

8.25-8.28

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

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

上午点心
Morning Snacks

午餐
Lunch

下午点心
Afternoon

牛肉芝士卷
Beef cheese roll

巧克力蛋糕 Chocolate cake
60g

纯牛 / Milk 125g

纯牛奶 / Milk
120g

清真鳕鱼
Steam cod fish
40g

希腊莫萨卡/Lasagna
蔬菜 20g 牛肉酱 20g

芹菜炒牛肉 Shredded pork with
celery
青椒 10g 牛肉丝 10g 芹菜 10g

虾仁蒸蛋 steamed egg with shrimp
虾仁 10g 鸡蛋 30g

葱香焖冬瓜 / Melon with Scallion
冬瓜 30g

花菜炒胡萝卜 Cauliflower carrot
花菜 20g 胡萝卜 10g

豆腐香菇汤 / Hot and sour soup
蔬菜丝 5g 香菇 5g 丝豆 5g 豆腐 5g

意大利蔬菜汤 Minestrone
胡萝卜 5g 西芹 5g 土豆 5g

米饭 / Steamed rice / 60g

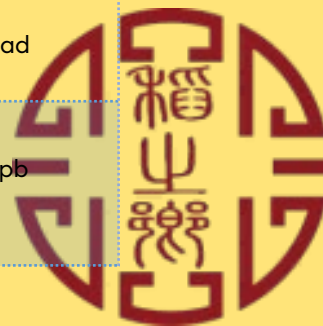
米饭 / Steamed rice / 60g

奶盐黄油包
Milk salt butter bun

芝士软欧包
Cheese soft European bread
70g

紫薯玉米汤
Purple sweet potato soup
紫薯 20g 玉米 20g

百合绿豆汤 Mung Bean Soup
百合 5g 绿豆 25g



9.1-9.5

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上午点心 Morning Snacks	香葱肉松卷 Scallion and Meat Floss Roll	蛋挞50g Egg custard	迷你肠仔包 60g Mini sausage bun	奥利奥脆皮面包 60g Oreo crusted bun	红丝绒蛋糕卷 60g Red velvet cake
	纯牛奶/Milk 120g	纯牛奶/Milk 120g	纯牛奶/Milk 120g	纯牛奶/Milk 120g	纯牛奶/Milk 120g
午餐 Lunch	炸鱼柳佐塔塔酱 50g Fish & chips	奶油烩鸡 40g Chicken stew in cream sauce	酸甜酱烤鸡翅 40g chicken wing with sweet and sour sauce	咖喱鸡/ Chicken curry 鸡肉 40g 胡萝卜20g	牛肉烩三鲜 20g Steamed beef, mushrooms
	芦笋肉丝/Asparagus with pork 芦笋 30g肉丝10g	沙拉酱土豆泥 20g Mashed potato with mayonnais	牛肉炒洋葱 30g beef stir-fried with onion	菠萝牛肉炒饭 Beef fried rice pineapple	照烧龙利鱼 40g Longli fish fillet
	混合蔬菜/30g Mixed vegetables	西兰花白花菜 Broccoli & cauliflower	韩式混合蔬菜 40g Korean mixed vegetable	五彩芦笋 20g Asparagus	豆腐娃娃菜 30g Doufu baby cabbage
	番茄蛋花汤15g Seaweed & egg soup	肉片菌菇汤 20g Pork mushroom soup	青菜鱼丸汤 Fish meatball soup with greens	榨菜肉丝蛋花汤 5g Mustard egg soup	银耳山药甜汤 Sweet soup with white fungus and yam
	米饭60g Steamed rice	米饭60g Steamed rice	米饭60g Steamed rice	米饭60g Steamed rice	米饭60g Steamed rice
下午点心 Afternoon	岩烧乳酪面包片 60g Grilled cheese sandwich	奥尔良鸡肉卷 60g Chicken wrap of Orleans	可可蛋糕切块 60g Chocolate cake slices	芝士玉米培根卷60g Cheese corn bacon roll	芝士肉松包 60g Cheese and pork floss bun
	红薯红枣汤 Sweet Potato & Date Soup	银耳绿豆汤 mushroom Bean Soup	血糯米红枣汤 Rice and Date Soup	百合银耳红枣汤 Sweet & Date Soup	南瓜小圆子汤 Pumpkin dumpling

