich/French fries/Roasted vegetables	新疆大盘鸡米饭/鸡块/煎蛋 chicken rice /chicken/Egg	番茄炒蛋/肉酱盖浇饭/米饭 Scrambled eggs with tomatoes over rice/Meat sauce over rice/Rice	牛肉炒面/生菜/荷包蛋 Beef stir-fried noodles/Lettuce/ Egg
水果/酸奶 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt



12.8-12.12

午餐菜单
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Hiba Academy Nantong
Wellington College Education日期/菜单
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Mon12.9星期二
Tue12.10星期三
Wed12.11星期四
Thu12.12星期五
Fri法式苹果焖鸡
Chicke stewed apple印度孜然翅根
India chicken wings唐扬粉脆皮鸡
Crispy chicken椒盐红鲷鱼
Salt and Pepper Red Snapper意式炖羊肉
Provence braised mutton虾仁罗勒意大利面
Shrimp basil pasta意大利肉酱面
Spaghetti bolognese塞维利亚炖肉丸
Seville meat ball希腊烤鸡腿肉
Greek roast chicken leg猪肉西兰花两头尖面
Pork and broccoli macaroni蜂蜜烤南瓜配小番茄
Roast pumpkin with tomato咖喱时蔬番茄
Curry vegetables烤有机花菜
Rosted cauliflower柠檬烤土豆
Lemon baked Potato披萨草西蓝花
Roasted broccli with pizza herb牛奶玉米西蓝花
Corn broccli芦笋彩椒
Grilled asparagus and peppers百里香烤时蔬
Grilled vegetable普罗旺斯蔬菜
Grilled Vegetable玉米小番茄
Grilled corns tomatos汤
Soup法式蔬菜汤
French vegetable soup雪梨银耳汤
Pear and white fungus soup味噌金针菇汤
Miso mushroom soup花菜奶油汤
Cream cauliflower soup鸡肉玉米汤
Chicken corn soup菠萝咕咾肉
Sweet and sour pork咖喱鸡腿
Curru chicken legs胡萝卜炖牛肉
Stew beef with carrot红烧大排
Braised pork chop炸鸡腿排
Deep fried chicken legs鱼丸麻辣烫
Fish ball picy hot pot莴苣木耳炒肉片
Sliced pork with mushroom水煮肉片
Slices pork with homemade sauce酒鬼牛肉丁丁
Dices beef肉沫蒸蛋
Steamed egg with minced pork海米冬瓜
Wax gourd with dried shrimp五彩日本豆腐
Japanese tofu一品香芋
Deep fried taro青椒土豆丝
Shredded potato with pepper芹菜炒腐竹
Stir-fried celery绿叶菜
Sautéed green vegetable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排骨莲藕汤
Pork rib and lotus root soup西红柿金针菇蛋汤
Tomato egg soup白菜豆腐虾皮汤
Tofu vegetable soup玉米冬瓜汤
Wax gourd corn soup平菇菠菜鸡蛋汤
Spinach mushroom egg soup面
Noodles肥牛酸汤面/小青菜/卤蛋
Beef pickled cabbage noodles vegetable/egg兰州牛肉拉面/绿叶菜
LanZhou beef noodles/vegetables杂酱面/绿叶菜/炸蛋
Fried sauce noodles vegetable /fried egg白切羊肉面/小青菜/煎蛋
Mutton noodles/vegetable/egg新疆鸡肉面/生菜/卤蛋
chicken noodle/egg nugget

扒/挡

鸡肉三明治/鸭油炸薯条/蔬菜
Chicken sandwich/chips陕西炒面/煎蛋/青菜
Shanxi fried noodle/fried egg vegetables五彩虾仁炒饭/鸡米花/小青菜
Shrimp fried rice /popcorn chicken vegetables越南牛肉炒河粉/卤蛋/生菜
Vietnamese Beef pho spiced egg/lettuce泰国鸡肉咖喱饭/煎蛋/素菜
Chicken curry /fried egg/vegetable水果/酸奶
Fruit/Yogurt酸奶
Yogurt水果
Fruit酸奶
Yogurt水果
Fruit酸奶
Yogurt

