

晚餐菜单
Dinner 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
西式 Western				黑椒牛仔骨 Black pepper beef short rib
				意大利鱼柳条 Italian fish fillet
				蜂蜜烤红薯 Honey baked sweet potatoes
				蒜香西兰花 Garlic broccoli
汤 soup				蘑菇浓汤 Mushroom bisque
亚式 Asian				香辣小龙虾 Spicy crayfish
				西芹肉片 Slices celery meat
				蒜蓉刀豆 Garlic beans
				咖喱时蔬 Curry seasonal vegetables
汤 soup				荠菜豆腐羹 Shepherd's purse tofu soup
配餐 Fruit/Yogurt				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 Thu
西式 Western	鸡腿烩土豆 Chicken legs braised potatoes	意式猎人烩鸡 Stewed Italian chicken	日式炸猪排 Japanese pork chop	意式红烩牛肉 Braised Italian beef
	意大利肉酱面 Spaghetti bolognaise	茄汁意面 Pasta with tomato sauce	地中海番茄烩鱼排 Stewed tomato with fish fillet	唐扬粉巴沙鱼 Tang Yang basa fish
	香烤南瓜角 Roasted pumpkin wedges	照烧烤红薯 Teriyaki sweet potatoes	咖喱土豆 Curry potatoes	香烤南瓜角 Roasted pumpkin wedges
	咖喱土豆 Curry potatoes	碳烤时蔬 Grilled seasonal vegetables	炭烤迷迭香彩椒 Roasted rosemary bell peppers	碳烤时蔬 Grilled seasonal vegetables
汤 Soup	胡萝卜奶油汤 Carrot cream soup	蘑菇浓汤 Cream mushroom bisque	奶油西蓝花汤 Cream broccoli soup	南瓜汤 Pumpkin soup
亚式 Asian	山东把子肉 Thick slices of pork meat	土豆牛腩 Beef potato	酱香焖鸭块 Stewed duck pieces with sauce	大排面 Pork chop noodles 蔬菜 vegetables 煎蛋 Fried eggs
	酸菜鱼 Sauerkraut fish	宫保鸡丁 Spicy diced chicken	杏鲍菇牛肉片 Beef slices with mushrooms	
	家常豆腐 Homemade sauce tofu	醋溜白菜 Vinegar cabbage	蒜蓉金针菇 Garlic mushrooms	
	绿叶菜 Green vegetables	绿叶菜 Green vegetables	绿叶菜 Green vegetables	
汤 Soup	冬瓜玉米汤 Wax gourd and corn soup	紫菜蛋花汤 Seaweed egg soup	番茄豆腐羹 Tomato tofu soup	
配餐 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit

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西式 Western	意式红烩牛肉 Italian braised beef	夏威夷菠萝烤鸡 Hawaiian Pineapple Grilled Chicken	奶油炖烤鸡 Grilled chicken stewed in cream	塞维利亚炖肉丸 Stewed beef meatballs
	西西里岛风味烤鸡 Sicilian style roast chicken	维也纳炸猪排佐蘑菇酱 Pork cutlet with mushroom sauce	法式油封鸭腿 French confit duck leg	虾仁罗勒意大利面 Shrimp basil pasta
	蘑菇奶油意面 Spagheeti carbonare	脆皮土豆 Crispy potatoes	柠檬土豆 Lemon potatoes	香烤南瓜角 Roasted pumpkin wedges
	意大利美味肉丸 Italian delicious meatballs	碳烤时蔬 Grilled seasonal vegetables	碳烤时蔬 Grilled seasonal vegetables	香烤时蔬 Roasted seasonal vegetables
汤 Soup	排骨玉米汤 Pork ribs and corn soup	南瓜汤 Pumpkin soup	蘑菇浓汤 Cream mushroom bisque	蘑菇浓汤 Cream mushroom bisque
亚式 Asian	上海狮子头 Shanghai meatball	小炒黄牛肉 Stir-fried beef	兰州拉面 Lanzhou beef noodles 时令蔬菜 Vegetables 鸡蛋 eggs	台湾姜母鸭块 Taiwanese duck cutlets
	酱香猪小排骨 Sauce-flavored pork ribs	麻辣酸菜鱼 Spicy sauerkraut fish		鹌鹑蛋烧瘦肉 Quail eggs roasted meat
	姜汤野菌菇 Mushroom with ginger	姜尚土豆丝 Shredded potatoes		醋溜藕片 Vinegar lotus root
	绿叶菜 Green vegetables	绿叶菜 Green vegetables		绿叶菜 Green vegetables
汤 Soup	玉米蘑菇汤 Corn and mushroom soup	外婆罗宋汤 Borscht		豆腐番茄汤 Tofu tomato soup
配餐 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	果汁 Juice	水果 Fruit

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日期/菜单Date/Menu	10.28星期一 Mon	10.29星期二 Tue	10.30星期三 Wed	10.31星期四 Thu
西式 Western	日式香菇猪排 Japanese mushroom pork cutlet	炭烤牛仔骨 Grilled beef short ribs	西班牙苹果鸡 Spanish chicken in apple sauce	蒙古扇子骨 Mongolian pork bone
	虾仁罗勒意大利面 Shrimp basil pasta	意式巴沙鱼烩时蔬 Italian passa braised with seasonal vegetables	虾仁节瓜螺丝面 Shrimp fusilli	鸡肉西兰花奶油面 Chicken broccoli pasta
	黄油洋葱炒土豆 Stir-fried potatoes with butter onions	普罗旺斯蔬菜 Provencal vegetables	蜂蜜烤红薯 Honey baked sweet potatoes	香烤南瓜角 Roasted pumpkin wedges
	生炒有机花菜 Stir-fried organic cauliflower	咖喱土豆胡萝卜 Curry potatoes and carrots	扒芦笋有机花菜 Grill asparagus organic cauliflower	意式炭烤时蔬 Grilled seasonal vegetables
汤 Soup	希腊柠檬鸡汤 Greek Lemon Chicken Soup	蘑菇浓汤 Cream mushroom bisque	大葱土豆汤 Green onion potato soup	法式土豆汤 French potato soup
亚式 Asian	耗油牛肉 Oyster sauce beef	金汤肥牛 Slices beef in golden soup	台式红烧牛肉面 Braised beef noodles 有机蔬菜 Organic vegetables 煎鸡蛋 Fried egg	四川香油鸡 Sichuan sesame oil chicken
	番茄炒蛋 Scrambled eggs with tomatoes	杏鲍菇炒培根 Stir-fried bacon with mushrooms		五彩虾仁 Colorful shrimp
	鱼香茄子 Stewed eggplant with meat	葱油芋头 Scallion oil taro		干煸豇豆 Stir-fried beans
	绿叶菜 Green vegetables	绿叶菜 Green vegetables		绿叶菜 Green vegetables
汤 Soup	玉米鸡汤 Corn chicken soup	红枣鸡汤 Red date chicken soup		番茄菌菇豆腐羹 Tomato mushroom tofu soup
配餐 Fruit/Yogurt	果汁 Juice	酸奶 Yoghurt	水果 Fruit	果汁 Juice