

1.05-1.09

晚餐
Dinner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
西式 Western	鸡腿烩西芹 Chicken stewed with celery	意式猎人烩鸡 Chicken cacciatore	梅花肉烩苹果 Pork collar braised with apple	意式红烩牛肉 Spezzatino
	西班牙扇子骨 Spanish ribs	地中海番茄烩鱼排 Tomato fish steak	茄汁鸡肉意面 Ketchup chicken pasta	生海鳕鱼排 Cod steak
	香烤南瓜角 Roasted pumpkin	照烧烤红薯 Baked sweet potato	土豆角 Potato wedges	香烤南瓜角 Roasted pumpkin
	咖喱土豆 Curry potato	碳烤时蔬 Grilled vegetable	炭烤迷迭香彩椒 Rosemary bell pepper	碳烤时蔬 Grilled vegetable
汤 Soup	胡萝卜奶油汤 Cream carrot soup	蘑菇浓汤 Cream mushroom soup	奶油西兰花汤 Cream broccoli soup	南瓜汤 Pumpkin soup
亚式 Asian	番茄炖牛腩 Beef stewed in tomato sauce	湖南小炒鸡 Hunan chicken with chili pepper	酱香焖鸭块 Braised duck chunks	糖醋小排面 Pork chop noodles 五香蛋 Spiced egg 生菜 Lettuce
	宫保肉丁 Diced pork	青椒五花肉片 Sliced pork with pepper	杏鲍菇牛肉片 Sliced beef with mushroom	
	韭菜炒香干 Fried chinese chives	蒜蓉金针菇 Mushroom with garlic	红烧手撕老豆腐 Braised firm tofu	
	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	
汤 Soup	西湖牛肉羹 Beef sticky soup	荠菜豆腐羹 Shepherd's purse & tofu soup	番茄鸡蛋汤 Tomato egg soup	
点心 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit

1.12-1.16

晚餐
Dinner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
西式 Western	塞维利亚炖肉丸 Seville meatballs	德州烧烤鸡腿 BBQ chicken leg	意式红烩牛肉 Red wine braised beef	夏威夷烤鸡 Hawaiian grilled chicken
	西西里岛风味烤鸡 Sicilia roasted chicken	意式番茄烩鱼排 Tomato braised fish fillets	越南辣牛肉豆腐 Spicy beef & tofu NEW 立即试用	虾仁罗勒意大利面 Shrimp basil pasta
	蜂蜜红薯角 Honey sweet potato	脆皮烤土豆 Crispy roasted potatoes	炭烤玉米棒 Grilled corn cob	香烤南瓜角 Roast pumpkin
	炭烤彩椒 Grilled pepper	普罗旺斯蔬菜 Grilled vegetable	百里香西蓝花 Grilled broccoli	香烤时蔬 Grilled vegetable
汤 Soup	排骨玉米汤 Pork rib with corn soup	大葱土豆汤 Potato soup	南瓜奶油汤 Pumpkin soup	蘑菇浓汤 Creamy mushroom soup
亚式 Asian	红烧鸡块 Braised chicken pieces	宫保肉丁 Diced pork	粉蒸肉 Steamed pork with rice flour	番茄溜猪肉片 Tomato-Sautéed Pork Slices
	肉片西葫芦 NEW 立即试用 Stir-fried pork with zucchini	红烧肉 Braise bouili	五彩鸡丁 Colourful diced chicken	酸菜鱼 Boiled fish sichuan pickles
	红烧豆腐 Braised firm tofu	葱爆豇豆 Long beans	绿豆芽韭菜 Stir-fried green bean sprouts	醋溜藕片 NEW 立即试用 Sautéed lotus root with vinegar
	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	紫菜鸡蛋汤 Seaweed egg soup	三鲜汤 NEW 立即试用 Fresh delicacies soup	丝瓜鸡蛋汤 NEW 立即试用 Luffa egg soup	豆腐番茄汤 Tomato tofu soup
点心 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit



