

晚餐菜单 Dinner Menu

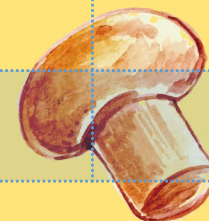
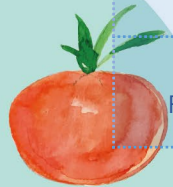


南通惠立学校
Hiba Academy Nantong
Wellington College Education

12.1-12.4



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
西式 Western	鸡腿烩土豆 Chicken legs braised potatoes	意式猎人烩鸡 Stewed Italian chicken	日式炸猪排 Japanese pork chop	意式红烩牛肉 Braised Italian beef
	意大利肉酱面 Spaghetti bolognaise	茄汁意面 Pasta with tomato sauce	地中海番茄烩鱼排 Stewed tomato with fish fillet	唐扬粉巴沙鱼 Tang Yang basa fish
	香烤南瓜角 Roasted pumpkin wedges	照烧烤红薯 Teriyaki sweet potatoes	咖喱土豆 Curry potatoes	香烤南瓜角 Roasted pumpkin wedges
	咖喱土豆 Curry potatoes	碳烤时蔬 Grilled seasonal vegetables	炭烤迷迭香彩椒 Roasted rosemary bell peppers	碳烤时蔬 Grilled seasonal vegetables
汤 Soup	胡萝卜奶油汤 Carrot cream soup	蘑菇浓汤 Cream mushroom bisque	味噌汤 Miso Soup	南瓜汤 Pumpkin soup
亚式 Asian	山东把子肉 Thick slices of pork meat	土豆牛腩 Beef potato	酱香焖鸭块 Stewed duck pieces with sauce	大排面 Pork chop noodles 蔬菜 vegetables 煎蛋 Fried eggs
	青椒牛肉 beef with green pepper	宫保鸡丁 Spicy diced chicken	杏鲍菇牛肉片 Beef slices with mushrooms	
	家常豆腐 Homemade sauce tofu	醋溜白菜 Vinegar cabbage	蒜蓉金针菇 Garlic mushrooms	
	绿叶菜 Green vegetables	绿叶菜 Green vegetables	绿叶菜 Green vegetables	
汤 Soup	冬瓜玉米汤 Wax gourd and corn soup	紫菜蛋花汤 Seaweed egg soup	番茄豆腐羹 Tomato tofu soup	水果 Fruit
配餐 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	



12.8-12.11

晚餐菜单
Dinner Menu南通惠立学校
Hiba Academy Nantong
Wellington College Education日期/菜单
Date/Menu12.8星期一
Mon12.9星期二
Tue12.10星期三
Wed12.11星期四
Thu西式
Western意式红烩牛肉
Italian braised beef夏威夷菠萝烤鸡
Hawaiian Pineapple Grilled Chicken奶油炖烤鸡
Grilled chicken stewed in cream塞维利亚炖肉丸
Stewed beef meatballs西西里岛风味烤鸡
Sicilian style roast chicken维也纳炸猪排佐蘑菇酱
Pork cutlet with mushroom sauce法式油封鸭腿
French confit duck leg虾仁罗勒意大利面
Shrimp basil pasta蜂蜜烤红薯
Honey Roasted Sweet Potato脆皮土豆
Crispy potatoes柠檬土豆
Lemon potatoes香烤南瓜角
Roasted pumpkin wedges披萨草西兰花
Pizza herb broccoli碳烤时蔬
Grilled seasonal vegetables碳烤时蔬
Grilled seasonal vegetables香烤时蔬
Roasted seasonal vegetables

汤 Soup

奶油南瓜汤
Creamy pumpkin soup南瓜汤
Pumpkin soup蘑菇浓汤
Cream mushroom bisque雪梨红枣汤
Snow pear and red date soup

亚式 Asian

上海狮子头
Shanghai meatball小炒黄牛肉
Stir-fried beef兰州拉面
Lanzhou beef noodles台湾姜母鸭块
Taiwanese duck cutlets酱香猪小排骨
Sauce-flavored pork ribs麻辣酸菜鱼
Spicy sauerkraut fish时令蔬菜
Vegetables鹌鹑蛋烧瘦肉
Quail eggs roasted meat姜汤野菌菇
Mushroom with ginger姜尚土豆丝
Shredded potatoes鸡蛋
eggs醋溜藕片
Vinegar lotus root绿叶菜
Green vegetables绿叶菜
Green vegetables绿叶菜
Green vegetables

汤 Soup

玉米蘑菇汤
Corn and mushroom soup外婆罗宋汤
Borscht豆腐番茄汤
Tofu tomato soup配餐
Fruit/Yogurt酸奶
Yogurt水果
Fruit酸奶
Yoghurt水果
Fruit

12.15-12.19

晚餐菜单
Dinner Menu南通惠立学校
Hiba Academy Nantong
Wellington College Education日期/菜单
Date/Menu12.15星期一
Mon12.16星期二
Tue12.17星期三
Wed12.18星期四
Thu西式
Western日式香菇猪排
Japanese mushroom pork cutlet炭烤牛仔骨
Grilled beef short ribs西班牙苹果鸡
Spanish chicken in apple sauce蒙古扇子骨
Mongolian pork bone虾仁罗勒意大利面
Shrimp basil pasta意式巴沙鱼烩时蔬
Italian passa braised with seasonal vegetables虾仁节瓜螺丝面
Shrimp fusilli鸡肉西兰花奶油面
Chicken broccoli pasta黄油洋葱炒土豆
Stir-fried potatoes with butter onions香烤南瓜角
Roasted Pumpkin wedge蜂蜜烤红薯
Honey baked sweet potatoes香烤南瓜角
Roasted pumpkin wedges生炒花菜
Stir-fried organic cauliflower咖喱土豆胡萝卜
Curry potatoes and carrots芦笋花菜
Grill asparagus organic cauliflower意式炭烤时蔬
Grilled seasonal vegetables

汤 Soup

希腊柠檬鸡汤
Greek Lemon Chicken Soup蘑菇浓汤
Cream mushroom bisque红枣雪梨汤
Red date and snow pear soup法式土豆汤
French potato soup亚式
Asian耗油牛肉
Oyster sauce beef红烧鸭块
Braised duck chunks四川香油鸡
Sichuan sesame oil chicken番茄炒蛋
Scrambled eggs with tomatoes肉丝蒜苔
Shredded pork with garlic stalks台式红烧牛肉面
Braised beef noodles五彩虾仁
Colorful shrimp鱼香茄子
Stewed eggplant with meat粉丝娃娃菜
Vermicelli baby cabbage有机蔬菜
Organic vegetables干煸豇豆
Stir-fried beans绿叶菜
Green vegetables绿叶菜
Green vegetables煎鸡蛋
Fried egg绿叶菜
Green vegetables

汤 Soup

玉米鸡汤
Corn chicken soup红枣鸡汤
Red date chicken soup番茄菌菇豆腐羹
Tomato mushroom tofu soup配餐
Fruit/Yogurt酸奶
Yoghurt水果
Fruit酸奶
Yoghurt水果
Fruit