12.15-12.19

午餐菜单

Lunch Menu



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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(圣诞美食)
Fri(Christmas Food)

西式
Western

汤
Soup

亚式
Asian

汤
Soup

面
Noodles

扒饭
Stir-fry

水果/酸奶
Fruit/Yogurt

烤罗马鸡胸肉
Roast Rome chicken breast

意大利肉酱面
Spaghetti bolognese

蜂蜜烤红薯
Baked sweet potato

炭烤彩椒
Grilled pepper

蘑菇浓汤
Cream mushroom soup

扬州狮子头
Chinese style meatball

虾仁炒蛋
Scrambled egg with shrimp

青椒土豆片
Slices potato and pepper

绿叶菜
Sautéed green vegetable

番茄鸡蛋汤
Tomato egg soup

香辣牛肉汤面/绿叶菜/荷包蛋
Beef noodles/egg

云南小河粉/小青菜/荷包蛋
Yunnan pho/vegetable /egg

酸奶
Yogurt

希腊莫萨卡
Greek mosack

希腊烤鸡腿肉
Greek roast chicken legs

柠檬烤土豆
Lemon baked potato

普罗旺斯蔬菜
Grilled vegetable

红豆甜汤
Red bean soup

外婆粉蒸肉
Steamed pork with rice flour

青椒黄牛肉
Stir-fried beef with pepper

咸蛋黄豆腐
Salted egg yolk tofu

绿叶菜
Sautéed green vegetable

海带牛肉汤
Kelp and beef soup

白切羊肉面/煎蛋/绿叶菜
Stewed lumb noodles
Egg/vegetable

牛肉炒饭/炸薯条/烤蔬菜
Beef fried rice /chips/vegetable

水果
Fruit

西班牙烤牛肉
Spanish roast beef

巴沙鱼条
Basa fish strips

香烤南瓜角
Roasted Pumpkin wedge

百里香西兰花
Grilled broccoli

地中海番茄浓汤
Mediterranean tomato soup

卤味鹅翅膀
Marinated goose wings

回锅肉
Fried sliced pork

青椒炒香干
Sauteed dried Tofu with chives

绿叶菜
Sautéed green vegetable

排骨冬瓜汤
Pork ribs with wax gourd soup

老母鸡汤面/绿叶菜/五香蛋
Chicken noodles/vegetable/egg

新疆大盘鸡盖浇饭/鸡块/土豆彩椒
Xingjiang chickenrice/chicken
nugget/patato pepper

酸奶
Yogurt

南蛮炸鸡
Deep-fried chicken

蘑菇培根奶油意面
Spaghetti cabonara

迷迭香烤土豆
Rosemary potato

意大利炖蔬菜
Grilled vegetable

红枣苹果汤
Red date and apple soup

一字肉
Braised thick pork

四川酸菜鱼
Sichuan pickled fish

五彩西兰花
Colorful broccoli

韭菜绿豆芽
Sautéed green vegetable

玉米海带汤
Corn kelp soup

泰国咖喱肥牛米线/煎蛋/绿叶菜
Curry beef noodle/Egg/Vegetable

牛肉炒面/生菜/荷包蛋
Beef fried noodles/lettuce/egg

水果
Fruit

西班牙扇子骨
Spanish ribs
柠檬红鲷鱼
lemon sea bream
混合烤时蔬
Roasted Vegetables
芦笋西兰花
Asparagus and broccoli
希腊鸡汤
Greek lemon chicken soup
鸡肉恰巴塔
Chicken Ciabatta
红酒炖牛肉
Red Wine Braised Beef
柠檬土豆角
Lemon baked potato
藜麦沙拉
Quinoa Salad
酒酿圆子
Boiled rice ball soup

红烧大排面/小青菜/卤蛋
Pork noodles /
vegetable /egg

酸奶
Yogurt

