

6.3-6.7

午餐菜单

Lunch Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期/菜单 Date/Menu	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri	星期六 Sat
西式 Western	巴斯克炖鸡 Basque chicken stew	铁扒鱼排配炒口蘑 Grilled Fish steak with fried mushrooms	印度马沙拉鸡 Chicken masala	墨西哥风味牛肉卷 Beef chipotle	希腊千层面 Pastitsio
	罗勒青酱土豆泥 Mashed potatoes with basil pesto sauce	经典奶酪焗小弯管 Classic cheese baked bendy	印度牛肉炒饭 Indian beef fried rice	红烩鸡肉 Stewed chicken	蒜香面包 Garlic bread
	西兰花白花草 Broccoli cauliflower	芬芳酥烤小番茄 Fragrant roasted tomatoes	印度鹰嘴豆马沙拉 Chickpea marsala	铁扒西葫芦 Grilled zucchini	花菜胡萝卜 Cauliflower carrot
亚式 Asian	黄焖牛肉 Braised beef	韩式甜辣酱炸鸡翅 Korean chicken wing w/ sweet and hot sauce	锅包肉 Crispy chicken slices w/ sweet & sour sauce	蒸三鲜 Steamed pork, rice, mushrooms and edamame	海南鸡 Hainanese chicken
	鸡肉沫素鸡 Minced chicken and dried beans	韩式牛肉炒年糕 Korean beef stir-fried rice cake	渔香鸡蛋 Scrambled egg	番茄炒蛋 Scrambled eggs w/ tomatoes	碧绿莴笋炒肉片 Stir-fried pork slices with lettuce.
	清炒包菜丝 Stir-fried shredded vegetables	韩式混合蔬菜 Korean mixed vegetable	青椒土豆片 Green pepper potato chips	干锅娃娃菜 Dry pot baby cabbage	蒜蓉油麦菜 Green vegetable
面 Noodle	自制红烧肉圆面 Homemade braised pork balls with noodles	番茄鸡蛋刀削面 Sliced noodles with tomato and egg	上海风味红烧大排面 Shanghai style noodle soup w/ stewed pork chop	浙江风味次乌打面 Zhejiang style noodles	南昌拌粉 Nanchang mixed rice noodle
汤 Soup	肉片山药汤 Sliced meat and yam soup 红豆沙小圆子 Mini rice balls & red bean soup	鱼丸汤 Fish meatball soup 桂圆红枣牛乳茶 Longan red date milk tea	榨菜肉丝蛋花汤 Shredded pork with pickled mustard and egg drop soup 红糖姜枣茶 Brown sugar, ginger and date tea	萝卜肉片汤 Sliced radish soup with pork 银耳荸荠甜汤 Sweet soup with white fungus and water chestnuts	意大利蔬菜汤 Minestrone 水果甜汤 Sweet fruit soup
水果/酸奶 Fruit/Yogurt	水果二选一 Choose 1 of 2 kinds of fruit	水果二选一 Choose 1 of 2 kinds of fruit	酸奶 Yogurt	水果二选一 Choose 1 of 2 kinds of fruit	水果二选一 Choose 1 of 2 kinds of fruit
营养分析 Nutrition Facts	Cal:676calories P: 28 g F: 20 g Carbs: 96 g	Cal:698calories P:32 g F:18 g Carbs: 102 g	Cal: 684calories P: 28 g F: 20 g Carbs: 98 g	Cal:667calories P: 30 g F: 19 g Carbs: 94 g	Cal:699calories P:30g F: 22 g Carbs:95 g

