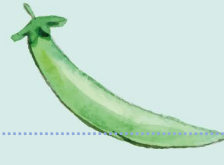


10.6-10.10

午餐菜单 Lunch Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education



日期/菜单
Date/Menu

10.6 星期一
Mon

10.7 星期二
Tue

10.8 星期三
Wed

10.9 星期四
Thu

10.10 星期五
Fri

西式
Western

汤
Soup

亚式
Asian

汤
Soup

面
Noodles

扒炉档

水果/酸奶
Fruit/Yogurt

希腊莫萨卡
Greek mousaka

西西利亚彩虹虾仁
Sicilia roasted chicken

法式奶油花菜
French-style cauliflower

普罗旺斯蔬菜
Provencal vegetables

蘑菇浓汤
Cream mushroom soup

外婆红烧肉
Stewed pork with brown sauce

牛肉丸麻辣烫
Beef ball spicy hot pot

青椒土豆丝
Shredded potato with green pepper

绿叶菜
Sautéed green vegetable

玉米鸡蛋汤
Corn and egg soup

红烧鸡腿面/小生菜/卤鹌鹑蛋
Braised chicken leg noodles

猪肉三明治/鸭油炸薯条/时蔬菜
Pork sandwich /Duck fat
fries/Seasonal vegetables

果汁
Fruit

德州烧烤鸡腿
BBQ chicken leg

意式番茄烩鱼排
Bacon eggplant pasta

脆皮烤土豆
Crispy roasted potatoes

蒜香西兰花
Garlic broccoli

大葱土豆汤
Potato soup

东北猪肉炖粉条
Braised pork with vermicelli

荷塘小炒牛肉丝
sed with bean cake

葱油万年芋头
Stir fried bean sprouts

绿叶菜
Sautéed green vegetable

红枣木耳汤
Pork ribs and mushroom soup

台式红烧牛肉面
Taiwan braised beef noodles

牛肉玉米炒饭/煎鸡蛋
Beef & corn fried rice

酸奶
Yogurt



10.13-10.17

午餐菜单

Lunch Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期/菜单
Date/Menu

10.13 星期一
Mon

10.14 星期二
Tue

10.15 星期三
Wed

10.16 星期四
Thu

10.17 星期五
Fri

西式
Western

意式红酒烩牛肉
Beef braised in red wine

法式油封鸭腿
Classic duck confit

牛肉三明治
Beef sandwich

德国BBQ翅根
German chicken wings

炸鱼排
Fried fish fillet

青酱虾仁意面
Shrimp pesto pasta

墨西哥奶油鸡
Mexico chicken in cream sauce

鸭油炸薯条
French fries

青橄榄鱼柳面
Green olive fish fillet pasta

鸡肉西兰花奶油面
Chicken broccoli cream pasta

西班牙炒土豆
Spanish fried potatoes

香烤南瓜角
Roasted pumpkin

蜂蜜烤红薯
Roasted sweet potato

西班牙甜椒
Spanish sweet pepper

咖喱土豆(150g)
Roasted curry potato

普罗旺斯时蔬
Grilled vegetable

地中海烤蔬菜
Grilled vegetable

混合色拉
Mixed salad

卡真粉西蓝花
Grilled broccoli

甜椒芦笋
Grilled sweet pepper and asparagus

汤
Soup

洋葱土豆汤
Onion potato soup

地中海番茄浓汤
Mediterranean tomato soup

法式蔬菜汤
French vegetable soup

花菜奶油汤
Cauliflower soup

地中海番茄浓汤
Mediterranean tomato soup

亚式
Asian

蜜制叉烧
Recipe barbecued pork

红烧肉
Classic stewed pork

香酥鸡腿
Spiced chicken leg

东坡肉
Braised thick cut pork

锅包肉
Fried pork in scoop

清炖红枣枸杞羊肉
Stewed mutton

番茄炒鸡蛋
Scrambled egg with tomato

鱼香肉丝
Stewed eggplant with meat strip

韭黄炒蛋
Stir-fried eggs and chive

金针菇撒尿牛丸
Beef ball with mushroom

葱油芋头
Fried taro with onion oil

缸豆烩葫芦
Stewed cowpea and gourd

香干芹菜
Stir-fried celery

山药木耳
Fried yam mushroom

茄角之恋
Eggplant wedges

绿叶菜
Sautéed green vegetable

绿叶菜
Sautéed green vegetable

绿叶菜
Sautéed green vegetable

绿叶菜
Sautéed green vegetable

绿叶菜
Sautéed green vegetable

汤
Soup

西红柿鸡蛋汤
Tomato and mushroom soup

海带牛肉汤
Kelp and Beef Soup

绿豆汤
Mung bean soup

豆腐萝卜汤
Radish and tofu soup

酸辣汤
Hot and sour soup

面
Noodles

酸菜黑鱼/老谭酸菜/香酥豆
Sour soup fish / pickled cabbage noodles

香菇炖鸡面/绿叶菜/麻油笋丝
Chicken mushroom noodles / vegetable / sesame oil bamboo shoot

岐山臊子面/麻辣萝卜干/绿叶菜
Qishan saozhi noodles / Dried radish / salted radish / Green leafy vegetables

