



12.04-12.07



晚餐菜单 Dinner Menu



WELLINGTON COLLEGE
CHINA
惠灵顿(中国)



南通惠立学校
HUILI 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	小鸡炖蘑菇 Stewed mushroom with chicken	韩式部队锅 Korean army pot	咖喱牛腩 Beef Curry	香酥鸭 Crispy duck	
	笋干烧肉 Roast meat with dried bamboo shoots		三杯鸡 Three-Cup Chicken	葱油莴笋滑鱼 Sliced fish with scallion oil and lettuce	
小荤	肉沫海带 Minced pork kelp		干锅花菜肉片 Sliced pork with dried cauliflower	肉沫炖蛋 Steamed egg with minced pork	
蔬菜	腐竹杭白菜 Chinese cabbage with dried bean		炒青菜 Stir-fried vegetable Green	酸辣大白菜 Hot and sour Chinese cabbage	
主食	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	
汤	牛肉丸汤 Meat Ball Soup	蘑菇蛋花汤 Mushroom and egg drop soup	冬瓜薏米老鸭汤 Duck soup with white gourd and barley	玉米蛋花汤 Corn & 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	





12.11-12.14



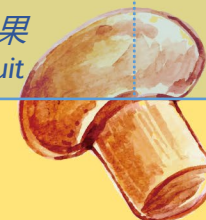
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大荤 二选一	海南鸡 Sweet and Sour Spare Ribs	麻辣香锅 Spicy fragrant pot	洋葱牛肉丝 Braised Beef & Onion Slices	豆豉蒸小排 Steamed pork with black beans	
	糖醋小排 Sweet and sour ribs		红烧鸡翅根 Braised chicken wing roots	孜然鱿鱼 Cumin squid	
小荤	莴笋炒肉片 Stir-fried pork slices with lettuce		鱼柳炖水蛋 Braised fish and eggs	韭黄香干炒鸡丝 Fried chicken shreds with dried Chinese leeks	
蔬菜	广东菜心 Cantonese cabbage heart		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	



12.18-12.21



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	韩式石锅拌饭 Korean bibimbap	台式卤肉 Minced Pork Stew Taiwan Style	糖醋排骨 Sweet and Sour Spare Ribs	
	奥尔良鸡排 Orleans chicken cutlets		蒜蓉粉丝蒸鱼 Steamed fish with garlic and vermicelli	新疆大盘鸡 Xinjiang sauté spicy chicken	
小荤	木须鸡蛋 Scrambled eggs		卤蛋 Boiled Egg in Soy Sauce	鸡柳炒茄子 Fried chicken fillet with eggplant	
蔬菜	白菜烩豆腐 Stewed tofu 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	紫菜虾皮汤 Seaweed and shrimp 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	