9.8-9.12

低龄食堂菜单

Lower School Menu



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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
上午点心 Morning Snacks	蔓越莓蛋糕 60g Cranberry cake	肉松小贝 60g Meat floss little bay	南瓜卷 60g Pumpkin roll	牛肉芝士卷 60g Beef cheese roll	巧克力蛋糕 60g Chocolate cake
	纯牛奶/Milk 120g	纯牛奶/Milk 120g	纯牛奶/Milk 120g	纯牛奶/Milk 120g	纯牛奶/Milk 120g
午餐 Lunch	唐扬粉鱼柳佐塔塔酱 50g Fish & chips	番茄芝士牛肉丸 Beef balls with tomato and cheese	香菇滑鸡 50g Steam chicken & mushrooms	番茄蔬菜炖牛肉 Beef & Vegetable	牛肉番茄披萨 20g Beef Taco pizza
	意式番茄炖香肠 Tomato stewed sausage 20g	奶油蘑菇螺丝面 Pasta baked with cheese	香煎三文鱼土豆 20g Salmon and potato	五花肉炒香干 Stir-fried pork belly with bean	西兰花炒蘑菇 Poached broccoli with mushroom
	橄榄油烤蔬菜 Roast Mixed vegetables	橙味胡萝卜 20g Orange carrot	炒包菜丝 30g Cabbage	清炒生菜 30g Stir-fried Lactuca	口蘑烩鸡腿肉 Braise chicken breast with MUSHROOM
	紫菜蛋花汤 Seaweed & egg soup	紫菜蛋花汤 Seaweed & egg soup	奶油蘑菇汤 15g Cream of mushroom soup	青菜豆腐鸡蛋羹 Vegetable & tofu & egg soup	菠菜豆腐汤 10g Tofu Miso Soup
	米饭 60g Steamed rice	米饭 60g Steamed rice	米饭 60g Steamed rice	米饭 60g Steamed rice	米饭 60g Steamed rice
下午点心 Afternoon	火腿三明治 Ham sandwich	奶酥面包 60g Cream-filled bread	爆汁一口肠 Juicy mouthful sausage	蓝莓面包 Blueberry bread	牛肉披萨 50g Beef pizza
	牛奶西米露 Milk Sago Pudding	绿豆圆子汤 Mung bean dumpling soup	枸杞银耳羹 White Fungus Broth	冰糖雪梨汤 Sweet Almond and Pear Soup	苹果小米汤 Apple millet soup

低龄食堂菜单 Lower School Menu

9.15--9.19



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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
上午点心 Morning Snacks	黄金芝士玉米烙 50g Golden cheese corn cake	千层吐司卷 Thousand-layer toast roll	香葱火腿包 Scallion and ham bun	羊角包 20 g Croissant	可可雪芙 Cocoa Snowball
	纯牛奶/Milk 120g	纯牛奶/Milk 120g	纯牛奶/Milk 120g	纯牛奶/Milk 120g	纯牛奶/Milk 120g
午餐 Lunch	香酥烤鸭脯 15g Crispy and fragrant roast duck	希腊风味烤鸡 Senegalese yassa chicken	印式奶油鸡 40g Indian butter chicken	咖喱鱼丸 40g Curry fish ball	洋葱西蓝花牛肉 Shredded beef with broccoli
	虾仁炖蛋 15g Steamed egg with shrimp	番茄肉酱焗茄子 20g Eggplant baked with bolognese sauce	水果椒炒豇豆 30g Stir-fried cowpeas	牛肉土豆丝 Beef potato	红烧肉末茄子 Braised eggplant with meat
	木耳青菜 Fungus with vegetable	花菜胡萝卜 Cauliflower and carrot	番茄蛋花汤 Seaweed and egg soup	葱烧丝瓜 40g Scallion oil luffa	青菜油面筋 greens oil gluten
	丝瓜豆腐鸡蛋羹 luffa & tofu egg soup	肉丸山药汤 Pork & yam soup	印尼炒饭 Indian-style fried rice	酸辣汤 Hot and sour soup	罗宋汤 20g Borscht
	米饭 60g Steamed rice	米饭 60g Steamed rice	米饭 60g Steamed rice	米饭 60g Steamed rice	米饭 60g Steamed rice
	日式红豆吐司 Japanese red bean toast	原味蛋糕卷 Plain flavor cake roll	抹茶奶酥包 Matcha milk crisp bun	奶盐黄油包 Milk salt butter bun	芝士软欧 60g Cheese soft European bread
下午点心 Afternoon	山药玉米汤 Yam corn soup	薏米椰汁 Coconut juice	西米银耳羹 Sago Silver Ears Soup	紫薯白玉汤 Purple sweet potato soup	百合绿豆汤 Mung Bean Soup



