



2022.11.01-2022.11.04



# 午餐菜单 Lunch Menu



WELLINGTON 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

水牛风味烤鸡腿  
Buffalo Style Baked Chicken Leg

俄式炖牛肉  
Beef Stroganoff

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

红腰豆炖牛肉酱披萨  
Beef & Red Bean Chili Pizza

奶油红薯泥  
Creamy Sweet Potato Mash

火腿蔬菜意面  
Ham & Vegetable Pasta

黄姜烤土豆  
Roasted potato

烧味香肠  
B.B.Q Sausage

混合生菜  
Mixed Lettuce

铁扒西葫芦  
Grilled Zucchini

意式炖混合蔬菜  
Vegetable Stew

番茄甜玉米粒沙沙  
Tomato & Sweet Corn Salsa

红烧小肉丸  
Braised Small Meatballs

红烧油面筋塞肉  
Braised oil gluten stuffed  
meat

酸菜鱼  
Boiled Fish Fillet w/pickle  
vegetable

萝卜炖牛腩  
Beef & Radish Stew

山药木耳炒鸡片  
Yam fungus fried chicken slices

小葱蒸水蛋  
Steamed egg w/ shallots

花菜炒肉片  
Sautéed Pork Slices &  
Cauliflower

虾仁烩日本豆腐  
Braised Shrimps & Tofu

蒜蓉空心菜  
Sautéed Water Spinach with  
Garlic

清炒杭白菜  
Stir-fried hangzhou cabbage

青椒绿豆芽  
Sautéed Bean Sprouts

葱油莴笋  
Poached Lettuce Root

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

番茄鸡蛋豆腐汤  
Tomato & tofu soup  
法式洋葱汤  
French onion soup

清甜绿豆汤  
Sweet Green Bean Soup  
奶油南瓜汤  
Cream of pumpkin soup

油豆腐粉丝汤  
Tofu & rice noodle soup  
奶油蘑菇汤  
Cream Of Mushroom Soup

番茄玉米肉排汤  
Pork & Tomato & Corn Soup  
味噌汤  
Miso Soup

每日水果  
Daily Fruit

每日水果  
Daily Fruit

酸奶  
Yogurt

每日水果  
Daily Fruit

酸奶  
Yogurt

**sodexo**  
QUALITY OF LIFE SERVICES





2022.11.07-2022.11.11



# 午餐菜单 Lunch Menu



WELLINGTON 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

香煎猪排配口蘑汁  
Grilled Pork Chop w/ Mushroom Sauce

墨西哥芝士饼  
Mexican Cheese Fajita

牛肉丸匹萨  
Beef Ball Pizza

意式炖猪肉  
Stewed Pork, Italian Style

红烩牛肉  
Braised Beef

黄油蔬菜炒饭  
Fried Rice w/ Vegetable

墨西哥烤肉  
Mexican Roast Pork

黄金鸡翅  
Crispy Chicken wing

番茄螺丝意面  
Fusilli w/ Tomato Sauce

奶香土豆泥  
Creamy Potato Mash

菠菜  
Poached Spinach

生菜  
Lettuce

黄油时蔬  
Boiled Seasonal Vegetables

橄榄油烤小番茄  
Baked Cherry Tomato

卡真烤花菜彩椒  
Baked Cauliflower & Bell Pepper

黑椒牛柳  
Black Pepper Beef

杭帮酱鸭脯  
Hangzhou Style Duck Stew

红烧肉  
Braised pork

香煎鱼排  
Pan-fried fish

香葱烧大排  
Stewed Pork Chop w/ Onion

中式  
Asian

番茄炒蛋  
Scrambled Eggs w/ Tomatoes

毛豆茭白炒肉丁  
Stir-Fried pork & water bamboo shoot

牛肉末烧豆腐  
Braised Tofu w/ Minced Beef

姑苏炒鸡片什锦  
Stir-Fried Chicken & vegetable

玉米西芹炒虾仁  
Sautéed shrimp with corn parsnip

豆腐白菜  
Braised Tofu & cabbage

炒青菜  
Sauteed Chinese Green

清炒油菜  
