

1.05-1.09

午餐菜单
Lunch Menu南通惠立学校
Hiba Academy Nantong
Wellington College Education

	1.05 星期一 Mon	1.06 星期二 Tue	1.07 星期三 Wed	1.08 星期四 Thu	1.09 星期五 Fri
西式 Western	西班牙油封鸭腿 Spanish roasted chicken	意式红酒烩牛肉 Red wine braised beef	意大利美味肉丸 Italian meat ball	泰式香茅鸡胸肉 Thai chicken lemon grass NEW 立即试用	墨西哥鸡肉卷 Mexican chicken roll
	肉酱意面 Spaghetti bolognese	培根蘑菇奶油烩饭 NEW 立即试用 Creamy bacon risotto	青橄榄鱼柳面 Green olive fish fillet pasta	罗马牛前胸烩面 Roman beef brisket pasta	墨西哥玉米片配番茄莎莎 Tortilla chips
	西班牙炒土豆 Spanish fried potatoes	炸薯条 French fries	芝士焗土豆泥 Baked mashed potatoes	蒜香荷兰芹烤土豆 Garlic roasted potatoes	披萨草西兰花 Roasted broccoli with pizza herb
	普罗旺斯时蔬 Grilled vegetable	地中海烤蔬菜 Grilled vegetable	西班牙花菜 Spanish cauliflower	卡真粉西兰花 Grilled cazin broccli	蜂蜜红薯角 Honey sweet potato
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 Potage parmentier	花菜奶油汤 Cauliflower soup	奶油南瓜汤 Creamy pumpkin soup
亚式 Asian	葱油蒸鸡 Chicken with scallion oil	上海炸猪排 Shanghai deep-fried pork chop	红烧鸡 Braised chicken chips	桂花盐水鸭 Osmanthus salted duck	粉蒸肉 Steamed glutinous rice pork
	胡萝卜炖牛肉 Stewed beef with carrot	爆炒基围虾 NEW 立即试用 Stir-fried prawns	鱼香肉丝 Stewed eggplant with meat	酒鬼肉丁 Diced pork with chilli & peanuts	咖喱土豆鸡块 Curry chicken with potatoes
	红椒炒香菇片 Stir-fried Shiitake Mushrooms	香干芹菜 Stir-fried celery	三色丝条 Three-color Shreds	豆腐娃娃菜 Tofu baby cabbage	炒茭白丝 NEW 立即试用 Sautéed water bamboo
	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	水果羹 Fruit Potage	番茄菌菇豆腐羹 Tomato mushroom soup	排骨冬瓜汤 Pork ribs soup with wax gourd	紫菜蛋花汤 Seaweed egg drop soup	枸杞红枣银耳羹 Red date white fungus
面 Noodles	酸汤肥牛面/绿叶菜/水煮蛋 Sour soup beef rice noodles	印尼鸡肉咖喱乌冬面/绿叶菜/水煮蛋 Indonesia curry chicken udon noodles	牛肉饺子 Beef dumplings	大排面/绿叶菜/荷包蛋 Pork chop noodles	上海八宝辣酱面/绿叶菜/荷包蛋 NEW 立即试用 Shanghai hot sauce noodles
炉档 Grilled	越南番茄炒年糕/小青菜/荷包蛋 NEW 立即试用 Vietnamese rice cake Vegetables/Eggs	意大利牛肉披萨/香烤南瓜角/色拉菜 Beefpizza/RoastedpumpkinVegetables	番茄炒蛋/肉酱盖浇饭/米饭 Fried egg tomato with rice Pork meat with rice	泰式菠萝炒饭/煎蛋/生菜 NEW 立即试用 Thai-style pineapple fried rice	牛肉炒河粉/生菜/荷包蛋 Beef Chow Fun Stir-fried noodles Lettuce/Fried egg
水果/酸奶 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt



