

1.05-1.09

早餐菜单
Breakfast Menu南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期 / 菜单 Date/Menu	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
西式早餐 Western	煎蛋 Sunny -side up	牛奶滑蛋 Creamy scrambled eggs	炒鸡蛋 Scrambled eggs	太阳蛋 Sunny -side up	红烧太阳蛋 Sunny-side up
	鸡米花 Popcon chicken	香肠炒青椒 Sausage str-fried with pepper	炒土豆丝 Stir-fried shredded potato	炒时蔬 Ftir-fried vegetable	鸡肉肠 Chicken sausage
	炒时蔬 Ftir-fried vegetable	樱桃小番茄 Roasted tomatoes	蒸红薯 Steamed sweet potato	蒸玉米 Steamed corn	橄榄油西兰花 Broccoli with olive oil
	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	手工牛肉包/豆沙包 beef baozi / red bean baozi	萝卜丝肉包/藜麦馒头 Shredded radishBun Quinoa Steamed Bun	三丁包/葱花卷 Three diced filling steamed Bun Scallion steamed rolls	酱肉包/香菇菜包 Braised Pork Bun/Mushroom Bun	梅干菜肉包/南瓜馒头 Meigancai Pork Bun/pumpkin Bun
	小馄饨 Cooking wontons	番茄鸡蛋面 Tomato and egg noodles	水饺 Steamed dumplings	酸菜笋尖面 Bamboo shoot noodles	小馄饨 Cooking wontons
	烧麦 Shao Mai	南瓜饼 Pumpkin pancake	葱油饼 Scallion pancake	羌饼 Homemade Pancake	鸡蛋饼 Egg pancake
	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg	茶叶蛋 Boiled tea egg	五香蛋 Spiced Eggs	白煮蛋 Boiled egg
粥铺 Porridge	小米红薯粥 Millet sweet potato porridge	香菇鸡肉粥 Chicken mushroom porridge	大米红薯粥 Rice sweet potato prorridge	小米白粥 Millet porridge	大米粥 Rice porridge



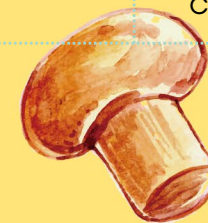
1.12-1.16



早餐菜单 Breakfast 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 Wed	1.16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	太阳蛋 Sunny side up	法式炒蛋 Scrambled eggs
	培根 Bacon	鸡米花 Popcon chicken	鸡肉早餐肠 Chicken sausage	黑椒鸡块 Black Pepper Chicken	炒香肠 Chicken sausage
	早餐炒蔬菜 Fried vegetable	蒸玉米 Steamed Corn	橄榄油西兰花 Broccoli Olive oil	早餐炒时蔬 Stir-fried vegetable	早餐炒蔬菜 Fried 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	萝卜丝肉包/藜麦馒头 Shredded radishBun Quinoa Steamed Bun	三丁包/葱花卷 Three diced filling steamed Bun Scallion steamed Bun	酱肉包/香菇菜包 Braised Pork Bun/Mushroom Bun	手工鲜肉包/西葫芦鸡蛋包 Pork /zucchini egg baozi	粉丝肉沫包/豆沙包 Pork and Vermicelli Bun Red bean baozi
	葱油饼 Scallion oil pancake	炒时蔬 Ftir-fried vegetable	红糖发糕 Brown sugar rice cake	烧麦 Shao mai	蒸方糕 Steamed Rice Cake
	小馄饨 Cooking wonton	水饺 Boiled dumplings	老上海香油面 Shanghaisesame Oil noodles	蒸红薯 Steamed sweet potato	水饺 Boiled dumplings
	白煮蛋 Boiled egg	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg	五香蛋 Spice Eggs	白煮蛋 Boiled egg
粥铺 Porridge	山药瘦肉粥 Yam and pork porridge	胡萝卜瘦肉粥 Carrot pork porridge	小米南瓜粥 Millet porridge with pompkin	大米粥 Rice porridge	香菇鸡肉粥 Chicken & mushroom porridge



1.19-1.23



南通惠立学校
Hiba Academy Nantong
Wellington College Education

早餐菜单 Breakfast Menu

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
西式早餐 Western	太阳蛋 Sunny-side up	煎蛋 Sunny-side up	牛奶滑蛋 Creamy scrambled eggs	红烧太阳蛋 Fried egg in soy sauce	荷包蛋 Sunny-side up
	鸡米花 Popcorn chicken	培根 Bacon	猪肉早餐肠 Pork sausage	香肠炒蔬菜 Fried sausage with vegetable	牛肉早餐肠 Beef sausage
	炒绿叶菜 Stir-fried vegetable	白砂糖玉米 White sugar corn	早餐炒时蔬 Stir-fried vegetable	炒绿叶菜 Stir-fried vegetable	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 Pork baozi/red bean bun	葱花卷/麻婆豆腐包 Scallion buns/Mapo Doufu Bao	三丁包/葱花卷 Three Diced Delicacies Bun Scallion steamed bun	手工香菇菜包/肉包 Pork /mushroom baozi	荠菜肉包/藜麦馒头 Pork and Jicai Bun Quinoa steamed bun
	迷你小油条 Mini Youtiao	炒时蔬 Ftir-fried vegetable	猪肉大葱馅儿饼 Pork pancake	红糖发糕 Brown sugar rice cake	三丝春卷 Three-Shredded Filling Spring Rolls
	小馄饨 Cooking wonton	水饺 Pan-fried dumpling	汤圆 Sesame ball	葱油汤面 Sesame oil noodles	蒸南瓜 Steamed Pumpkin
	白煮蛋 Boiled egg	茶叶蛋 Boild tea egg	白煮蛋 Boiled egg	五香蛋 Five-Spice Eggs	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	白米粥 porridge



1.26-1.30

早餐菜单 Breakfast Menu



南通惠立学校
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	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
西式早餐 Western	牛奶滑蛋 Creamy scrambled eggs	太阳蛋 Sunny-side up	法式炒蛋 Scrambled eggs	煎蛋 Sunny-side up	荷包蛋 Sunny-side up
	鸡肉早餐肠 Chicken sausage	牛肉早餐肠 Beef sausage	鸡米花 Popcorn chicken	培根 Bacon	猪肉早餐肠 Pork sausage
	樱桃小番茄 Grilled tomatoes	绿叶生菜 Roasted vegetable	彩椒西蓝花 Broccoli and pepper	炒四季蔬菜 Roasted vegetable	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	三丁包/葱花卷 Three Diced Delicacies Bun Scallion steamed Bun	荠菜肉包/藜麦馒头 Pork and shepherds purse un Quinoa steamed bun	手工酱肉包/豆沙包 Braised baozi/Red bean bun	手工鲜肉包/香菇菜包 Pork baozi/Mushroom baozi	洋葱牛肉肉包/南瓜馒头 beefand Jicai Bun/pumpkin Bun
	烧麦 Shao mai	红糖发糕 Brown sugar rice cake	三丝春卷 Three-Shredded Filling Spring Rolls	鸡蛋饼 Egg pancake	南瓜饼 Pumpkin pancake
	小馄饨 Cooking wontons	雪菜肉丝面 Shredded Pork with Preserved Vegetable Noodles	水饺 Steamed dumplings	酸菜笋尖面 Bamboo shoot noodles	小馄饨 Cooking wontons
	五香蛋 Five-Spice Eggs	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	玉米猪肉粥 Corn and 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

