

早餐菜单
Breakfast 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
西式早餐 Western				煎蛋 Sunny-side up	牛奶滑蛋 Creamy scrambled eggs
				鸡米花 Bacon	香肠炒青椒 Pork sausage
				蒸南瓜 Steamed pumpkin	樱桃小番茄 Roasted tomatoes
				吐司面包 Toast	吐司面包 Toast
奶制品 Dairy				豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk
中式早餐 Chinese				手工肉包/豆沙包 Pork / red bean baozi	手工肉包/藜麦馒头 Pork baozi/Quinoa Steamed Bun
				五彩小汤圆 Sweet rice ball	小馄饨 Steamed dumplings
				鸡蛋饼 Egg pancake	南瓜饼 Pumpkin pancake
				茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg
粥铺 Porridge				小米红薯粥 Millet sweet potato porridge	香菇鸡肉粥 Pork mushroom porridge
晚点心 Night Snacks				蛋挞 Egg crust	
				水果 Fruit	



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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 Wed	10.17星期五 Wed
西式早餐 Western	红烧太阳蛋 Sunny-side up	煎蛋 Sunny-side up	牛奶滑蛋 Creamy scrambled eggs	煎蛋 Sunny-side up	煎蛋 Sunny-side up
	培根 Bacon	猪肉早餐肠 Pork sausage	培根 Bacon	牛肉早餐肠 Beef sausage	炒香肠 Chicken sausage
	早餐炒土豆 Sauteed onion & potatoe	蒸玉米 Steamed Corn	橄榄油西蓝花 Broccoli	早餐炒时蔬 Stir-fried vegetable	蒸南瓜 Steamed pumpkin
	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast
奶制品 Dairy	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk
中式早餐 Chinese	手工香菇菜包/肉包 Pork /mushroom baozi	手工肉包/豆沙包 Pork /red bean baozi	葱花卷/肉包 Scallion buns/pork baizi	手工鲜肉包/西葫芦鸡蛋包 Pork /zucchini egg baozi	手工肉包/藜麦馒头 Porkbaozi/QuinoaSteamedBn
	葱油饼 Scallion oil pancake	酱香饼 Homemade sauce pancake	红糖发糕 Brown sugar rice cake	鸡蛋饼 Egg pancake	蒸方糕 Steamed Rice Cake
	小馄饨 Stew wonton	水饺 Boiled dumplings	汤圆 Sweet rice ball	小馄饨 Stew wonton	水饺 Boiled dumplings
	白煮蛋 Boiled egg	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg
粥铺 Porridge	山药瘦肉粥 Yam and pork porridge	皮蛋瘦肉粥 Century egg & pork porridge	小米南瓜粥 Millet porridge with pompkin	大米粥 Rice porridge	香菇鸡肉粥 Chicken & mushroom porridge
晚点心 NightSnacks	抹茶奶酥包 Matcha milk crisp bun	蓝莓卷 Blueberry roll	千层吐司卷 Thousand-layer toast roll	香烤可颂 Toasted croissant	
	水果 Fruit	红枣银耳羹 Red date fungus soup	果汁 Juice	酸奶 Yogurt	