1. 12-1.16

午餐菜单

Lunch Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期/菜单 Date/Menu	1.12 星期一 Mon	1.13 星期二 Tue	1.14 星期三 Wed	1.15 星期四 Thu	1.16 星期五 Fri
西式 Western	希腊莫萨卡 Greek mosack	西班牙百里香烤鸡胸 Spain roast chicken	日式鲷鱼天妇罗 Japanese sea bream tempura NEW 立即试用	法式苹果焖鸡 Chicke stewed apple	匈牙利炖牛肉 Hungarian beef goulash NEW 立即试用
	虾仁罗勒意大利面 Shrimp basil pasta	青橄榄鱼柳意烩饭 NEW 立即试用 Green olive fish fillet risotto	希腊烤鸡腿肉 Greek roast chicken leg	塞维利亚炖肉丸 Seville meatball	法式蒜香黄油法棍 NEW 立即试用 French garlic butter baguette
	蜂蜜烤南瓜配小番茄 Roast pumpkin with tomato	柠檬烤土豆 Lemon baked potato	烤花菜 Stir fried cauliflower	柠檬烤土豆 Lemon baked potato	土豆烧洋葱 Roasted onion with potato
	蒜香西兰花 Grilled broccoli	百里香彩椒 Grilled bell pepper	碳烤甜玉米 Grilled sweet corn	意大利烩蔬菜 Grilled vegetable	甜椒芦笋 Grilled sweet pepper and asparagus
汤 Soup	法式蔬菜汤 Potage parmentier	花菜浓汤 Creamed cauliflower soup	金针菇味噌汤 Miso Soup with enoki mushrooms	花菜奶油汤 Cream cauliflower soup	鸡肉玉米汤 Chicken corn soup
亚式 Asian	麻油鸡 Sesame oil chicken	糖醋里脊 Sweet and sour pork	白萝卜烩牛肉 Beef stewed with radish	咸蛋黄豆腐 Salted egg yolk tofu	红烧盐水鸭 Osmanthus salted duck
	回锅肉 Sliced pork with cabbage	青椒牛肉丝 Shredded beef with pepper	红烧鸭块 Braise duck cutlets	酒鬼肉丁 Diced pork with chilli & peanuts	红烧肉 Stewed pork with sauce
	葱油冬瓜 Wax gourd with scallion oil	白菜豆腐 Cabbage and tofu	茄子炒土豆 Eggplant with potato	四川酸菜鱼 Sichuan pickled fish	莴苣炒木耳丝 Stir-Fried Lettuce with Shredded fungus
	绿叶菜 Sautéed green vegetable	地三鲜 Potato eggplant pepper	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable
汤 Soup	煎鸡蛋白萝卜汤 Egg and radish soup	排骨冬瓜汤 Pork ribs soup with wax gourd	番茄豆腐羹 Tomato and tofu soup	玉米海带汤 Corn kelp soup	红糖小圆子 Brown sugar rice ball
面 Noodles	云南走地鸡米线/绿叶菜/水煮蛋 Chicken rice noodles	兰州牛肉面/绿叶菜/荷包蛋 Lanzhou beef noodles	咖喱牛肉粉丝/绿叶菜/炸蛋 Curry beef rice noodles	海鲜面/小青菜/水煮蛋 Seafood noodles	大排面/绿叶菜/五香蛋 Pork chop with noodles
扒炉档 Grilled	法式蟹味火腿三明治/鸡米花/色拉菜 Ham Sandwich /Popcorn chicken	泰式咖喱盖浇饭/绿叶菜/鸡蛋 Thai curry over rice	印尼虾仁炒饭/鸡米花/小青菜 Shrimpfriedrice/Popcornchickenvegetables	越南牛肉炒米粉/卤蛋/生菜 Vietnamesebeefphospicedegg/lettuce	鸡肉披萨/鸭油炸薯条/蔬菜 Chicken pizza/chips/vegetable
水果/酸奶 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt



1. 19-1.23

午餐菜单
Lunch Menu南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期/菜单 Date/Menu	1.19星期一 Mon	1.20星期二 Tue	1.21星期三 Wed	1.22星期四 Thu	1.23星期五 Fri
西式 Western	酥炸鸡腿 Deep--fried chicken legs	日式肉沫莲藕饼 Minced pork and lotus root patty	千层面 Lasagna	奥尔良炸鸡肉 Orleans deep-fried chicken	黑椒鸡块 Chicken nuggets
	培根茄子番茄酱面 Bacon eggplant pasta	希腊烤鸡腿 Greek roast chicken legs	炸鱼条 Fried fish strips	西班牙梅花猪肉排 Pork chop	黑椒蜜汁猪肉 Black pepper honey glazed pork
	蜂蜜烤红薯 Baked sweet potato	柠檬烤土豆 Lemon baked potato	香烤南瓜角 Roasted pumpkin	迷迭香烤土豆 Rosemary potato	西班牙炒土豆 Spanish fried potato
	普罗旺斯时蔬 Grilled vegetable	地中海烤蔬菜 Grilled vegetable	西班牙花菜 Spanish cauliflower	卡真粉西兰花 Grilled cazin broccli	蜂蜜红薯角 Honey sweet potato
汤 Soup	蘑菇浓汤 Creamy mushroom soup	花菜奶油汤 Cream cauliflower soup	地中海番茄浓汤 Mediterranean tomato soup	鸡肉玉米汤 Chicken soup	希腊柠檬鸡汤 Greek lemon chicken soup
亚式 Asian	狮子头 Chinese style meatball	咕咾肉 Sweet and sour pork	盐焗鸡 Salt baked chicken	青椒黄牛肉 Stir-fried beef with pepper	东坡肉 Braised pork chunks
	鸡脯烩萝卜 Stewed chicken carrot	土豆烧鸡块 Roasted chicken pieces	粉蒸肉 Steamed glutinous rice pork	卤鸡翅 Braised chicken wings	青椒红烧鸡块 Braised chicken chunks
	醋溜大白菜 Sweet and sour chinese cabbage	胡萝卜炒包菜丝 Stir-Fry Sliced Carrot & Cabbage	蔬菜丁杂炒 Mixed vegetable stir-fry	红烧豆腐 Braised tofu	番茄炒蛋 Fried egg with tomato
	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	红薯燕麦汤 Boiled sweet potato oat soup	老母鸡汤 Chicken soup	玉米排骨汤 Pork ribs with soup	番茄鸡蛋汤 Tomato egg soup	荠菜豆腐羹 Shepherd's purse & tofu soup
面 Noodles	泰式咖喱乌冬面/绿叶菜/荷包蛋 Chicken curry udon noodles	糖醋里脊面/绿叶菜/炸蛋 Sweet and sour pork noodles	白切羊排面/绿叶菜/五香蛋 Lamb chop noodles	泰国番茄肥牛米线/绿叶菜/五香蛋 Tomato & beef pot rice noodle	香酥鸡腿面/小生菜/荷包蛋 Crispy chicken leg noodles
扒炉档 Grilled	云南小河粉/小青菜/荷包蛋 Yunnan pho/vegetable /egg	韩式部队锅/米饭/煎蛋 Braised eel thread noodle/egg	新疆大盘鸡面/鸡块/土豆彩椒 Xingjiang chicken noodle/chicken nugget /potato pepper	罗马鸡胸肉披萨/炸薯条/混合色拉 Chicken pizza /chips/vegetable	牛肉番茄炒年糕/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	水果 Fruit	酸奶 Yogurt