Braised Green Vegetable

蒜蓉豇豆  
Sauteed Green Bean with Garlic

蚝油菌菇  
Braised Mushroom

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/杂粮饭  
Rice/Coarse grains

靓汤  
Soup

紫菜蛋花汤  
Seaweed & Egg Soup  
奶油蔬菜土豆汤  
Cream of potato soup

牛肉粉丝汤  
Beef & Sweet Potato Fans Soup  
法式薏仁蔬菜汤  
Vegetable barley soup

排骨萝卜汤  
Pork & Radish Soup  
奶油花菜汤  
Cream of cauliflower

青菜豆腐鸡蛋羹  
Vegetable & Tofu & egg soup  
奶油土豆汤  
Cream of Potato Soup

木耳丝瓜肉片汤  
Towel Gourd & Pork Soup  
奶油胡萝卜汤  
Cream of carrot soup

每日水果  
Daily Fruit

酸奶  
Yogurt

每日水果  
Daily Fruit

酸奶  
Yogurt

每日水果  
Daily Fruit

酸奶  
Yogurt



QUALITY OF LIFE SERVICES



2022.11.14-2022.11.18



# 午餐菜单 Lunch Menu



WELLINGTON 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

鸡肉汉堡包  
Chicken Burger

萨拉米披萨  
Salami Pizza

韩式甜辣酱烤鸡翅  
Korean Chicken Wing w/  
Sweet and Hot Sauce

铁扒鱼柳  
Grilled Fish Fillet

百里香烤春鸡  
Roasted Spring Chicken

培根烤土豆  
Roasted Potato w/ Bacon

烤双薯  
Roasted Potato w/ Sweet  
Potato

韩式泡菜煎饼  
Korean Kimchi Pancake

牛肉芝士墨西哥煎饼  
Beef & Cheese Quesadillas

里昂风味炒土豆  
Lyonnais Potato

西兰花胡萝卜  
Poached Broccoli & Carrot

混合蔬菜  
Mixed Vegetables

韩式混合蔬菜  
Korean Mixed Vegetable

铁扒西葫芦  
Roasted Zucchini

西兰花胡萝卜  
Poached Broccoli & Carrot

酸甜咕嚕鸡  
Sweet and sour chicken

黄焖鸡块  
Braised Chicken

水煮牛肉  
Sliced Beef in Hot Chili  
Soup

红烧鸭块  
Stewed Duck w/ Special Sauce

茄汁鱼片  
Fish Fillet in Tomato Sauce

虎皮鸡蛋  
Soy Egg

虾仁玉米炖水蛋  
Steamed Egg w/ Shrimps

鱼香肉丝  
Shredded Pork with Fish  
Sauce

香菇炒肉片  
Sautéed Pork & Mushroom

酱爆肉三丁  
Sautéed Chicken & Vegetables

胡萝卜炒菠菜  
Poached Spinach & Carrot

木耳青菜  
Sauteed Green Vegetable &  
Black Fungus

葱油冬瓜  
Sauteed White Gourd w/  
scallion oil

清炒山芋苗  
Sauteed Sweet Potato Sprout

蒜蓉上海青  
Garlic Shanghai Green

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/杂粮饭  
Rice/Coarse grains

意式素菜汤  
Minestrone soup  
红豆沙小圆子  
Mini Dumpling & Red Bean Soup

筒骨山药汤  
Pork & Yam Soup  
奶油南瓜汤  
Cream of pumpkin soup

泡菜豆腐汤  
Kimchi Soup  
意大利蔬菜汤  
Italian Minestrone

番茄土豆汤  
Tomato & Potato Soup  
奶油蘑菇汤  
Cream Of Mushroom Soup

虾皮冬瓜汤  
Dry Shrimp & Winter Melon  
Soup  
味增汤  
Miso Soup

靓汤  
Soup

每日水果  
Daily Fruit

酸奶  
Yogurt

每日水果  
Daily Fruit

酸奶  
Yogurt

每日水果  
Daily Fruit

酸奶

**sodexo**  
QUALITY OF LIFE SERVICES



2022.11.21-2022.11.25



# 午餐菜单 Lunch Menu



WELLINGTON COLLEGE  
CHINA  
惠灵顿(中国)



