

8.28-8.29



晚餐菜单 Dinner Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

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 Western			黑椒鸡块 Chicken nuggets	奥尔良风味烤鸡腿 Orleans roasted chicken	
			罗马鱼柳 Roman fish fillet	照烧猪梅肉 Roast pork with apple sauce	
			蜂蜜烤红薯 Baked sweet potato	蜂蜜烤南瓜配小番茄 Roasted pumpkin with tomato	
			蒜香西兰花 Garlic broccoli	碳烤时蔬 Grilled vegetable	
汤 Soup			蘑菇浓汤 Cream mushroom soup	咖喱汤(200g) Curry meatball soup	
亚式 Asian			红烧鸡块 Roasted chicken pieces	红烧狮子头 Stewed meat ball	
			西芹肉片(150g) Sliced pork with celery	韭黄炒蛋 Scrambled egg with yellow chives	
			蒜蓉刀豆 Garlic green bean	双菇油面筋 Mushroom and fried gluten puff	
			咖喱时蔬 Curry vegetable	绿叶菜 Sautéed green vegetable	
汤 Soup			芥菜豆腐羹 Shepherd's purse & tofu soup	番茄鸡蛋羹 Tomato and egg soup	
配餐 Fruit/Yogurt			水果 Fruit	酸奶 Yogurt	



9.1-9.5



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西式 Western	鸡腿烩土豆 Chicken leg with potato	意式猎人烩鸡 Chicken cacciadore	梅花肉烩苹果 Pork collar braised with apple	意式红烩牛肉 Spezzatino	
	青酱虾仁意面 Shrimp pasta	茄汁意面 Pasta with tomato sauce	地中海番茄烩鱼排 Tomato fish steak	唐扬粉巴沙鱼 Tempura basa fish	
	香烤南瓜角 Roasted pumpkin	照烧烤红薯 Baked sweet potato	咖喱土豆 Curry potato	香烤南瓜角 Roasted pumpkin	
	咖喱土豆 Curry potato	碳烤时蔬 Grilled vegetable	炭烤迷迭香彩椒 Rosemary bell pepper	碳烤时蔬 Grilled vegetable	
汤 Soup	胡萝卜奶油汤 Cream carrot soup	蘑菇浓汤 Cream mushroom soup	奶油西蓝花汤 Cream broccoli soup	南瓜汤 Pumpkin soup	
亚式 Asian	番茄炖牛腩 Beef stew in tomato sauce	湖南小炒鸡 Hunan chicken with chili pepper	酱香焖鸭块 Braised duck chunks	糖醋里脊 Sweet and sour pork	
	宫保肉丁 Diced pork	杏鲍菇五花肉片(150g) Sliced pork with mushroom	杏鲍菇牛肉片 Sliced beef with mushroom	丝瓜炒蛋(150g) Scrambled egg with fungus	
	韭菜炒香干(150g) Sautéed dried tofu with chinese chives	红烧手撕老豆腐 (150g) Braised firm tofu with vegetable	蒜蓉金针菇 Mushroom with garlic	雪菜毛豆笋片(150g) Stir fried bamboo shoots	
	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	番茄豆腐羹 Tomato and tofu sticky soup	荠菜豆腐羹 Shepherd's purse & tofu soup	番茄豆腐羹 Tomato and tofu sticky soup	番茄豆腐羹 Tomato and tofu sticky soup	
配餐 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit	



9.8-9.12

晚餐菜单
Dinner Menu

南通惠立学校
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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 Western	意式红烩牛肉 Spezzatino	夏威夷菠萝烤鸡 Hawaiian chicken and pineapple	夏威夷菠萝烤鸡 Hawaiian chicken and pineapple	塞维利亚炖肉丸 Seville meatballs	
	西西里岛风味烤鸡 Sicilia roasted chicken	维也纳炸猪排佐蘑菇酱 Schnitzel with mushroom gravy	维也纳炸猪排佐蘑菇酱 Schnitzel with mushroom gravy	虾仁罗勒意大利面 Shrimp basil pasta	
	蘑菇奶油意面 Spaghetti cabonara	脆皮土豆 Crispy mashed potato	脆皮土豆 Crispy mashed potato	香烤南瓜角 Roast pumpkin	
	意大利美味肉丸 Italian meatball	碳烤时蔬 Grilled vegetable	碳烤时蔬 Grilled vegetable	香烤时蔬 Grilled vegetable	
汤 Soup	排骨玉米汤 Pork rib with corn soup	南瓜汤 Pumpkin soup	蘑菇浓汤 Creamy mushroom soup	蘑菇浓汤 Creamy mushroom soup	
亚式 Asian	桂花鸭 Nanjing salted duck	宫保肉丁 Diced pork	粉蒸肉 Steamed pork with rice flour	红烧狮子头 Stewed meat ball	
	肉片西葫芦 Stir-fried pork with zucchini	红烧肉 Braise bouili	五彩鸡丁 Colourful diced chicken	鹌鹑蛋烧瘦肉 Stewed pork & quail egg	
	一品香芋 Deep feied taro	白菜豆腐 Stewed cabbage with tofu	绿豆芽韭菜 Stir-fried green bean sprouts	醋溜藕片 Sauteed lotus root with vinegar	
	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	紫菜鸡蛋汤 Seaweed egg soup	三鲜汤 Fresh delicacies soup	丝瓜鸡蛋汤 Luffa egg soup	豆腐番茄汤 Tomato tofu soup	
配餐 Fruit/Yogurt	果汁 Juice	酸奶 Yogurt	果汁 Juice	水果 Fruit	