1. 26-1.30

午餐菜单
Lunch Menu南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期/菜单 Date/Menu	1.26 星期一 Mon	1.27 星期二 Tue	1.28 星期三 Wed	1.29 星期四 Thu	1.30 星期五 Fri
西式 Western	炸鸡腿排 KFC chicken legs	越南苹果猪肉 Vietnam apple pork	洋葱西兰花牛肉 Fried beef with broccoli	中东风味鸡胸肉 Arabic spice roasted chicken	法式蒜香蘑菇鸡 Garlic mushroom chicken
	西班牙海鲜焗饭 Seafood risotto	罗马牛前胸烩面 Braised beef brisket pasta	意大利肉酱面 Spaghetti bolognese	虾仁罗勒烩饭 Paella de gambas y albahaca	佛卡恰 Focaccia
	蜂蜜烤红薯 Baked sweet potato	芝士土豆泥 Cheese mashed potato	烤蘑菇 Deep -fried mushroom	香烤南瓜 Roasted pumpkin	柠檬土豆角 Lemon potato
	蒜香西兰花 Garlic broccoli	卡真粉花 Grilled vegetable	碳烤芦笋珍珠玉米 Grilled asparagus and corn	意式炭烤时蔬 Grilled vegetable	碳烤时蔬 Grilled vegetable
汤 Soup	蘑菇浓汤 Creamy mushroom soup	地中海番茄浓汤 Mediterranean tomato soup	玉米鸡汤 Chicken soup	法式土豆汤 Potato soup	地中海浓汤 Mediterranean tomato soup
亚式 Asian	桂花盐水鸭 Osmanthus salted duck	毛豆烧鸡块 Roasted chicken pieces	麻油鸡 Sesame oil chicken	番茄溜猪肉片 Tomato-Sautéed Pork Slices	香菇蒸鸡 Steam chicken & mushrooms
	香芹牛肉丝 Shredded beef with celery	糖醋里脊 Sweet and sour pork	粉蒸肉 Steamed glutinous rice pork	酱爆鸡丁 Diced chicken with Soy Sauce	酱爆肉柳 Sautéed pork with soy sauce
	生炒有机花菜 Stir-fried organic cauliflower	胡萝卜炒绿豆芽 Stir-fried carrot and mung sprouts	口蘑炒菜心 Mushrooms fried with choy sum	葱油冬瓜 Wax gourd with scallion oil	芹菜白玉菇 Mushroom and celery
	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	玉米马蹄银耳汤 Corn and Water chestnut Soup	青菜老鸭汤 Vegetable and duck soup	西湖牛肉羹 Xihu style beef sticky soup	紫菜蛋花汤 Seaweed egg drop soup	鸡蛋豆腐汤 Egg tofu soup
面 Noodles	越南柠檬牛肉米粉/绿叶菜/炸蛋 Braised beef rice noodles	新疆大盘鸡面/小青菜/水煮蛋 Xinjiang braised chicken noodles	日式牛肉香菇乌冬面/生菜/五香蛋 Japanese beef mushroom noodles	韩国泡菜巴沙鱼面/青菜/荷包蛋 Korea pickle fish with noodles	手工荠菜鲜肉大馄饨/绿叶菜/水煮蛋 Shepherd's purse & pork dumpling
扒炉档 Grilled	陕西牛肉炒面/煎蛋/青菜 Shanxi fried noodle/beef/fried egg/vegetables	五彩虾仁炒饭/鸡米花/小青菜 Shrimp fried rice/popcorn chicken/vegetables	越南牛肉炒年糕/五香蛋/绿叶菜 Vietnam chicken rice cake Spiced egg/Vegetables	猪肉三明治/鸭油炸薯条/色拉菜 Pork sandwich/Duck fries Vegetables	印尼苹果鸡肉炒饭/煎鸡蛋/生菜 Chicken & apple fried rice
水果/酸奶 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt