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

6.9-6.13

午餐菜单

Lunch Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期/菜单 Date/Menu	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri
西式 Western	英式炸鱼柳佐塔塔酱 Fish fillet with tartar sauce	意式番茄炖牛肉丸 Beef balls with tomato stew	匈牙利烩猪肉 Pork Goulash	迷迭香烤鸭胸配肉汁 Roasted Duck Breast w/ Rosemary	牛肉塔克匹萨 Beef taco pizza
	炸薯条 Chips	奶酪焗小弯管 Pasta baked with cheese	鹰嘴豆泥法式脆片 Hunmus Bruchetta	香烤土豆 Baked potato with sausage	黑椒口蘑煎鸡胸肉 Fried chicken breast with black pepper and mushrooms
	混合蔬菜 Mixed Vegetables	橙味胡萝卜 Orange carrot	蒜蓉混和蔬菜 Mixed Vegetable with Garlic	意式炖混合蔬菜 Vegetable Stew	西兰花炒蘑菇 Poached Broccoli & Mushroom
亚式 Asian	鹌鹑蛋烧肉 Roast meat with quail eggs	粉蒸鸡腿 Steamed chicken leg with flour	三杯鸡 Three-Cup chicken	蚝油牛肉 Oyster sauce beef	毛豆子蒸辣鸡腿 Steamed spicy chicken leg with beans
	五彩炒鸡柳 Colorful fried chicken fillet	青椒肉片炒香干 Stir-fried pork slices with green pepper and dried beans	麻婆豆腐 Mapo tofu	豆芽五花肉炒香干 Stir-fried pork belly with bean sprouts	豆腐烧咸肉 Braised tofu with salted meat
	韭菜炒绿豆芽 Stir-Fried Pea Sprout	蚝油生菜 Greased lettuce	酸辣包菜丝 Hot and sour cabbage	清炒油麦菜 Stir-Fried romaine	老厨白菜 Cabbage
面 Noodle	苏式鸡汤面 Suzhou style chicken soup noodle	云南菌菇炒面 Yunnan mushroom fried noodles	兰州拉面 Lanzhou noodles	猪肉水饺配牛肉饼 Pork dumplings with beef patty	广式炒河粉 Cantonese stir-fried noodles
汤 Soup	紫菜蛋花汤 Seaweed & Egg Soup 南瓜小圆子 Pumpkin ball soup	牛肉粉丝汤 Beef & Sweet Potato Fans Soup 红豆薏米汤 Red Bean and Barley Seed	牛腩萝卜汤 Beef brisket soup with radish 奶油蘑菇汤 Cream of mushroom soup	青菜豆腐鸡蛋羹 Vegetable & Tofu & egg soup 小吊梨汤 Pear soup Beijing style	奶油南瓜汤 Creamy pumpkin soup 大酱豆腐汤 Tofu Miso soup
水果/酸奶 Fruit/Yogurt	水果二选一 Choose 1 of 2 kinds of fruit	水果二选一 Choose 1 of 2 kinds of fruit	酸奶 Yogurt	水果二选一 Choose 1 of 2 kinds of fruit	水果二选一 Choose 1 of 2 kinds of fruit
营养分析 Nutrition Facts	Cal:689 Calories P: 30 g F: 21 g Carbs: 95 g	Cal:730 Calories P:33 g F:22 g Carbs: 100 g	Cal: 697 Calories P: 34 g F: 20 g Carbs: 95 g	Cal:740 Calories P: 33 g F: 24 g Carbs: 98 g	Cal:713 Calories P:34g F: 20 g Carbs:99 g

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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6.16-6.20

午餐菜单

Lunch Menu



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日期/菜单 Date/Menu	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri
西式 Western	牛肉炖番茄 Beef and tomato stew	塞内加尔亚萨鸡 Senegalese yassa chicken	印式黄油鸡 Indian butter chicken	百里香烤春鸡 Roasted spring chicken with thyme	香酥龙利鱼 Crispy fish
	芝士焗意面 Cheese-baked pasta	西西里肉酱焗茄子 Eggplant baked with sicilian bolognese sauce	印式炒饭 Indian-style fried rice	里昂风味炒土豆 Fried potatoes, Lyon style	芝士焗红薯 Baked sweet potato with cheese
	煮双花 Poached broccoli & cauliflower	花菜胡萝卜 Cauliflower and carrot	蒜蓉炒豇豆 Stir-fried cowpeas with garlic	醋烤小番茄西葫芦 Roasted cherry tomatoes & zucchini in vinegar	香烤混合蔬菜 Roasted mixed vegetables
亚式 Asian	本帮酱鸭脯 Duck breast in sauce	糯米肉丸子 Glutinous rice meatballs	糖醋排条 Sweet and sour strips	咖喱鱼丸 Curry fish balls	洋葱牛肉 Shredded beef and onion
	番茄炒蛋 Scrambled eggs w/ tomatoes	宫保鸡丁 Kunpao chicken	干锅千叶豆腐 Dry pot chiba tofu	青椒土豆肉丝 Shredded pork with green pepper and potatoes	肉米烧软茄 Braised eggplant with chicken
	木耳青菜 Sauteed green vegetable & black fungus	葱油三丝 Shredded carrots & cucumber & bean sprout in scallion oil	耗油生菜 Greased lettuce	葱油冬瓜 Scallion oil winter melon	白菜油面筋 Cabbage oil gluten
面 Noodle	日式猪排面 Japanese pork chop noodles	番茄菌菇牛腩面 Beef brisket noodles with tomato mushroom	淮南咖喱牛肉粉丝汤 Curry beef vermicelli soup	苏式焖肉面 Suzhou style pork noodles	上海双档 Shanghai noodles&dumplings
汤 Soup	青菜豆腐鸡蛋羹 Vegetables & tofu & egg soup 红豆沙小圆子 Mini rice balls & red bean	肉丸山药汤 Meatball yam soup 红糖水糯米丸子 Glutinous rice balls in brown sugar water	番茄蛋花汤 Seaweed and egg soup 绿豆沙西米露 Mung bean paste sago	酸辣汤 Hot and sour soup 牛奶银耳羹 White fungus soup with milk	意大利蔬菜意面汤 Minestrone soup 红糖番薯糖水 Brown sugar& sweet potato soup
水果/酸奶 Fruit/Yogurt	水果二选一 Choose 1 of 2 kinds of fruit	水果二选一 Choose 1 of 2 kinds of fruit	酸奶 Yogurt	水果二选一 Choose 1 of 2 kinds of fruit	水果二选一 Choose 1 of 2 kinds of fruit
营养分析 Nutrition Facts	Cal:697calories P: 32 g F: 21 g Carbs: 95 g	Cal:712calories P:33 g F:20 g Carbs: 100 g	Cal: 683calories P: 30 g F: 19 g Carbs: 98 g	Cal:650calories P: 32 g F: 18 g Carbs: 90 g	Cal:713calories P:31g F: 24 g Carbs:93 g

