

晚餐菜单 Dinner Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

6.3-6.6

	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri
大荤	海南鸡 Hainanese chicken	黑椒焗猪排 Roast pork chop with black pepper	夏威夷披萨 Hawaiian pizza	糖醋排条 Sweet and sour strips
	油面筋塞肉 Oil gluten stuffed with meat	咖喱牛肉 Braised beef with curried potatoes	香煎鳕鱼排 Pan-fried cod steak	孜然墨鱼丸 Cumin squid balls 
小荤	干锅千叶豆腐 Chiba bean curd	家烧老豆腐 Braised tofu with minced meat	蘑菇培根奶香土豆泥 Mushroom bacon cream mashed potatoes	渔香鸡蛋 Fish flavored egg
蔬菜	广东菜心 Cantonese cabbage	蒜香菠菜 Garlic spinach	蒜香西兰花 Garlic broccoli	香菇青菜 Mushrooms and vegetables
主食	米饭 Rice	米饭 Rice	米饭 Rice	面条/米饭 Noodles/rice
汤	牛肉汤 Beef soup	番茄鸡蛋汤 Tomato and egg soup	蘑菇汤 Mushroom soup	酸辣汤 Hot and sour soup
酸奶/水果/点心	酸奶 Yogurt	每日水果 Daily fruit	点心 Snack	每日水果 Daily fruit
营养分析 Nutrition Facts	Cal:676calories P:29 g F: 20 g Carbs: 95 g	Cal:703calories P:34 g F:23 g Carbs: 90 g	Cal: 710calories P: 24 g F: 26 g Carbs: 95 g	Cal:646calories P: 29 g F: 18 g Carbs: 92 g

1.热能单位: 千卡 2. 蛋白质单位: 克 3.脂肪单位: 克 4. 碳水化合物单位: 克
1.Calorie(Cal): Calories 2. Protein(P): Grams, g 3. Fat(F): Grams, g 4. Carbohydrates(Carbs): Grams, g
提示: 上述的营养分析结果基于标准的发餐份量
Notes: the nutrition analysis result based on standard portion size

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It all starts with the everyday

晚餐菜单 Dinner Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

6.9-6.12

星期一
Mon

星期二
Tue

星期三
Wed

星期四
Thu

大荤	水煮肉片 Boiled pork slices	生炒仔鸡 Fried chicken	肉酱意面 Spaghetti Bolognese	红烧大排 Braised steak in brown sauce
	奥尔良鸡排 Orleans chicken chop	蒜蓉粉丝蒸大虾 Steamed prawns with garlic vermicelli	鸡肉洋葱圈 Chicken and onion ring	酸汤番茄鱼 Fish with tomato in sour soup
小荤	木须鸡蛋 Scrambled eggs	青椒炒蛋 Scrambled eggs with green pepper	香烤狼牙薯条 Roasted fries	西芹炒香肠 Fried sausage with celery
蔬菜	杭白菜 Hangzhou cabbage	白菜炒素肠 Stir-fried vegetable sausage with cabbage	花菜青豆 Cauliflower and green beans	青椒土豆丝 Green pepper and potato
主食	米饭 Rice	米饭 Rice	米饭 Rice	面条/米饭 Noodles/rice
汤	茶树菇鸡汤 Chicken soup w/ mushrooms	海带豆腐汤 Kelp and tofu soup	牛肉丸汤 Beef ball soup	番茄鸡蛋汤 Tomato and egg soup
酸奶/水果/点心	酸奶 Yogurt	每日水果 Daily fruit	椰浆西米露水果捞 Coconut sago with fruit sauce	每日水果 Daily fruit
营养分析 Nutrition Facts	Cal:707Calories P:31 g F: 23 g Carbs: 94 g	Cal:666Calories P:30 g F:18 g Carbs: 96 g	Cal: 722Calories P: 27g F: 26 g Carbs: 95 g	Cal:679Calories P: 32 g F: 19 g Carbs: 95 g

