



	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 Waffles 华夫饼	Dragon fruit 火龙果 Jam puff 果酱泡芙	Apple 苹果 Chocolate cookies 巧克力曲奇	Mandarin orange 芦柑 Cranberry toast pudding 蔓越莓吐司布丁
午餐 Lunch	Seaweed and egg soup 紫菜蛋花汤 Three-ingredient braised noodles 三鲜烩伊面 Dry-steamed meat patties 干蒸肉饼 Stir-fried Chinese kale with mushrooms 香菇炒菜心 Black fungus stir-fried with yam 木耳炒山药 Rice (米饭)	Cream corn soup 奶油玉米汤 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 Braised loofah with tomatoes 番茄烧丝瓜 Rice (米饭)	Winter melon minced meat and dragon beard noodles 冬瓜肉沫龙须面 Taro braised pork 锅包肉 Satay radish stewed beef 沙茶萝卜炖牛肉 Steamed eggplant 茄子 Garlic-flavored romaine lettuce 蒜蓉油麦菜 Rice (米饭)	Spinach and egg soup 菠菜蛋花汤 Curry fish 咖喱鱼 Braised beef with soy sauce 红军炖肉 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 Mixed willow leaf buns 什锦柳叶包 (Eggs, black fungus, cabbage, dried shrimp) (鸡蛋、木耳、包菜、虾皮) Fried salted egg yolk prawns 金沙虾仁 Tofu sheets in scallion oil 葱油千张 Garlic-flavored lettuce 蒜蓉西生菜 Rice (米饭)
午间点 Afternoon Snack	Cherry tomato 圣女果 Cranberry honey bean 蔓越莓蜜豆司康 Scone 蔓越莓蜜豆司康 Yogurt 酸奶	Orange 橙子 Pumpkin cotton cup 南瓜棉花杯 Yogurt 酸奶	Muskmelon 伊丽莎白 Chinese-style small pizza 中式小披萨 Yogurt 酸奶	Melon 哈密瓜 Blueberry cake 蓝莓夹心蛋糕 Yogurt 酸奶	Banana 香蕉 Swiss jam roll 果酱瑞士卷 Yogurt 酸奶

Nutritional Facts 营养分析	Energy(Kcal) 787	Protein(g) 28	Carbohydrate(g) 115	Fat(g) 29	Sodium(mg) 405
Nutritional Recommendation 摄入营养建议	Energy(Kcal) 642	Protein(g) 15	Carbohydrate(g) 385	Fat(g) 193	Sodium(mg) 400



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



WEEKLY
BREAKFAST
2.9 - 2.13

MENU

	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
早餐 Breakfast	Pancake with honey 松饼配蜂蜜 Beef and carrot shumai 牛肉胡萝卜烧麦 Boiled egg 水煮蛋 (broccoli & cherry tomato 西兰花&圣女果)	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 Cheese scrambled eggs 芝士炒蛋	Pumpkin bun 南瓜包 Pork, celery and corn bun  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 bun 什锦虾仁包 Scrambled eggs with scallions 香葱炒蛋	 Whole wheat chicken toast sandwich 全麦鸡肉吐司三明治 (Crisphead lettuce & Tomato 球生菜 & 番茄) Meat rolled in thin pancake  薄饼卷肉 Japanese steamed egg custard 日式蒸蛋
饮品 Beverage	Milk/Soy milk 牛奶/豆浆	Milk/Black rice porridge 牛奶/紫米粥	Milk/Soy milk 牛奶/豆浆	Milk/Millet porridge 牛奶/小米粥	Milk/Soy milk 牛奶/豆浆

 AT SCHOOL

Nutritional Facts 营养分析	Energy(Kcal) 420	Protein(g) 20	Carbohydrate(g) 55	Fat(g) 12	Sodium(mg) 320
Nutritional Recommendation 摄入营养建议	Energy(Kcal) 642	Protein(g) 15	Carbohydrate(g) 385	Fat(g) 193	Sodium(mg) 400