9.15-9.19



晚餐菜单 Dinner Menu



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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 Western	日式香菇猪排 Japanese mushroom pork cutlet	意大利猪颈肉烩土豆 Italian pork neck potato	梅花肉烩苹果 Pork collar braised with apple	唐扬粉巴沙鱼 Tempura basa fish	
	虾仁罗勒意大利面 Shrimp basil pasta	意式巴沙鱼烩时蔬 Italian basa fish braised vegetable	鸡肉节瓜螺丝面 Chicken with zucchini	鸡肉西兰花奶油面 Cream chicken broccoli pasta	
	黄油洋葱炒土豆 Sauteed onion & potato	照烧南瓜角 Roasted pumpkin	蜂蜜烤红薯 Baked sweet potato	香烤南瓜角 Roasted pumpkin	
	生炒有机花菜 Stir fried organic cauliflower	咖喱时蔬 Grilled vegetable	咖喱时蔬 Grilled vegetable	意式炭烤时蔬 Grilled vegetable	
汤 Soup	希腊柠檬鸡汤 Greek lemon chicken soup	蘑菇浓汤 Creamy mushroom soup	大葱土豆汤 Potato soup	法式土豆汤 parmentier soup	Potage
亚式 Asian	虎皮蒸肉 Steamed pork with rice flour	金汤肥牛 Golden soup with beef	苏式焖蹄 Braised pork hock	酱汁大排 Marinade pork chops	
	芹菜烩鸡丝 Stewed shredded chicken with celery	杏鲍菇炒培根 Mushroom with bacon	丝瓜炒蛋 Scrambled egg with fungus	西芹炒牛肉丝 Fried shredded beef with celery	
	地三鲜 Fried potato pepper eggplant	葱油芋头 Scallion oil taro	雪菜毛豆笋片 Stir fried bamboo shoots	香菇青菜 Mushroom with 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	番茄牛肉汤 Beef tomato soup	红枣鸡汤 Chicken soup	小排蘑菇汤 Pork ribs and radish soup	玉米鸡汤(200g) Chicken corn soup	
配餐 Fruit/Yogurt	果汁 Juice	酸奶 Yogurt	水果 Fruit	果汁 Juice	



9.22-9.26



晚餐菜单 Dinner Menu



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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 Western	米兰鸡腿排 Milanese chicken cutlets	意式洋葱牛前胸 Italian onion beef brisket	罗马风味烤鸡腿 Roma roasted chicken	巴沙鱼条 Basa fish strip	
	牛前胸肉洋葱意面 Beef brisket and onion pasta	青橄榄鱼柳面 Green olive fish fillet pasta	虾仁罗勒意大利面 Shrimp basil pasta	意大利面罗勒番茄酱 Basil tomato sauce pasta	
	生炒有机花菜 Stir fried organic cauliflower	蜂蜜烤红薯 Baked sweet potato	黄油洋葱炒土豆 Sauteed onion & potato	蜂蜜烤南瓜 baked Sweet	
	碳烤时蔬 Grilled vegetable	碳烤时蔬 Grilled vegetable	碳烤时蔬 Grilled vegetable	蒜香西兰花 Garlic broccoli	
汤 Soup	花菜奶油汤 Cauliflower soup	蘑菇浓汤 Cream mushroom soup	希腊柠檬鸡汤 Greek lemon chicken soup	蘑菇浓汤 Cream mushroom soup	
亚式 Asian	酱香焖鸭块 Braised duck chunks	红烧狮子头 Stewed meat ball	糖醋里脊 Sweet and sour pork	酱爆肉柳 Sauteed pork with soy sauce	
	杏鲍菇牛肉片 Sliced beef with mushroom	韭黄炒蛋(150g) Scrambled egg with chives	洋葱炒蛋 Onion fried eggs	牛腩炖萝卜 Beef brisket stewed radish	
	蒜蓉金针菇 Mushroom with garlic	双菇油面筋 Mushrooms and fried gluten puff	鱼香茄子 Eggplant with garlic sauce	芹菜香干 Stir-fried celery with dried tofu	
	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	番茄豆腐羹 Tomato and tofu soup	番茄鸡蛋羹 Tomato and egg soup	菌菇豆腐羹(200g) Mushroom and tofu soup	冬瓜扁尖汤(200g) Wax Gourd & lentil soup	
配餐 Fruit/Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit	果汁 Juice	



9.29



晚餐菜单 Dinner Menu



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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 Western	巴沙鱼条 Basa fish strips				
	青酱面 Pesto pasta				
	意式香肠烩蔬菜 Sausage stewed vegetable				
	脆皮烤土豆 Crispy roasted potato				
汤 Soup	意式番茄汤 Tomato basil soup				
亚式 Asian	宫保肉丁 KunBao diced pork				
	卤肉 Pot-stewed pork meat				
	蘑菇炒莴笋 Stir-fried asparagus mushroom				
	绿叶菜 Sautéed green vegetable				
汤 Soup	小排蘑菇汤 Pork ribs and radish soup				
配餐 Fruit/Yogurt	酸奶 Yogurt				