9.22--9.26

低龄食堂菜单 Lower School 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
上午点心 Morning Snacks	猫爪面包 Cat claw bread	蛋黄酥 Yolk Pastry	低糖豆沙包 Bean paste bun	椰蓉奶酥包 Coconut cream	蒜香面包 Garlic bread
	纯牛奶/Milk 120g	纯牛奶/Milk 120g	纯牛奶/Milk 120g	纯牛奶/Milk 120g	纯牛奶/Milk 120g
午餐 Lunch	鸡脯烩萝卜 30g Sweet and sour chicken	炭烤鳕鱼柠檬汁 30g Baked cod fish lemon sauce	菠萝咕咾肉 20g Sweet sour pork	日式猪排 Japanese Porkchop	意大利香肠匹萨 Pepperoni pizza
	玉米西芹炒香肠 sausages w/sweet corn	鸡肉蘑菇烧素鸡 Chicken fried with mushroom	西葫芦炒蛋 Scrambled eggs with zucchini	水牛芝士焗烤薯角 Cheese Crispy potato wedges	奥尔良鸡翅根 Orleans chicken wing roots
	家烧杭白菜 15 g Cabbage	清炒油麦菜 Braised romaine lettuce	醋溜大白菜 30g Pickled Chinese cabbage	花菜青豆 Cauliflower and green beans	黄油时蔬 Boiled Seasonal Vegetables
	青菜蘑菇肉丸汤 10g Vegetable meatball soup	榨菜肉丝蛋汤 Shredded pork with egg	红薯薏米甜汤 Sweet potato and coix soup	鸡蛋肉末汤 Egg minced meat soup	法式南瓜土豆浓汤 French pumpkin
	米饭 60g Steamed rice	米饭 60g Steamed rice	米饭 60g Steamed rice	米饭 60g Steamed rice	米饭 60g Steamed rice
下午点心 Afternoon	香芋包 Taro bun	麻薯 Dango	柠檬乳酪包 Lemon cheesecake bun	菠萝包 60g Pineapple bun	紫米包 Steamed purple rice dumpling
	百合银耳红枣汤 Sweet & Date Soup	南瓜小米汤 Pumpkin millet soup	苹果山楂汤 Apple hawthorn soup	南瓜小圆子汤 Pumpkin dumpling soup	苹果红枣西米露 Apple red date sago milk pudding

9.29--9.30



低龄食堂菜单 Lower School 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
上午点心 Morning Snacks	芝士肉松包 Cheese pork bun	巧克力奶酥 Chocolate cookie			
	纯牛奶/Milk 120g	纯牛奶/Milk 120g			
午餐 Lunch	洋葱黑椒鸡排 Black pepper chicken	菠萝咕咾肉 Sweet sour pork			
	牛肉米番茄烧冬瓜 Beef Braised Melon	西葫芦炒蛋 Scrambled eggs with zucchini			
	清炒卷心菜 Stir-fried cabbage	醋溜大白菜 Pickled Chinese cabbage			
	番茄肉丸汤 Tomato meatball soup	红薯薏米甜汤 Sweet potato coix seed soup			
	米饭 60g Steamed rice	米饭 60g Steamed rice			
下午点心 Afternoon	越莓蛋糕 60g Cranberry cake	抹茶蛋糕卷 Matcha cake roll			
	桂花雪梨汤 Osmanthus and pear soup	红豆薏米汤 Red bean soup			