1.热能单位: 千卡

2. 蛋白质单位: 克

3.脂肪单位: 克

4. 碳水化合物单位: 克

1.Calorie(Cal): Calories

2. Protein(P): Grams, g

3. Fat(F): Grams, g

4. Carbohydrates(Carbs): Grams, g

提示: 上述的营养分析结果基于标准的发餐份量

Notes: the nutrition analysis result based on standard portion size

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晚餐菜单 Dinner Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

6.16-6.19

星期一
Mon

星期二
Tue

星期三
Wed

星期四
Thu

大荤	豆豉蒸鸡腿 Steamed chicken legs with black beans	剁椒鱼块 Diced pepper fish pieces	牛肉千层面 Beef lasagna	土豆烧牛肉 Braised beef with potatoes
	糖醋排骨 Sweet and sour spare ribs	四川辣子鸡 Sichuan spicy chicken		口水鸡 Steamed chicken with chili sauce
小荤	梅干菜肉饼子 Pork cake with dried plum vegetable	肉沫油淋干豆腐 Dried tofu in pork oil	炸薯条 French fries	鱼香肉丝 Shredded pork with fish flavor
蔬菜	广东菜心 Cantonese greens	青椒炒茭白 Water bamboo & pepper slices	奶酪焗花菜 Cauliflower in cheese	蒜香油麦菜 Rye with garlic oil
主食	米饭 Rice	米饭 Rice	米饭 Rice	面条/米饭 Noodles/rice
汤	鱼丸汤 Fish ball soup	酸辣汤 Spicy & sour soup	紫菜鸡蛋汤 Seaweed and shrimp soup	萝卜肉丸汤 Radish meatball soup
酸奶/水果/点心	酸奶 Yogurt	每日水果 Daily fruit	点心 Snack	每日水果 Daily fruit
营养分析 Nutrition Facts	Cal:656calories P:28 g F: 20 g Carbs: 91 g	Cal:673calories P:30 g F:20 g Carbs: 93 g	Cal: 670calories P: 32 g F: 18 g Carbs: 95 g	Cal:654calories P: 30 g F: 18 g Carbs: 93 g

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4.碳水化合物单位: 克

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晚餐菜单 Dinner Menu



南通惠立学校
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6.23-6.26

星期一
Mon

星期二
Tue

星期三
Wed

星期四
Thu

大荤	小鸡炖蘑菇 Stewed mushroom with chicken	南京盐水鸭 Nanjing salted duck	奶油培根意面 Creamy bacon pasta	番茄炖牛肉 Beef stew with tomato
	干煎猪排 Dry fried pork chops	蔬菜汁蒸梅花肉 Steamed plum blossom meat with vegetable sauce	炸鸡块 Fried chicken nugget	香酥龙利鱼 Crispy dragon fish
小荤	青豆虾仁烧豆腐 Braised tofu with shrimps and green beans	番茄炒鸡蛋 Scrambled egg with tomato	蒜香面包片 Garlic bread slices	酱油蒸蛋 Steamed egg with soy sauce
蔬菜	清炒卷心菜 Stir-fried cabbage	木耳广东菜心 Cantonese vegetable heart with fungus	西兰花圣女果 Broccoli Cherry tomatoes	酸辣大白菜 Hot and sour Chinese cabbage
主食	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
汤	牛肉丸汤 Meat ball soup	蘑菇蛋花汤 Mushroom and egg drop soup	奶油蘑菇汤 Cream of mushroom soup	粟米羹 Corn soup
酸奶/水果/点心	酸奶 Yogurt	每日水果 Daily fruit	点心 Snack	每日水果 Daily Fruit
营养分析 Nutrition Facts	Cal:698 Calories P:30 g F: 22 g Carbs: 95 g	Cal:660Calories P:31 g F:20 g Carbs: 89 g	Cal: 717Calories P: 29 g F: 25g Carbs: 94 g	Cal:697Calories P: 28 g F: 21 g Carbs: 99 g

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