



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



WEEKLY LUNCH 8.20-8.22 MENU

	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
Morning Snack			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
Lunch			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 豉油麦菜 Rice 米饭	Spinach and egg soup 菠菜蛋花汤  Curry fish 咖喱鱼 (New)  Turkish roast beef 土耳其烤牛肉 (New) Roasted zucchini with colorful peppers 彩椒烤西葫 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 (New) Braised tofu 红烧豆腐 Mixed lettuce 拌西生菜 Rice (米饭)
Afternoon Snack			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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WEEKLY BREAKFAST 8.20-8.22 MENU

	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
Breakfast			Muffins with honey 松饼配蜂蜜 (New) 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 (New) Scrambled eggs with scallions 香葱炒蛋	 Whole wheat toast sandwich (New) 全麦吐司三明治 Lettuce & Tomato 生菜 & 番茄 Smoked meat pancake 熏肉大饼 (New) Japanese-style steamed egg 日式蒸蛋
Beverage			Milk/Soy milk 牛奶/豆浆	Milk/Millet congee 牛奶/小米粥	Milk/Soy milk 牛奶/豆浆



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