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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6.23-6.27

午餐菜单

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日期/菜单 Date/Menu	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri
西式 Western	盘烤鱼柳配柠檬黄油汁 Tray baked fish fillet w/lemon butter sauce	牛肉汉堡包 Beef burger	墨西哥烤肉 Mexican roast pork	黑椒焗猪排 Roast pork chop with black pepper	意大利香肠匹萨 Pepperoni pizza
	黄油胡萝卜条 Butter carrot stick	培根烤土豆 Roasted potato w/ bacon	墨西哥脆片配沙沙 Tortilla chips with salsa	香脆薯角 Crispy potato wedges	黄金鸡翅根 Crispy Chicken wing
	番茄鸡肉焗意面 Baked spaghetti with tomato and chicken	西兰花小番茄 Broccoli tomato	墨西哥烤茄子 Mexican eggplant	花菜青豆 Cauliflower and green beans	黄油时蔬 Boiled Seasonal Vegetables
亚式 Asian	酸甜咕嚕鸡 Sweet and sour chicken	回锅肉 Twice-cooked pork	剁椒粉丝蒸鱼 Steamed fish with chopped vermicelli	酱鸭腿 Spiced duck leg	油豆腐烧肉 Braised pork with tofu
	玉米西芹炒香肠 Corn and celery stir-fried sausages	雪菜蘑菇烧素鸡 Braised bean curd with salted vegetables and mushrooms	番茄炒蛋 Scrambled eggs w/ tomatoes	毛豆子萝卜炒鸡丁 Fried chicken slices with beans and radish	肉米烧萝卜 Roast radish with Pork
	杭白菜 Cabbage	清炒油菜 Braised green vegetable	面筋白菜 Braised cabbage	水煮菠菜 Boiled spinach	蒜蓉海带丝 Seaweed with garlic sauce
面 Noodle	福建干拌馄饨 Fujian dry mixed wonton	广式风味啫啫肉 Cantonese style pork	台式红烧牛肉面 Taiwn style beef noodle soup	牛肉酱意大利面 Spaghetti	上海葱油拌面 Scallion Noodles
汤 Soup	青菜蘑菇肉丸汤 Vegetable mushroom meatball soup 南瓜小圆子 Pumpkin ball soup	榨菜肉丝蛋花汤 Shredded pork with pickled mustard and egg drop soup 红豆薏米汤 Red bean and barley seed soup	七彩菌菇汤 Colorful mushroom soup 牛奶银耳羹 White fungus soup with milk	鸡蛋肉末汤 Egg minced meat soup 番茄汤 Tomato soup	法式南瓜土豆浓汤 French pumpkin and potato bisque 红糖番薯糖水 Brown sugar& sweet potato soup
水果/酸奶 Fruit/Yogurt	水果二选一 Choose 1 of 2 kinds of fruit	水果二选一 Choose 1 of 2 kinds of fruit	酸奶 Yogurt	水果二选一 Choose 1 of 2 kinds of fruit	水果二选一 Choose 1 of 2 kinds of fruit
营养分析 Nutrition Facts	Cal:712 calories P: 32 g F: 23 g Carbs: 96 g	Cal:700 calories P:35 g F:20 g Carbs: 95 g	Cal: 710 calories P: 29 g F: 22 g Carbs: 99 g	Cal:698Calories P: 30 g F: 22 g Carbs: 95 g	Cal:682Calories P:28 g F: 22 g Carbs:93 g

热能单位: 千卡

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2. Protein(P): Grams, g

3. 脂肪单位: 克

3. Fat(F): Grams, g

4. 碳水化合物单位: 克

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