西红柿肥牛粉丝汤/五仁酱丁
Tomato beef pot rice noodle

海鲜汤面/老谭酸菜
Seafood soup noodles / pickled cabbage

扒炉档

越南炒河粉/小青菜/荷包蛋
Vietnamese fried noodles vegetable / fried eggs

蟹肉三明治/炸薯条/烤蔬菜
Crab meat sandwich / French fries / Roasted vegetables

新疆大盘鸡面/鸡块/土豆彩椒
Xinjiang-style chicken noodles / Chicken pieces / Peppers and potatoes

番茄炒蛋/肉酱盖浇饭/米饭
Scrambled eggs with tomatoes over rice / Meat sauce over rice / Rice

牛肉炒面/生菜/荷包蛋
Beef stir-fried noodles / Lettuce / Fried egg

水果/酸奶
Fruit/Yogurt

果汁
Juice

酸奶
Yogurt

水果
Fruit

果汁
Juice

酸奶
Yogurt



10.20-10.24

午餐菜单
Lunch Menu南通惠立学校
Hiba Academy Nantong
Wellington College Education日期/菜单
Date/Menu10.20星期一
Mon10.21星期二
Tue10.22星期三
Wed10.23星期四
Thu10.24星期五
Fri西式
Western法式苹果焖鸡
Chicke stewed apple虾仁罗勒意大利面
Shrimp basil pasta蜂蜜烤南瓜配小番茄
Roast pumpkin with tomato牛奶玉米西蓝花
Corn broccli汤
Soup法式蔬菜汤
French vegetable soup亚式
Asian菠萝咕咾肉
Sweet and sour pork韭黄山药炒黑鱼片
Chives yam fried with fish海米冬瓜
Wax gourd with dried shrimp绿叶菜
Sautéed green vegetable汤
Soup菠菜猪肝汤
Spinach pork liver soup面
Noodles肥牛酸汤面/小青菜/卤蛋
Beef pickled cabbage noodles
vegetable/egg

扒炉档

鸡肉三明治/鸭油炸薯条/蔬菜
Chicken sandwich/chips水果/酸奶
Fruit/Yoguet水果
Fruit印度孜然翅根
India chicken wings意大利肉酱面
Spaghetti bolognese咖喱时蔬番茄
Curry vegetables芦笋彩椒
Grilled asparagus and peppers花菜浓汤
Creamed cauliflower soup咖喱鸡腿
Curru chicken legs莴苣木耳炒肉片
Sliced pork with mushroom五彩日本豆腐
Japanese tofu绿叶菜
Sautéed green vegetable西红柿金针菇蛋汤
Tomato egg soup兰州牛肉拉面/绿叶菜
LanZhou beef noodles/
vegetables陕西炒面/煎蛋/青菜
Shanxi fried noodle/fried egg
vegetables果汁
Juice唐扬粉脆皮鸡(5pcs)
Crispy chicken塞维利亚炖肉丸
Seville meatball烤有机花菜
Rosted cauliflower百里香烤时蔬
Grilled vegetable洋葱土豆汤
Oion potato Soup胡萝卜炖牛肉
Stew beef with carrot水煮肉片
Slices pork with homemade sauce一品香芋
Deep fried taro绿叶菜
Sautéed green vegetable白菜豆腐虾皮汤
Tofu vegetable soup杂酱面/绿叶菜/炸蛋
Fried sauce noodles
vegetable /fried egg五彩虾仁炒饭/鸡米花/小青菜
Shrimp fried rice /popcorn chicken
vegetables酸奶
Yogurt希腊莫萨卡
Greek mosack希腊烤鸡腿肉
Greek roast chicken leg柠檬烤土豆
Lemon baked Potato普罗旺斯蔬菜
Grilled Vegetable花菜奶油汤
Cream cauliflower soup红烧大排
Braised pork chop酒鬼牛肉丁丁
Dices beef青椒土豆丝
Shredded potato with pepper绿叶菜
Sautéed green vegetable玉米冬瓜汤
Wax gourd corn soup白切羊肉面/小青菜/煎蛋
Mutton noodles/vegetable/egg越南牛肉炒河粉/卤蛋/生菜
Vietnamese Beef pho
spiced egg/lettuce水果
Fruit普罗旺斯慢炖羊肉
Provence braised mutton猪肉西兰花两头尖面
Pork and broccoli macaroni披萨草西蓝花
Roasted broccli with pizza herb玉米小番茄
Grilled corns tomatos鸡肉玉米汤
Chicken corn soup炸鸡腿排
Deep fried chicken legs肉沫蒸蛋
Steamed egg with minced pork芹菜炒腐竹
Stir-fried celery绿叶菜
Sautéed green vegetable平菇菠菜鸡蛋汤
Spinach mushroom egg soup苏州蟹黄面/绿叶菜/卤鹌鹑蛋
Suzhou crab roe noodles / Green
leafy vegetables / Marinated quail
eggs泰国鸡肉咖喱饭/煎蛋/素菜
Chicken curry /fried egg/vegetable果汁
Juice

