



4.8-4.12



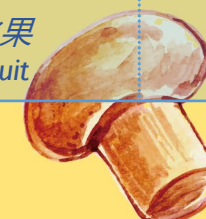
晚餐菜单 Dinner Menu



WELLINGTON COLLEGE
CHINA
惠灵顿(中国)



南通惠立学校
HULLI SCHOOL NANTONG



	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri
大荤 二选一	海南鸡 Sweet and Sour Spare Ribs	红烧大排 Braised steak in brown sauce	鸡米花 Popcorn chicken	豆豉蒸小排 Steamed pork with black beans	
	油面筋塞肉 Oil gluten stuffed with meat	杭椒炒牛肉 Stir-fried beef with Hangzhou pepper		孜然鱿鱼 Cumin squid	
小荤	莴笋炒肉片 Stir-fried pork slices with lettuce	包菜炒蛋 Scrambled eggs with cabbage	夏威夷披萨 Hawaiian pizza	韭黄香干炒鸡丝 Fried chicken shreds with dried Chinese leeks	
蔬菜	广东菜心 Cantonese cabbage heart	蒜香菠菜 Garlic spinach	清炒茼蒿菜 Chinese Green	香菇青菜 Mushrooms and vegetables	
主食	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	
汤	番茄鸡蛋汤 Tomato and egg soup	牛肉汤 Beef Soup	酸辣汤 Hot and Sour Soup	丝瓜蛋汤 Loofah egg soup	
酸奶/水果/点心	酸奶 Yogurt	每日水果 Daily Fruit	点心 Snack	每日水果 Daily Fruit	



4.15-4.19



晚餐菜单 Dinner Menu



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	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri
大荤 二选一	水煮牛肉 Sliced Beef in Chili Oil	生炒仔鸡 Fried chicken	肉酱意面 Spaghetti bolognese	排骨年糕 Rice cake with spare ribs	
	奥尔良鸡排 Orleans chicken cutlets	凤尾虾球 Shrimp balls with anchovies		酸汤番茄鱼 Fish with tomato in sour soup	
小荤	木须鸡蛋 Scrambled eggs	青椒炒蛋 Scrambled eggs with green pepper	鸡肉洋葱圈 Chicken and onion rings	牛柳炒茄子 Fried beef fillet with eggplant	
蔬菜	杭白菜 Hangzhou cabbage	白菜炒素肠 Stir-fried vegetable sausage with cabbage	广东菜心 Cantonese Green	青椒土豆丝 Green Pepper and Potato	
主食	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	
汤	茶树菇鸡汤 Chicken Soup w/ Mushrooms	海带龙骨汤 Kelp keel soup	牛肉丸汤 Beef ball soup	番茄鸡蛋汤 Tomato and egg soup	
酸奶/水果/点心	酸奶 Yogurt	每日水果 Daily Fruit	点心 Snack	每日水果 Daily Fruit	





4.22-4.26



晚餐菜单 Dinner Menu



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	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri
大荤 二选一	酱香鸭腿 Pickled duck leg	糖醋鱼块 Sweet & Sour Fish Nugget	牛肉干层面 Beef lasagna	土豆烧牛肉 Braised beef with potatoes	
	椒盐小酥肉 Salt and pepper crispy meat	四川辣子鸡 Sichuan spicy chicken		口水鸡 Steamed Chicken with Chili Sauce	
小荤	牛肉沫烧萝卜 Minced beef with radish	家常豆腐 Braised Tofu & Pork Slices	炸薯条 French fries	鱼香肉丝 Shredded pork with fish flavor	
蔬菜	广东菜心 Cantonese flowering cabbage	青椒茭白丝 Water Bamboo & Pepper Slices	炒青菜 Poached Greens	蒜香油麦菜 Rye with garlic oil	
主食	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	
汤	鱼丸汤 Fish ball soup	酸辣汤 Spicy & Sour Soup	紫菜虾皮汤 Seaweed and shrimp soup	萝卜肉丸汤 Radish meatball soup	
酸奶/水果/点心	酸奶 Yogurt	每日水果 Daily Fruit	点心 Snack	每日水果 Daily Fruit	

