



WELLINGTON COLLEGE  
CHINA  
惠灵顿(中国)



南通惠立学校  
HULLI SCHOOL NANTONG

# 早餐菜单 Breakfast Menu

4.8-4.12

日期/菜单 Date/Menu	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri
中式点心 Chinese Snack	灌汤小笼包 Soup Soup Xiaolongbao	黑米糕 Black Rice Cake	煎饺 Fried dumpling	日式烧麦 Japanese Shaomai	油条 Deep-fried Dough Stick
谷物+奶制品 Cereal + Dairy	混合谷物麦片、纯牛奶、酸奶、鲜牛奶 Mixed cereal、Milk、Yogurt、Fresh milk	蒸山芋、纯牛奶、酸奶、鲜牛奶 sweet potato、Milk、Yogurt、Fresh milk	混合谷物麦片、酸奶、豆浆、鲜牛奶 Mixed cereal、Milk、Soybean milk、Fresh milk	贝贝南瓜、纯牛奶、酸奶、鲜牛奶 Steamed Pumpkin、Milk、Yogurt、Fresh milk	混合谷物麦片、纯牛奶、酸奶、鲜牛奶 Mixed cereal、Milk、Yogurt、Fresh milk
西式点心 Western Snack	白吐司+黄油、果酱 White toast with butter or jam	蜂蜜蛋糕 Honey cake	全麦吐司+黄油、果酱 Whole wheat toast with butter or jam	巧克力麦芬 Chocolate muffin	白吐司+黄油、果酱 White toast with butter or jam
鸡蛋 Eggs	三鲜蛋饺 Three fresh egg dumplings	白煮蛋 Egg	鸡肉早餐肠 Grilled Chicken Sausage	荷包蛋 (现场制作) Fried Egg	卤鹌鹑蛋 Quail Egg w/ Soybean Sauce
蔬菜/水果 Vegetables/Fruit	什锦炒藕丁 Sautéed Minced Lotus Root w/ Carrot & Pepper	广式菜心 Cantonese style vegetable heart	水果块 Fruit block	烩白菜 Braised cabbage	腐皮杭白菜 Stir-fried Hangzhou cabbage & Tofu Skin
面档/粥铺 Noodles/Porridge	小米鸡肉粥 Millet chicken congee	白菜猪肉水饺 (现煮) Pork & Cabbage Dumplings	青菜肉丝汤面 (现煮) Noodle soup with shredded pork and green vegetables	皮蛋瘦肉粥 Lean Pork Porridge W/ Preserved Eggs	紫菜虾皮小馄饨 (现煮) Small Shrimp Wontons W/ Seaweed





# 早餐菜单 Breakfast Menu

4.15-4.19



日期/菜单 Date/Menu	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri
中式点心 Chinese Snack	玉米枣发糕 Red Date & Corn Meal Cake	香脆紫薯球 Crispy Purple Sweet Potato Ballst	卡通豆沙包 Red bean bun	三鲜菜包 Stemmed Mix Vegetables Bun	葱油饼 Pancake
谷物+奶制品 Cereal + Dairy	混合谷物麦片、纯牛奶、酸奶、鲜牛奶 Mixed cereal、Milk、Yogurt、Fresh milk	奶香玉米棒、纯牛奶、酸奶、鲜牛奶 Creamy Corn on Cob、Milk、Yogurt、Fresh milk	混合谷物麦片、酸奶、豆浆、鲜牛奶 Mixed cereal、Milk、Soybean milk、Fresh milk	紫薯、纯牛奶、酸奶、鲜牛奶 Purple Sweet Potato、Milk、Yogurt、Fresh milk	混合谷物麦片、纯牛奶、酸奶、鲜牛奶 Mixed cereal、Milk、Yogurt、Fresh milk
西式点心 Western Snack	白吐司+黄油、果酱 White toast with butter or jam	肉松贝贝 Meat floss cake	全麦吐司+黄油、果酱 Whole wheat toast with butter or jam	红丝绒蛋糕 Red velvet cake	白吐司+黄油、果酱 White toast with butter or jam
鸡蛋 Eggs	白煮蛋 Egg	番茄滑蛋 Tomato egg	黑椒鸡胸肉 Sautéed Chicken Breast w/ Black Pepper	卤鹌鹑蛋 Soy Quail Egg	荷包蛋 (现场制作) Steamed Egg
蔬菜/水果 Vegetables/Fruit	蒜香西兰花 Poached Broccoli w/ Garlic	豉油菜心 Stir-fried Green Vegetable w/soy sauce	水果块 Fruit block	西芹炒香干 Sautéed Celery & Tofu	木耳炒山药 Poached agaric & yam
面档/粥铺 Noodles/Porridge	肉丝菜汤面 (现煮) Noodles Soup w/ Pork & Vegetable	猪肉玉米水饺 (现煮) Pork and corn dumplings	芝麻汤圆 Sesame rice balls	百合南瓜粥 Lily pumpkin porridge	生菜鱼片粥 Sliced Fish Porridge W/ Lettuce





# 早餐菜单 Breakfast Menu

4.22-4.26



日期/菜单 Date/Menu	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri
中式点心 Chinese Snack	猪肉玉米锅贴 Pork And Corn Potstickers	麻球 Deep-Fried Glutinous Rice Balls with Sesame	黑米糕 Black rice cake	鸡肉包 Steamed Chicken Bun	火腿手抓饼 Ham Pancake
谷物+奶制品 Cereal + Dairy	麦片、纯牛奶、酸奶、鲜牛奶 Cereal、 Milk、 Yogurt、 Fresh milk	椒盐烤土豆块、纯牛奶、酸奶、鲜牛奶 Baked Potato、 Milk 、 Yogurt、 Fresh milk	混合谷物麦片、酸奶、豆浆、鲜牛奶 Mixed cereal 、 Milk、 Soybean milk、 Fresh milk	蒸山药、纯牛奶、酸奶、鲜牛奶 Steamed Chinese yam、 Milk、 Yogurt、 Fresh milk	混合谷物麦片、纯牛奶、酸奶、鲜牛奶 Mixed cereal 、 Milk、 Yogurt、 Fresh milk
西式点心 Western Snack	白吐司+黄油、果酱 White toast with butter or jam	树根面包 Root bread	全麦吐司+黄油、果酱 Whole wheat toast with butter or jam	小羊角 Croissant	白吐司+黄油、果酱 White toast with butter or jam
鸡蛋 Eggs	鸡肉早餐肠 Grilled Chicken Sausage	卤鹌鹑蛋 Quail Egg w/ Soybean Sauce	方腿片 Poached Ham Slices	白煮蛋 Boiled Egg	荷包蛋 (现场制作) Fried Egg
蔬菜/水果 Vegetables/Fruit	炒菌菇 Fried Mushrooms	胡萝卜炒花菜 Poached Cauliflower & Carrot	水果块 Fruit block	西芹炒香干 Sautéed Celery & Tofu	香菇青菜 Stir-fry Green Vegetable & Mushroom
面档 /粥铺 Noodles/Porridge	葱油拌面+番茄蛋汤 (现煮) Noodles Served w/ Scallion Oil+Tomato & Egg Soup	八宝粥 Eight Treasures Porridge	紫菜虾皮小馄饨 (现煮) Small Shrimp Wontons W/ Seaweed	云南过桥米线 (现煮) Yunnan Crossing Bridge Rice Noodles	红豆米仁粥 Red Bean Porridge

