

4.8-4.12

午餐菜单

Lunch Menu


 WELLINGTON COLLEGE
CHINA
惠立学院(中国)

 南通惠立学校
HULLI SCHOOL NANTONG

 日期/菜单
Date/Menu

 星期一
Mon

 星期二
Tue

 星期三
Wed

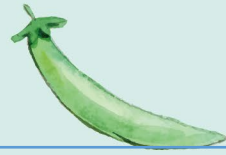
 星期四
Thu

 星期五
Fri

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|----------------------|---|---|--|---|--|
| 西式 Western | 洋葱汁煎肉饼 Fried meatloaf with onion sauce | 铁扒鱼排配炒口蘑 Grilled fish steak with fried mushrooms | 马沙拉鸡 Chicken masala | 墨西哥风味牛肉卷 Beef chipotle | 牛肉千层面 Beef Lasagnas |
| | 芝士奶油红薯泥 Sweet potato puree with cream cheese | 奶油培根汁意面 Spaghetti with creamy bacon sauce | 印度牛肉炒饭 Indian beef fried rice | 孜然鸡柳 Cumin chicken fillet | 蒜香面包 Garlic bread |
| | 西兰花白花菜 Broccoli cauliflower | 芬芳酥烤小番茄 Fragrant roasted tomatoes | 鹰嘴豆马莎拉 Chickpea marsala | 铁扒西葫芦 Grilled Zucchini | 花菜胡萝卜 Cauliflower carrot |
| 亚式 Asian | 台式红烧牛肉 Taiwanese braised beef | 韩式甜辣酱炸鸡翅 Korean Chicken Wing w/ Sweet and Hot Sauce | 锅包肉 Crispy Chicken Slices w/ Sweet & Sour Sauce | 潮汕腐竹南乳鸭 Chaoshan bean curd bamboo south milk duck | 上海辣酱肉 Shanghai chili sauce pork |
| | 肉沫素鸡 Minced meat and dried beans | 韩式牛肉炒粉丝 Korean beef stir-fried vermicelli | 莴笋炒猪肉片 Stir-fried pork slices with lettuce | 番茄炒蛋 Scrambled Eggs w/ Tomatoes | 卤蛋 Marinated Egg |
| | 清炒包菜丝 Stir-fried shredded vegetables | 韩式混合蔬菜 Korean Mixed Vegetable | 青椒土豆片 Green pepper potato chips | 鸡汁娃娃菜 Baby cabbage with chicken sauce | 鸡毛菜 Green vegetable |
| | 米饭/杂粮饭 Rice/Coarse grains | 米饭/杂粮饭 Rice/Coarse grains | 米饭/杂粮饭 Rice/Coarse grains | 米饭/杂粮饭 Rice/Coarse grains | 米饭/面条(细) Rice/Noodles |
| 中式靓汤 Chinese Soup | 筒骨山药汤 Pork & Yam Soup 红豆沙小圆子 Mini rice balls & Red Bean Soup | 自制鱼丸汤 Fish meatball soup 莲子百合红豆沙 Lotus seed and lily with red bean paste | 番茄鸡蛋汤 Tomato & egg Soup 绿豆沙西米露 Mung bean paste sago | 萝卜肉片汤 Sliced radish soup with pork 银耳荸荠甜汤 Sweet soup with white fungus and water chestnuts | 意大利蔬菜汤 Minestrone 水果甜汤 Sweet fruit soup |
| 每日水果 Daily Fruit | 橙子 Orange | 哈密瓜 Hami melon | 酸奶 Yogurt | 西瓜 Watermelon | 火龙果 Dragon fruit |



4.15-4.19



午餐菜单 Lunch Menu



WELLINGTON COLLEGE
CHINA
惠灵顿(中国)