10.27-10.31

午餐菜单

Lunch Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期/菜单 Date/Menu	10.27星期一 Mon	10.28 星期二 Tue	10.29 星期三 Wed	10.30星期四 Thu	10.31星期五 Fri
西式 Western	黑椒牛肉 Black pepper beef	希腊莫萨卡 Greek mosack	西班牙烤牛肉 Spanish roast beef	南蛮炸鸡 Deep-fried chicken	蟹肉三明治 Crab meat sandwich
	意大利肉酱面 Spaghetti bolognese	希腊烤鸡腿肉 Greek roast chicken legs	巴沙鱼条 Basa fish strips	蘑菇培根奶油意面 Spaghetti cabonara	炸薯条 French fries
	蜂蜜烤红薯 Baked sweet potato	柠檬烤土豆 Lemon baked potato	香烤南瓜角 Roasted Pumpkin wedge	迷迭香烤土豆 Rosemary potato	混合色拉菜 Mixed salad
	炭烤彩椒 Grilled pepper	普罗旺斯蔬菜 Grilled vegetable	百里香西蓝花 Grilled broccoli	意大利炖蔬菜 Grilled vegetable	芦笋有机花菜 Asparagus and broccoli
汤 Soup	蘑菇浓汤 Cream mushroom soup	花菜奶油汤 Cream cauliflower soup	地中海番茄浓汤 Mediterranean tomato soup	土豆洋葱汤 Potato onion soup	希腊柠檬鸡汤 Greek lemon chicken soup
亚式 Asian	扬州狮子头 Chinese style meatball	外婆粉蒸肉 Steamed pork with rice flour	卤味鹅翅膀 Marinated chicken wings	一字肉 Braised thick pork	土豆炖烧鸡块 Stewed potato chicken
	黄瓜虾仁炒蛋 Scrambled egg with cucumber and shrimp	青椒黄牛肉 Stir-fried beef with pepper	回锅肉 Fried sliced pork	四川酸菜鱼 Sichuan pickled fish	糖醋小肉圆 Braised sweet sour meatball
	青椒土豆片 Slices potato and pepper	咸蛋黄豆腐 Salted egg yolk tofu	韭菜炒香干 Sauteed dried Tofu with chives	五彩西蓝花 Colorful broccoli	干锅西葫芦 Stir-fried zucchini
	绿叶菜 Saut�ed green vegetable	绿叶菜 Saut�ed green vegetable	绿叶菜 Saut�ed green vegetable	韭菜绿豆芽 Saut�ed green vegetable	绿叶菜 Saut�ed green vegetable
汤 Soup	番茄鸡蛋汤 Tomato egg soup	山药鸡汤 Chicken yam soup	排骨冬瓜汤 Pork ribs with wax gourd soup	玉米海带汤 Corn kelp soup	荠菜豆腐羹 Shepherd's purse & tofu soup
面 Noodles	香辣牛肉汤面/老醋木耳/荷包蛋 Beef noodles/sour fungus/egg	红烧大排面/五香豆干/绿叶菜 Stewed pork chops noodles Tofu/vegetable	白切猪肚汤面/老虎菜/五香蛋 Pork tripe noodles/vegetable/egg	泰国咖喱肥牛米线/香酥豆 Curry beef noodle	姜葱黄鳝面/小青菜/卤味兰花干 Ginger and scallion eel noodles / vegetable
扒炉档	云南小河粉/小青菜/荷包蛋 Yunnan pho/vegetable /egg	牛肉炒饭/炸薯条/烤蔬菜 Beef fried rice /chips/vegetable	新疆大盘鸡面/鸡块/土豆彩椒 Xingjiang chicken noodle/chicken nugget/patato pepper	红烧鳝丝盖浇面/米饭/煎蛋 Braised eel thread noodle/egg	牛肉炒面/生菜/荷包蛋 Beef fried noodles/lettuce/egg
水果/酸奶 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	果汁 Juice	酸奶 Fruit