

8.28-8.29

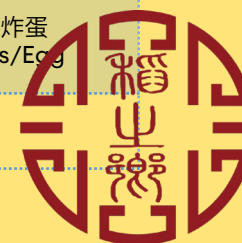
午餐菜单

Lunch 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	28星期四 Thu	29星期五 Fri
西式 Western				希腊莫萨卡 Greek mosack	德州烧烤鸡腿 BBQ smoked chicken
				西西里岛风味烤鸡 Sicilia roasted chicken	培根茄子番茄酱面 Bacon eggplant pasta
				蜂蜜烤红薯 Baked sweet potato	脆皮烤土豆 Crispy roasted potatoes
				蒜香西兰花 Garlic broccoli	蒜香西兰花 Garlic broccoli
汤 Soup				蘑菇浓汤 Creamy mushroom soup	大葱土豆汤 Potato soup
亚式 Asian				红烧牛肉炖土豆 Stewed beef with potato	蒜香排骨 (150g) Garlic pork ribs
				平菇肉片 Sliced pork with mushroom	素鸡烧肉 Braised pork with bean cake
				香锅藕片 Spicy sliced lotus root	清炒黄豆芽(150g) Stir fried bean sprouts
				绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable
汤 Soup				小排蘑菇汤 Pork ribs and radish soup	小排蘑菇汤 Pork ribs and mushroom soup
面 Noodles				红烧牛肉面/小生菜/炸蛋 Beef noodles/Lettuce/Egg	岐山臊子面/小青菜/炸蛋 TiShang pork noodles/Egg
水果/酸奶 Fruit/Yogurt				水果 Fruit	水果 Fruit



9.1-9.5

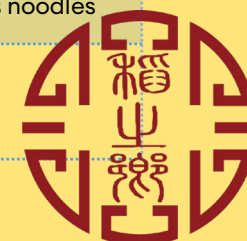
午餐菜单

Lunch Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期/菜单 Date/Menu	9.1 星期一 Mon	9.2 星期二 Tue	9.3 星期三 Wed	9.4 星期四 Thu	9.5 星期五 Fri
西式 Western	意式红酒烩牛肉 Spezzatino	奥尔良风味烤鸡腿 Orleans roasted chicken	意大利美味肉丸 Italian meatball	卡真粉鸡腿排 Cajun-spiced chicken cutlets	普罗旺斯慢炖羊肉 Provence braised mutton
	青酱虾仁意面 Shrimp pesto pasta	蘑菇奶油意面 Spaghetti cabonara	罗马牛前胸烩面 Roman beef brisket pasta	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	西班牙炒土豆 Spanish fried potato	柠檬烤土豆 Lemon baked potato	土豆烧洋葱(150g) Roasted onion with potato
	碳烤时蔬 Grilled vegetable	碳烤时蔬 Grilled vegetable	碳烤时蔬 Grilled vegetable	碳烤时蔬 Grilled vegetable	碳烤时蔬 Grilled vegetable
汤 Soup	洋葱土豆汤 Onion potato soup	地中海番茄浓汤 Mediterranean tomato soup	法式蔬菜汤 Potage parmentier	花菜奶油汤 Cauliflower soup	地中海番茄浓汤 Mediterranean tomato soup
亚式 Asian	葱油蒸鸡 Chicken legs with scallion oil	上海炸猪排 (120g) Shanghai deep-fried pork chop	桂花盐水鸭 Osmanthus salted duck	香芹牛肉丝(150g) Shredded beef with celery	红烧猪蹄 Braised pig trotters
	酱爆猪柳 Stir-fried pork liver	香菇土豆炒肉丁(150g) Stir-fried diced pork with potato	糖醋里脊 Sweet and sour pork	酒鬼肉丁 (120g微辣) Diced pork with chilli & peanuts	番茄炒蛋(150g) Scrambled egg with tomato
	青椒小素鸡 Green pepper with bean cake	葱油冬瓜(150g) Wax gourd with scallion oil	双菇油面筋 Fried gluten puff	双菇油面筋 Fried gluten puff	地三鲜 Potato eggplant pepper
	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	番茄菌菇豆腐羹 Tomato and mushroom soup	排骨冬瓜汤 Pork ribs soup with wax gourd	大白菜油豆腐汤(200g) Cabbage and tofu soup	番茄豆腐羹 Tomato and tofu soup	玉米鸡汤(200g) Chicken corn soup
面 Noodles	酸汤肥牛粉/老谭酸菜/水煮蛋 Sour soup beef rice noodles	鸡肉咖喱乌冬面/绿叶菜/水煮蛋 Curry chicken udon noodles	响油鳝丝面/麻辣萝卜干/荷包蛋 Stir-fried finless eel noodle	番茄肥牛米线/卤豆干/五香蛋 Tomato beef pot rice noodle	泡椒鸡汤面/老谭酸菜/炸蛋 Spicy chicken giblets noodles
水果/酸奶 Fruit/Yogurt	果汁 Juice	酸奶 Yogurt	水果 Fruit	果汁 Juice	酸奶 Yogurt



