

12.04-12.08

午餐菜单

Lunch Menu



HULLINGTON COLLEGE
CHINA
惠灵顿(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

西式 Western	墨西哥烤肉 Mexican Roast Pork	牛肉汉堡包 Beef burger	盘烤鱼柳配柠檬黄油汁 Tray Baked Fish Fillet w/Lemon Butter Sauce	意式牛肉酱 Beef sauce, Italian Style	老北京烤鸭匹萨 Roast duck pizza
	墨西哥脆片配沙沙 Tortilla chips with Salsa	培根烤土豆 Roasted Potato w/ Bacon	黄油胡萝卜条 Butter carrot stick	番茄螺丝意面 Fusilli w/ Tomato Sauce	黄金鸡翅根 Crispy Chicken wing
	墨西哥烤茄子 Mexican eggplant	西兰花小番茄 Broccoli tomato	培根口蘑意大利烩饭 Bacon & Mushroom Risoto	铁扒西葫芦 Grilled Zucchini	黄油时蔬 Boiled Seasonal Vegetables
亚式 Asian	酸菜鱼 Fish with pickled cabbage	糖醋排骨 Sweet and Sour Spare Ribs	酸甜咕噜鸡 Sweet and Sour Chicken	梅干菜烧肉 Braised meat with dried plum vegetables	白切牛肉 Beef
	番茄炒蛋 Scrambled Eggs w/ Tomatoes	牛肉末烧豆腐 Braised Tofu w/ Minced Beef	玉米西芹炒虾仁 Sauteed Shrimps w/Sweet Corn	毛豆子萝卜炒鸡丁 Fried chicken slices with beans and radish	手抓饼、千张丝 Pancake&Tofu
	面筋白菜 Braised Cabbage	清炒油菜 Braised Green Vegetable	杭白菜 Cabbage	水煮菠菜 Boiled spinach	青菜、香菜、葱花 Green vegetables, coriander, scallion
	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/淮南牛肉粉丝汤 Rice/Huainan Beef vermicelli Soup
靓汤 Soup	红枣莲藕排骨汤 Lotus Root & Pork Ribs Soup	榨菜肉丝蛋花汤 Shredded pork with pickled mustard and egg drop soup	宋嫂鱼羹 West Lake Style Fish Soup	青菜豆腐汤 Vegetable & Tofu &Soup	奶油蘑菇汤 Cream of mushroom soup
	南瓜小圆子 Pumpkin ball soup	红豆薏米汤 Red Bean and Barley Seed Soup	莲子银耳羹 Lotus seed and tremella soup	香橙雪梨汤 Orange and pear soup	红糖番薯糖水 Brown sugar& sweet potato soup
每日水果 Daily Fruit	皇冠梨 Pear	酸奶 Yogurt	柚子 Grapefruit	酸奶 Yogurt	火龙果 Dragon fruit

12.11-12.15

午餐菜单

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Mon

星期二
Tue

星期三
Wed

星期四
Thu

星期五
Fri

西式 Western	烤猪颈肉配蜂蜜芥末酱 Roasted Pork Neck w/ Gravy	铁扒鱼排配炒口蘑 Grilled fish steak with fried mushrooms	马沙拉鸡 Chicken masala	铁扒鸡肉墨西哥馅饼 Grilled Chicken Quesadillas	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	印度鸡肉炒饭 Indian chicken fried rice	鸡肉洋葱圈 Chicken Onion Ring	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	萝卜炖牛腩 Beef & Radish Stew	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	秘制陈皮鸭 Braised duck with Orange Peel	沙姜葱油鸡 Fried chicken with shallot and ginger
	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	肉片炒什锦 Stir-fried assorted meat slices
	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	广东菜心 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 Rice/Noodles
中式靓汤 Chinese Soup	鱼丸汤 Fish meatball soup 红豆沙小圆子 Mini rice balls & Red Bean Soup	筒骨山药汤 Pork & Yam Soup 金桔雪梨汤 Kumquat pear sweet soup	番茄土豆汤 Tomato & Potato Soup 绿豆沙西米露 Mung bean paste sago	萝卜肉片汤 Sliced radish soup with pork 苹果百合甜汤 Apple Lily sweet soup	意大利蔬菜汤 Minestrone 水果甜汤 Sweet fruit soup
每日水果 Daily Fruit	皇冠梨 Pear	酸奶 Yogurt	柚子 Grapefruit	酸奶 Yogurt	火龙果 Dragon fruit



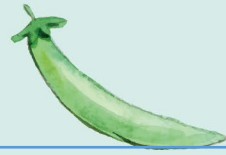
WELLINGTON COLLEGE
CHINA
惠立学院(中国)



南通惠立学校
HUILI SCHOOL NANTONG



12.18-12.22



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
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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

传统风味烤火鸡佐蔓越莓酱,
香浓火鸡肉汁
Roasted Turkey Side with
Cranberry Sauce & Classic
Rich Turkey Gravy

炸薯条
Chips

奶酪焗小弯管
Pasta baked with cheese

鹰嘴豆泥法式脆片
Hummus Bruchetta

黄姜烤土豆
Roasted potato

培根香肠卷
Grilled Bacon & Sausage
Roll

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

方丹烤土豆
Potato Fondant

鹌鹑蛋烧肉
Roast meat with quail eggs

日式咖喱猪排
Japanese curry pork chop

三杯鸡
Three-Cup chicken

蚝油牛肉
Oyster sauce beef

西兰花香炒孢子甘蓝
Broccoli Fried Brussels
sprouts

莴笋炒鸡片
Fried chicken slices with
lettuce

秋葵天妇罗
Okra tempura

麻婆豆腐
Mapo tofu

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

胡萝卜青豆
Carrot & Sweet Pea

韭菜炒绿豆芽
Stir-Fried Pea Sprout

咖喱胡萝卜土豆
Curry carrot and potato

空心菜
Water spinach

清炒油麦菜
Stir-Fried romaine

南瓜派
Pumpkin Pie

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

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
红糖番薯糖水
Brown Sugar Sweet Potato

中式靓汤
Chinese Soup

sodexo
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