南通惠立学校  
HUILI 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

德克萨斯麦片烤鸡块  
Texas Baked Chicken

鸡米花  
Popcorn Chicken

美式烤鸡翅  
B.B.Q Chicken Wing

墨西哥鸡肉卷  
Mexican Chicken Roll

铁扒鱼柳佐蔬菜奶油汁  
Grilled Fish Fillet w/ Cream of  
Vegetable Sauce

肉酱意大利面  
Meat Pasta

芝士匹萨  
Cheese Pizza

培根土豆泥  
Bacon & Potato Mash

墨西哥烤肉  
Mexican Roast Pork

番茄芝士焗面  
Baked Noodles w/Tomato &  
Cheese

西兰花小番茄  
Poached Broccoli & Cherry Tomato

西兰花炒蘑菇  
Poached Broccoli & Mushroom

烤西葫芦  
Baked Zucchini

混合生菜  
Mixed Lettuce

意式炖混合蔬菜  
Vegetable Stew

糖醋排条  
Pork w/ Sweet and Sour Sauce

鹤鹑蛋烧肉  
Sautéed Pork & Quail eggs

杭椒牛肉  
Sautéed Beef & Hangzhou  
Green Chili

南京盐水鸭  
Salty Duck, Nanjing Style

小葱藕香煎小肉饼  
Pan-Fried Pork Patty

中式  
Asian

杏鲍菇炒鸡蛋  
Scrambled Eggs w/ Mushroom

葫芦木耳炒鸡片  
Stir-fried Chicken fillets w/  
gourd fungus

韭黄香干炒肉丝  
Sautéed Pork & Tofu Slices

番茄炒蛋  
Scrambled Eggs w/ Tomatoes

花菜炒鸡片  
Sautéed Chicken & Cauliflower  
Slices

白菜烩豆腐  
Cabbage Braised Tofu

青椒土豆丝  
Stir-Fried Potato & Green  
Pepper

葱油莴笋  
Sautéed Lettuce Root w/  
Spring Onion

鸡汁娃娃菜  
Poached Baby Cabbage in  
Chicken Soup

油焖茭白  
Sautéed Wild Rice Shoot

米饭/杂粮饭  
Rice/Coarse grains

米饭/杂粮饭  
Rice/Coarse grains

米饭  
Rice

米饭  
Rice

米饭  
Rice

靓汤  
Soup

红枣莲藕排骨汤  
Lotus Root & Pork Ribs Soup  
奶油蔬菜土豆汤  
Cream of potato soup

红豆薏米汤  
Red Bean and Barley Seed Soup  
印度奶油菠菜汤  
Palak shorba

宋嫂鱼羹  
West Lake Style Fish Soup  
意大利蔬菜汤  
Minestrone Soup

青菜豆腐肉丝汤  
Vegetable & Tofu & Pork Soup  
法式洋葱汤  
French onion soup

粟米羹  
Sweet Corn & Egg Soup  
奶油胡萝卜汤  
Cream of carrot soup

每日水果  
Daily Fruit

酸奶  
Yogurt

每日水果  
Daily Fruit

酸奶  
Yogurt

每日水果  
Daily Fruit

酸奶  
Yogurt

**sodexo**  
QUALITY OF LIFE SERVICES



2022.11.28-2022.11.30



# 午餐菜单 Lunch Menu



WELLINGTON 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

日式猪排  
Japanese Pork Chops

美式热狗  
Hot Dog

墨西哥炖牛肉  
Stewed Beef, Mexico Style

咖喱土豆酱  
Curry Potato Paste

卡真烤土豆  
Potato Cajun

混合豆类墨西哥塔壳  
Mixed Bean & Cheese Taco

酸黄瓜胡萝卜  
Sour Cucumber and Carrot

混合蔬菜  
Mixed Vegetable

混合生菜  
Mixed Lettuce

香菇蒸鸡  
Steamed Chicken & Mushroom

萝卜炖牛腩  
Braised Beef Brisket w/ Radish

五彩虾仁  
Shrimp w/ vegetable

中式  
Asian

牛肉末烧豆腐  
Braised Tofu & Minced Beef

番茄炒蛋  
Scrambled Eggs w/ Tomatoes

红烧小肉丸  
Braised Small Meatballs

胡萝卜炒包菜  
Sautéed Cabbage & Carrot

清炒生菜  
Sautéed Lettuce

平菇炒青菜  
Sautéed Bok Choy & Mushroom

米饭  
Rice

米饭  
Rice

米饭  
Rice

靓汤  
Soup

紫菜蛋花汤  
Seaweed & Egg Soup  
味增汤  
Miso Soup

丝瓜肉片汤  
Towel Gourd & Pork Soup  
法式薏仁蔬菜汤  
Vegetable barley soup

排骨萝卜汤  
Pork & Radish Soup  
奶油花菜汤  
Cream of cauliflower

每日水果  
Daily Fruit

酸奶  
Yogurt

每日水果  
Daily Fruit

酸奶  
Yogurt