南通惠立学校
NANTONG HUILI SCHOOL

日期/菜单
Date/Menu

星期一
Mon

星期二
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星期三
Wed

星期四
Thu

星期五
Fri

西式
Western

英式炸鱼柳佐塔塔酱
Fish Fillet with Tartar Sauce

意式番茄炖牛肉丸
Beef balls with tomato stew

匈牙利烩猪肉
Pork Goulash

迷迭香烤鸭胸配肉汁
Roasted Duck Breast w/
Rosemary

鸡块
Chicken nuggets

炸薯条
Chips

奶酪焗小弯管
Pasta baked with cheese

鹰嘴豆泥法式脆片
Hunmus Bruchetta

黄姜烤土豆
Roasted potato

萨拉米匹萨
Salami pizza

混合蔬菜
Mixed Vegetables

橙味胡萝卜
Orange carrot

蒜蓉混和蔬菜
Mixed Vegetable with
Garlic

意式炖混合蔬菜
Vegetable Stew

西兰花炒蘑菇
Poached Broccoli & Mushroom

鹤鹑蛋烧肉
Roast meat with quail eggs

粉蒸肉
Steamed pork with rice flour

三杯鸡
Three-Cup chicken

蚝油牛肉
Oyster sauce beef

白切牛肉
Beef

莴笋炒鸡片
Fried chicken slices with
lettuce

外婆菜炒蛋
Scrambled eggs with
Grandma's vegetable

麻婆豆腐
Mapo tofu

尖椒肉丝炒蛋
Shredded pork with chili and
scrambled eggs

臊子
Pork Potato carrot fungus tofu
sauce

韭菜炒绿豆芽
Stir-Fried Pea Sprout

耗油生菜
Greased lettuce

空心菜
Water spinach

清炒油麦菜
Stir-Fried romaine

小青菜
Small greens

米饭/杂粮饭
Rice/Coarse grains

米饭/杂粮饭
Rice/Coarse grains

米饭/杂粮饭
Rice/Coarse grains

米饭/杂粮饭
Rice/Coarse grains

米饭/面条
Rice/Noodles

中式靓汤
Chinese Soup

紫菜蛋花汤
Seaweed & Egg Soup
南瓜小圆子
Pumpkin ball soup

牛肉粉丝汤
Beef & Sweet Potato Fans
Soup
红豆薏米汤
Red Bean and Barley Seed

排骨冬瓜汤
Pork & Wax gourd Soup
鸡蛋酒酿甜汤
Egg sweet wine soup

青菜豆腐鸡蛋羹
Vegetable & Tofu & egg soup
莲子银耳羹
Lotus seed and tremella soup

奶油南瓜汤
Creamy pumpkin soup
罗宋汤
Borscht

每日水果
Daily Fruit

橙子
Orange

哈密瓜
Hami melon

酸奶
Yogurt

西瓜
Watermelon

火龙果
Dragon fruit



4.22-4.26

午餐菜单 Lunch Menu



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惠灵顿(中国)



南通惠立学校
HULLI SCHOOL NANTONG

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西式
Western

亚式
Asian

中式靓汤
Chinese Soup

每日水果
Daily Fruit

| | | | | |
|--|--|---|---|---|
| 素肉豆泥蔬菜芝士卷饼 Veggie and cheese burritos with mashed meat | 意式蛋煎鸡排配蒜香番茄汁 Egg Omelette chicken cutlet with garlic tomato sauce | 烧烤酱烤无骨鸡腿 Boneless chicken leg in barbecue sauce | 德式口蘑煎猪扒 Saute pork chop with mushroom | |
| 快乐黄金盐酥素鸡柳 Crispy vegetarian chicken fillet with salt in gold | 蒜香椒盐土豆条 Garlic and salt potato chips | 三明治 sandwich | 奶油培根意面 Creamy bacon pasta | 奶香土豆泥 Creamy mashed potatoes |
| 混合豆类拌藜麦 Quinoa mixed with beans | 普罗旺斯烤番茄 Provence roasted tomatoes | 醋烤小番茄西葫芦 Roasted cherry tomatoes & Zucchini in vinegar | 香烤混合蔬菜 Roasted mixed vegetables | |
| 素肉麻婆豆腐 Mapo tofu with vegetarian meat | 韩式烤肉排 Korean barbecue steak | 日式猪排 Japanese pork chop | 咖喱鱼丸 Curry fish balls | 盐焗鸡 Fried chicken with shallot and ginger |
| 番茄炒鸡蛋 Scrambled eggs with tomato | 韩式炸酱面 Korean jajangjang noodles | 咖喱土豆鸡 Curry chicken with potatoes | 青椒土豆肉丝 Shredded Pork with green pepper and potatoes | 咸香拌素鸡 Salted and dried beans |
| 鸡蛋干素什锦 Mixed eggs and vegetables | 葱油三丝 Shredded Carrots & Cucumber & Bean sprout in scallion oil | 耗油生菜 Greased lettuce | 葱油冬瓜 Scallion oil winter melon | 小青菜 Brassica chinensis |
| 米饭/杂粮饭 Rice/Coarse grains | 米饭/杂粮饭 Rice/Coarse grains | 米饭/杂粮饭 Rice/Coarse grains | 米饭/杂粮饭 Rice/Coarse grains | 米饭/面疙瘩 Rice/ Noodles |
| 荠菜蘑菇豆腐羹 Shepherd's purse mushroom beancurd soup 蜜豆椰汁小圆子 Honey bean coconut milk round balls | 筒骨山药汤 Pork & Yam Soup 红糖水糯米丸子 Glutinous rice balls in brown sugar water | 番茄蛋花汤 Seaweed and Egg Soup 绿豆沙西米露 Mung bean paste sago | 酸辣汤 Hot and sour soup 莲子银耳羹 Lotus seed and tremella soup | 意大利蔬菜意面汤 Minestrone soup 红糖番薯糖水 Cream of carrot soup |
| 橙子 Orange | 哈密瓜 Hami melon | 酸奶 Yogurt | 西瓜 Watermelon | 火龙果 Dragon fruit |