



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



WEEKLY LUNCH 12.8-12.12 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	Apple 苹果 Chocolate cookies 巧克力曲奇	Watermelon 西瓜 Mini chicken pizza 迷你小披萨
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	Spinach and egg soup 菠菜蛋花汤 Curry fish 咖喱鱼 Turkish roast beef 土耳其烤牛肉 Roasted zucchini with colorful peppers 彩椒烤西葫芦 Tomato chrysanthemum vegetable 番茄菊花菜 Rice 米饭	Cucumber and egg soup 青瓜鸡蛋汤 Pork mixed pan-fried dumplings 猪肉什锦煎饺 Soft-fried shrimp 软炸虾仁 Braised tofu 红烧豆腐 Mixed lettuce 拌西生菜 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	Melon 哈密瓜 Corn pancake 玉米烙	Pineapple 菠萝 Waffles 华夫饼

Nutritional Facts 营养分析	Energy(Kcal) 713	Protein(g) 29	Carbohydrate(g) 84	Fat(g) 29	Sodium(mg) 1032
Nutritional Recommendation 摄入营养建议	Energy(Kcal) 760	Protein(g) 30	Carbohydrate(g) 95	Fat(g) 29	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	 Beef burger 牛肉汉堡 (Crisphead lettuce & Tomato 球生菜 & 番茄)  Mixed shrimp buns 什锦虾仁包  Scrambled eggs with scallions 香葱炒蛋	 Whole wheat toast chicken sandwich 全麦鸡肉吐司三明治 (Crisphead lettuce & Tomato 球生菜 & 番茄)  Smoked meat pancake 熏肉大饼  Japanese-style steamed egg 日式蒸蛋
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	Milk/Millet congee 牛奶/小米粥	Milk/Soy milk 牛奶/豆浆



Nutritional Facts 营养分析	Energy(Kcal) 727	Protein(g) 31	Carbohydrate(g) 90	Fat(g) 27	Sodium(mg) 1100
Nutritional Recommendation 摄入营养建议	Energy(Kcal) 760	Protein(g) 30	Carbohydrate(g) 95	Fat(g) 29	Sodium(mg) 1200