



WELLINGTON COLLEGE
BILINGUAL TIANJIN
NURSERY
天津惠灵顿幼儿园



WEEKLY
LUNCH
11.3 - 11.5

MENU

	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
早间点 Morning Snack	Cucumis melon 网纹瓜 Portuguese egg tart 葡式蛋挞	Pear 雪花梨 Cupcake 纸杯蛋糕	Dragon fruit 火龙果 Jam puff 果酱泡芙		
午餐 Lunch	Seaweed and egg soup 紫菜蛋花汤 Beef stir-fried rice noodles  牛肉炒河粉 Dry-steamed meat patties  干蒸肉饼 Stir-fried Chinese kale 豆干炒菜心 Black fungus stir-fried with yam 木耳炒山药 Rice (米饭)	Cream taro soup 奶油芋头汤 Russian-style braised beef  俄式红烩牛肉 Pan-fried chicken fillet  煎鸡扒 Herb roasted potato 香草烤土豆 Roasted mixed vegetables 烤杂菜 Rice 米饭	Winter melon and coriander soup 冬瓜香菜汤  Taro braised pork 香芋烧肉  Sweet pepper stir-fried chicken 甜椒炒滑鸡 Braised eggplant 烧茄子 Fried mustard greens with black bean sauce 豆豉油麦菜 Rice 米饭		
午间点 Afternoon Snack	Cherry tomato 圣女果 Creamy coconut rolls 奶香椰蓉花卷	Banana 香蕉 Glutinous rice roll 糯米卷	Muskmelon 伊丽莎白 Cranberry honey bean Scone 蔓越莓蜜豆司康		

Nutritional Facts 营养分析	Energy(Kcal) 1000-1100	Protein(g) 30-40	Carbohydrate(g) 150-200	Fat(g) 30-40	Sodium(mg) 700-900
Nutritional Recommendation 摄入营养建议	Energy(Kcal) 1200-1400	Protein(g) 40-50	Carbohydrate(g) 180-220	Fat(g) 40-50	Sodium(mg) < 1200



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	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
早餐 Breakfast	Pumpkin bun 南瓜包 Beef and carrot shumai 牛肉胡萝卜烧麦 Boiled Egg 水煮蛋	Smoked chicken sandwich 烟熏鸡肉三明治 (Crisphead lettuce & Tomato 球生菜 & 番茄) Pork soup dumplings 猪肉灌汤包 Scrambled eggs with cheese 芝士炒蛋	Muffins with honey 松饼配蜂蜜 Pork, celery and corn buns 猪肉香芹玉米包 Marinated Egg 卤蛋		
饮品 Beverage	Milk/Soy milk 牛奶/豆浆	Milk/Purple rice porridge 牛奶/紫米粥	Milk/Soy milk 牛奶/豆浆		



Nutritional Facts 营养分析	Energy(Kcal) 600-700	Protein(g) 30-40	Carbohydrate(g) 90-110	Fat(g) 25-30	Sodium(mg) 400-500
Nutritional Recommendation 摄入营养建议	Energy(Kcal) 1200-1400	Protein(g) 40-50	Carbohydrate(g) 180-220	Fat(g) 40-50	Sodium(mg) < 1200