早餐菜单 Breakfast Menu



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日期/菜单 Date/Menu	10.20星期一 Mon	10.21星期二 Tue	10.22 星期三 Wed	10.23 星期四 Thu	10.24 星期五 Fri
西式早餐 Western	太阳蛋 Sunny-side up	煎蛋 Sunny-side up	牛奶滑蛋 Creamy scrambled eggs	煎蛋 Sunny-side up	荷包蛋 Sunny-side up
	鸡米花 Chicken sausage	培根 Bacon	猪肉早餐肠 Pork sausage	香肠炒蔬菜 Fried sausage with vegetable	培根 Bacon
	蒸红薯 Steamed sweet potato	白沙糖玉米 White sugar corn	早餐炒时蔬 Stir-fried vegetable	蒸南瓜 Steamed pumpkin	蒜香西兰花 Sauteed garlic broccoli
	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast
奶制品 Dairy	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk
中式早餐 Chinese	手工鲜肉包/豆沙包子 Porkbaozi/redbean baozi	葱花卷/肉包 Scallion buns/pork baizi	手工鲜肉包/西葫芦鸡蛋包 Pork /zucchini egg baozi	手工香菇菜包/肉包 Pork /mushroom baozi	手工肉包/藜麦馒头 Porkbaozi/Quinoa steamed bun
	小馄饨 Boiled wonton	葱油饼 Scallion pancake	猪肉大葱馅儿饼 Pork pancake	红糖发糕 Brown sugar rice cake	酱香饼 Sance-flavored pancake
	油条 Deep fried dough stick	汤圆 Sesame ball	水饺 Pan-fried dumpling	五色小汤圆 Sweet rice ball	香油水饺 Steamed dumpling
	白煮蛋 Boiled egg	茶叶蛋 Boild tea egg	白煮蛋 Boiled egg	五香蛋 Boiled egg	茶叶蛋 Boiled tea egg
粥铺 Porridge	芹菜瘦肉粥 Celery and pork congee	山药胡萝卜瘦肉粥 Yam carrot and pork porridge	小米南瓜粥 millet Pumpkin porridge	牛肉青菜粥 beef Rice porridge	皮蛋瘦肉粥 Century egg & pork porridge
晚点心 Night Snacks	红豆碱水面包 Red bean alkaloid bread	猫爪面包 Cat claw bread	羊角包 Croissant	蔓越莓蛋糕 Cranberry cake	
	水果 Fruit	小吊梨汤 Pear soup	果汁 Juice	酸奶 Yogurt	



早餐菜单 Breakfast Menu



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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
西式早餐 Western	牛奶滑蛋 Creamy scrambled eggs	太阳蛋 Sunny-side up	法式炒蛋 Sunny-side up	煎蛋 Sunny-side up	荷包蛋 Sunny-side up
	鸡肉早餐肠 Chicken sausage	酸奶 Yogurt	鸡米花 Popcorn chicken	培根 Bacon	猪肉早餐肠 Pork sausage
	樱桃小番茄 Grilled tomatoes	白砂糖珍珠米 Steamed corn	彩椒西蓝花 Broccoli and pepper	蒸红薯 Steamed sweet potato	什锦烤蔬菜 Roasted vegetable
	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast
奶制品 Dairy	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk
中式早餐 Chinese	手工鲜肉包 Homemade pork baozi	手工酱肉包/葱花卷 Handmade braised baozi	手工酱肉包/豆沙包 Homemade braised baozi	手工鲜肉包/香菇菜包 Homemade pork baozi	手工酱肉包/藜麦馒头 Homemade braised baozi
	鸡蛋饼 Egg pancake	酱香饼 Sance-flavored pancake	红糖发糕 Brown sugar rice cake	鸡蛋饼 Egg pancake	南瓜饼 Pumpkin pancake
	小馄饨 Boiled Wonton	水饺 Boiled dumplings	汤圆 Sweet rice ball	小馄饨 Boiled Wonton	蒸饺 Steamed dumpling
	五香蛋 Boiled spiced egg	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg
粥铺 Porridge	芹菜瘦肉粥 Celery pork porridge	皮蛋瘦肉粥 Century egg pork congee	牛肉青菜粥 Beef vegetable porridge	小米南瓜粥 Millet porridge with pumpkin	香菇鸡肉粥 Chicken mushroom congee
晚点心 Night Snacks	蒜香面包 Garlic bread	红丝绒蛋糕卷 Redvelvet cake	鸡肉三明治 Chicken sandwich	蔓越莓蛋糕 Cranberry cake	
	水果 Fruit	银耳莲子羹 Fungus with lotus soup	果汁 Juice	酸奶 Yogurt	