9.8-9.12

午餐菜单
Lunch Menu南通惠立学校
Hiba Academy Nantong
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	法式苹果焖鸡 Chicke stewed apple	西班牙烧烤鸡 Smoked chicken	黑椒鸡块(5pcs) Chicken nuggets	希腊莫萨卡 Greek mosack	普罗旺斯慢炖羊肉 Provence braised mutton
	虾仁罗勒意大利面 Shrimp basil pasta	青橄榄鱼柳意面 Green olive fish fillet pasta	塞维利亚炖肉丸 Seville meatball	希腊烤鸡腿肉 Greek roast chicken leg	猪肉西兰花两头尖面 Pork and broccoli noodles
	蜂蜜烤南瓜配小番茄 Roast pumpkin with tomato	柠檬烤土豆 Lemon baked potato	烤有机花菜 Stir fried Organic cauliflower	柠檬烤土豆 Lemon baked Potato	披萨草西蓝花 Roasted broccli with pizza herb
	碳烤时蔬 Grilled vegetable	碳烤时蔬 Grilled vegetable	百里香烤时蔬 Grilled vegetable	香烤时蔬 Grilled Vegetable	香烤时蔬 Grilled vegetable
汤 Soup	法式蔬菜汤 Potage parmentier	花菜浓汤 Creamed cauliflower soup	洋葱土豆汤 Oion potato Soup	花菜奶油汤 Cream cauliflower soup	鸡肉玉米汤 Chicken corn soup
亚式 Asian	金针菇肥牛 Slices beef with mushroom	糖醋里脊 Sweet and sour pork	麻油鸡 Sesame oil chicken	香芹牛肉 Shredded beef with celery	葱油蒸鸡腿 Steamed chicken legs
	烤肠鸡蛋 Roasted sausage egg	木耳炒肉片 Sliced pork with mushroom	卷心菜炒肉片 Sliced pork with cabbage	酒鬼肉丁 Diced pork with Chilli & peanuts	红烧肉 Stewed pork
	葱油冬瓜 Wax gourd with scallion oil	白菜豆腐 Cabbage and tofu	茄子炒土豆 Eggplant with potato	双菇油面筋 Fried gluten puff	青椒小素鸡 Green pepper with bean cake
	绿叶菜 Sautéed green vegetable	地三鲜 Potato eggplant pepper	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable
汤 Soup	玉米鸡蛋羹 Steamed egg custard	鸡肉冬瓜汤 Wax gourd chicken soup	排骨冬瓜汤 Pork ribs soup with wax gourd	番茄豆腐羹 Tomato and tofu soup	菌菇豆腐羹 Mushroom and tofu sticky soup
面 Noodles	云南走地鸡米线/兰花豆干/水煮蛋 Rice noodles with chicken	兰州牛肉面/老谭酸菜/荷包蛋 LanZhou beef noodles	咖喱牛肉粉丝/五香芥菜丝/炸蛋 Curry bee frise noodles	海鲜面/小青菜/水煮蛋 Seafood noodles	咖喱鸡块面/蒜泥黄瓜/五香蛋 Curry chicken noodles
水果/酸奶 Fruit/Yogurt	水果 Fruit	果汁 Juice	酸奶 Yogurt	水果 Fruit	果汁 Juice



9.15-9.19

午餐菜单

Lunch Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

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	酥炸鸡腿 (120) Deep--fried Chicken legs	希腊莫萨卡 Greek mosack	普罗旺斯慢炖羊肉 Provence braised mutton	奥尔良炸鸡肉 Orleans deep-fried chicken	匈牙利炖牛肉 Hungarian beef goulash
	培根茄子番茄酱面 Bacon eggplant with tomato pasta	希腊烤鸡腿肉 Greek roast chicken legs	巴沙鱼条 Basa fish strips	蘑菇奶油意面 Spaghetti cabonara	青酱虾仁意面 Shrimp pesto pasta
	蜂蜜烤红薯 Baked sweet potato	柠檬烤土豆 Lemon baked potato	香烤南瓜角 Roasted Pumpkin	迷迭香烤土豆 Rosemary potato	西班牙炒土豆 Spanish fried potato
	香烤时蔬 Grilled vegetable	百里香烤时蔬 Grilled vegetable	碳烤时蔬 Grilled vegetable	碳烤时蔬 Grilled vegetable	碳烤时蔬 Grilled vegetable
汤 Soup	蘑菇浓汤 Creamy mushroom soup	花菜奶油汤 Cream cauliflower soup	地中海番茄浓汤 Mediterranean tomato soup	鸡肉玉米汤 Chicken soup	希腊柠檬鸡汤 Greek lemon chicken soup
亚式 Asian	狮子头 Chinese style meatball	菠萝咕咾肉 Sweet and sour pork	盐焗鸡(120g) Salt baked chicken	东坡肉 Braised pork chunks	毛豆烧鸡块 Roasted chicken pieces
	黄瓜虾仁炒蛋 Scrambled egg with cucumber and shrimp	虾仁蒸蛋 Steamed egg with shrimp	回锅肉 Fried sliced pork	鱼香肉丝 Shredded meat and scallion	梅干菜肉圆 Braised meatball
	鸡油莴笋丝 Stir-fried shredded bamboo shoots	咸蛋黄豆腐 Salted egg yolk tofu	韭菜炒香干(150g) Sauteed dried Tofu with chives	五彩西兰花 Colorful broccoli	上汤西兰花 Broccoli in gloden soup
	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	番茄鸡蛋汤 Tomato egg soup	红枣鸡汤 Chicken soup	排骨丝瓜汤 Pork ribs with loofah soup	冬瓜鸡蛋汤 Wax gourd egg soup	芥菜豆腐羹 Shepherd's purse & tofu soup
面 Noodles	鸡肉咖喱乌冬面/老醋木耳/荷包蛋 Chicken curry udon noodles	糖醋里脊面/五香豆干/炸蛋 Sweet and sour pork noodles	白切羊排面/老虎菜/五香蛋 Lambchop noodles	泰国番茄肥牛米线/老醋木耳/五香蛋 Tomato & beef pot rice noodle	香酥鸡腿面/小生菜/荷包蛋 Crispy chicken leg noodles
水果/酸奶 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	果汁 Juice	水果 Fruit