1.19-1.23

晚餐
Dinner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
西式 Western	美式鸡胸肉 NEW 立即试用 Chicken breast	西班牙扇子骨 Spanish ribs	黑椒牛小排 Black pepper beef ribs	唐扬粉巴沙鱼 Tempura basa fish
	意大利肉酱面 Spaghetti bolognaise	意式巴沙鱼烩时蔬 Italian basa fish braised vegetable	鸡肉节瓜螺丝面 Chicken with zucchini pasta	西班牙炒饭 Spanish fried rice
	咖喱土豆 Curry potatoes	照烧南瓜角 Roasted pumpkin wedges	蜂蜜烤红薯 Baked sweet potato	奶油土豆泥 Creamy mashed potatoes
	蒜香西兰花 Garlic broccoli	咖喱时蔬 Grilled vegetable	牛奶玉米 Grilled milk corn	意式炭烤彩椒 Grilled vegetable
汤 Soup	胡萝卜奶油汤 Carrot cream soup	蘑菇浓汤 Creamy mushroom soup	大葱土豆汤 Potato soup	法式土豆汤 Potage parmentier soup
亚式 Asian	山东把子肉 Slices of pork meat	红烧鸭块 Braised duck in brown sauce	NEW 立即试用 啤酒胡巴沙鱼 Basa fish	NEW 立即试用 泰国番茄肥牛面 Thai tomatobeefnoodles 五香蛋 Spiced egg 香油生菜 Sesame lettuce
	青椒牛肉 Beef with green pepper	肉片烩菌菇 NEW 立即试用 Mushroom with pork	青椒炒蛋 Scrambled egg with fungus	
	家常豆腐 Homemade sauce tofu	蒜香娃娃菜 Garlic baby bok choy	NEW 立即试用 雪菜毛豆笋片 Stir fried bamboo shoots	
	绿叶菜 Greenvegetables	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	
汤 Soup	冬瓜玉米汤 Wax gourd and corn soup	雪梨枸杞汤 Pear and goji berry soup	小排蘑菇汤 Pork ribs and radish soup	
点心 Fruit/Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt



1.26-1.30

晚餐
Dinner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
西式 Western	巴沙鱼条 Basa fish strip	鸡排汉堡 Chicken fillet burger 	罗马风味烤鸡腿 Roma roasted chicken	意式洋葱牛前胸 Italian onion beef brisket
	牛前胸肉洋葱意面 Beef brisket and onion pasta		日式照烧牛肉饭 Basil tomato sauce pasta 	青椒榄鱼柳面 Green olive fish fillet pasta
	生炒有机花菜 Stir fried organic cauliflower		黄油洋葱炒土豆 Sauteed onion & potato	蜂蜜烤南瓜 Baked sweet pumpkin
	碳烤时蔬 Grilled vegetable		碳烤时蔬 Grilled vegetable	蒜香西兰花 Garlic broccoli
汤 Soup	花菜奶油汤 Cauliflower soup	蘑菇浓汤 Cream mushroom soup	希腊柠檬鸡汤 Greek lemon chicken soup	蘑菇浓汤 Cream mushroom soup
亚式 Asian	红烧狮子头 Stewed meat ball	酱香焖鸭块 Braised duck chunks	糖醋里脊 Sweet and sour pork	台湾红烧酸菜牛肉面 Pickled cabbage beef noodles 
	洋葱炒蛋 Onion fried eggs	洋葱滑蛋肥牛 Scrambled egg with onion and fatty beef	杏鲍菇牛肉片 Sliced beef with mushroom	
	蒜蓉金针菇 Mushroom with garlic	青椒土豆丝 Green pepper & potato strips	鱼香茄子 Eggplant with garlic sauce	
	绿叶菜 Sauteed green vegetable	绿叶菜 Sauteed green vegetable	绿叶菜 Sauteed green vegetable	
汤 Soup	番茄豆腐羹 Tomato and tofu soup	酸辣汤 Tomato and egg soup	排骨冬瓜汤 Rib and winter melon soup	荷包蛋 Fried egg 小青菜 Green vegetable
点心 Fruit/Yogurt	酸奶 Yogurt	水果 Fruit	酸奶 Yogurt	水果 Fruit