9.22-9.26

午餐菜单
Lunch Menu南通惠立学校
Hiba Academy Nantong
Wellington College Education

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	意大利猪颈肉烩土豆 Italian Pork with Potatoes	中东风味烤鸡 Arabic yellow spice roasted chicken	韩国卡真粉梅花肉 Korean Pork Collar	去骨鸡腿烩土豆 Boneless chicken potato	意式青酱鸡腿肉 Italian pesto chicken leg
	培根西兰花奶油意面 Bacon and Broccoli Cream Pasta	罗马牛前胸烩面 Braised beef brisket pasta	卡真粉鸡腿排 Caju Chicken Cutlets	虾仁罗勒意大利面 Shrimp basil pasta	罗马牛前胸烩面 Braised beef brisket pasta
	蜂蜜烤红薯 baked Sweet Potato	香烤南瓜角 Roast pumpkin	黄油洋葱炒土豆 Sauteed onion & potato	香烤南瓜角 Roast pumpkin	香烤南瓜角 Roast pumpkin
	蒜香西兰花 Garlic Broccoli	碳烤时蔬 Grilled vegetable	碳烤时蔬 Grilled vegetable	意式炭烤时蔬 Grilled vegetable	碳烤时蔬 Grilled vegetable
汤 Soup	蘑菇浓汤 Creamy Mushroom Soup	地中海番茄浓汤 Mediterranean tomato soup	希腊柠檬鸡汤 Greek lemon chicken soup	法式土豆汤 French potato soup	地中海番茄浓汤 Mediterranean tomato soup
亚式 Asian	麻油鸡 Sesame oil chicken	桂花盐水鸭 Osmanthus salted duck	红烧鸡 Braised chicken chips	红烧肉 Stewed pork chips	香芹牛肉丝 Shredded beef with celery
	牛腩炖土豆 Beef with potato	糖醋里脊 Sweet and sour pork	三鲜肉片 Slices pork meat	酱爆鸡丁 Diced chicken with Soy Sauca	酱爆肉柳 Sauteed pork with soy sauce
	生炒有机花菜 Stir-fried organic cauliflower	双菇油面筋 Fried gluten puff	双菇油面筋 Fried gluten puff	葱油冬瓜(150g) Wax gourd with scallion oil	芹菜白玉菇 Mushroom and celery
	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	金汤豆腐 Impregnable fortress tofu	绿叶菜 Sautéed green vegetable
汤 Soup	排骨萝卜汤 Pork bone with carrots	青菜老鸭汤(200g) Vegetable and duck soup	西湖牛肉羹(200g) Xihu style beef sticky soup	排骨萝卜汤 Pork bone with carrots soup	鸡蛋豆腐汤 Egg tofu soup
面 Noodles	越南牛肉米粉/五香豆干/炸蛋 Braised beef rice noodles	新疆大盘鸡面/小青菜/水煮蛋 Xinjiang braised chicken noodles	香辣大肠面/蘑菇青椒/五香蛋 Spicy intestines noodles	酸菜牛肉面/老醋木耳/荷包蛋 Boiled beef with pickled cabbage and chili	手工荠菜鲜肉大馄饨/兰花豆干/水煮蛋 Homemade shepherd's purse & pork dumpling
水果/酸奶 Fruit/Yogurt	酸奶 Yogurt	果汁 Juice	酸奶 Yogurt	果汁 Juice	水果 Fruit



9.29

午餐菜单 Lunch Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期/菜单 Date/Menu	9.29 星期一 Mon	9.30 星期二 Tue	星期三 Wed	星期四 Thu	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				
面 Noodles	红烧大排面/小生菜/水煮蛋 Braised spare ribs in brown sauce				
水果/酸奶 Fruit/Yogurt	酸奶 Yogurt				

