



2022.11.01-2022.11.04



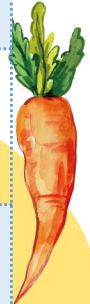
晚餐菜单 Dinner Menu



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

中式/西式
Asian/Western

靓汤
Soup

每日水果
Daily Fruit

烤鸡腿
Roasted Chicken

培根烤薯角
Roasted Potato & Bacon

地中海烩时蔬
Stewed Vegetables

番茄土豆汤
Tomato and Potato soup

酸奶
Yogurt

铁板煎鱼柳
Pan-fried Fish

菠萝火腿炒饭
Fried Rice w/Pineapple and Ham

意大利炖时蔬
Stewed Vegetables, Italian Style

奶油玉米汤
Creamed Corn Soup

每日水果
Daily Fruit

素鸡红烧肉
Braised Pork w/ Dried tofu

土豆鸡丁
Sauteed Potato w/ Chicken

清炒包菜
Sauteed Cabbage

红枣银耳羹
Jujube w/ Snoe Fungus soup

酸奶
Yogurt

米饭
Rice



2022.11.07-2022.11.11



晚餐菜单 Dinner Menu



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中式/西式
Asian/Western

靓汤
Soup

每日水果
Daily Fruit

香菇蒸鸡
Steamed Chicken & Mushroom

时蔬炒肉片
Scrambled Pork Vegetable

手撕包菜
Sauteed Cabbage

米饭
Rice

酸辣汤
Spicy & Sour Soup

每日水果
Daily Fruit

咖喱鸡排
Chicken Curry

风味卤蛋
Egg w/ Soybean Sauce

醋拌海藻
Seaweed with Vinegar Sauce

米饭
Rice

味增海带汤
Miso Kelp Soup

酸奶
Yogurt

红烧鸭腿
Stewed Duck Leg w/ Soybean Sauce,

酱爆肉三丁
Sauteed Pork w/ Sauce

青椒炒银芽
Sauteed Bean Sprouts w/ Green Peppers

米饭
Rice

冬瓜排骨汤
White Gourd & Pork Soup

每日水果
Daily Fruit

总汇三明治
Sandwich

薯条
French Fries

混合蔬菜
Mixed Vegetables

奶油南瓜汤
Cream of Pumpkin Soup

酸奶
Yogurt



2022.11.14-2022.11.18



晚餐菜单 Dinner Menu



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HULLI SCHOOL NANTONG



日期/菜单Date/Menu

星期一
Mon

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星期三
Wed

星期四
Thu

中式/西式
Asian/Western

靓汤
Soup

每日水果
Daily Fruit

五彩虾仁
Shrimp w/ Vegetables

鱼香茄子
Braised Eggplants w/ Soybean Sauce

清炒油菜
Braised Green Vegetable

米饭
Rice

肉丸汤
Meat Ball Soup(Pork)

每日水果
Daily Fruit

肉酱意大利面
Spaghetti Bolognese

蒜香面包
Garlic Bread

烤花菜
Roasted cauliflower

紫薯汤
Purple Sweet Potato Soup

酸奶
Yogurt

鱿鱼烧花肉
Sauteed Squid w/ Pork

鸡丝干锅豆腐
Braised Tofu w/Chicken

清炒小白菜
Sautéed Baby Cabbage

米饭
Rice

清甜绿豆汤
Sweet Green Bean Soup

每日水果
Daily Fruit

肥牛石锅拌饭
Braised Beef w/ Rice in Stone Pot

煎蛋
Fried Eggs

什锦菜
Mixed Vegetables

泡菜汤
Kimchi Soup

酸奶
Yogurt



2022.11.21-2022.11.25



晚餐菜单 Dinner Menu



WELLINGTON COLLEGE
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HUILI SCHOOL NANTONG

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星期三
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Thu

中式/西式
Asian/Western

靓汤
Soup

每日水果
Daily Fruit

酸菜鱼
Boiled Fish w/ Pickled Cabbage
and Chili

肉糜茄子
Minced Pork w/ Eggplant

青椒土豆丝
Shredded Potato w/ Green Pepper

米饭
Rice

番茄土豆汤
Tomato and Potato soup

每日水果
Daily Fruit

夏威夷匹萨/芝士匹萨
Hawaiian Pizza / Cheese Pizza

培根烤南瓜
Roasted Pumpkin w/ Bacon

混合蔬菜
Mixed Vegetables

奶油南瓜汤
Cream of Pumpkin Soup

酸奶
Yogurt

红烧鸡翅根
Braised Chicken Drumette with
Soybean Sauce

银芽肉丝
Sauteed Shredded Pork w/ Green Bean
Sprouts

香菇青菜
Chinese Greens w/ Mushrooms

米饭
Rice

酸辣汤
Hot and Sour Soup

每日水果
Daily Fruit

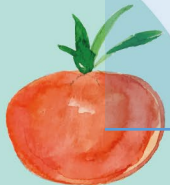
韩式炒年糕
Korean Rice Cake

炸鸡块
Fried Chicken

西兰花口蘑
Broccoli w/ Mushroom

牛肉汤
Beef Soup

酸奶
Yogurt





2022.11.28-2022.11.30



晚餐菜单 Dinner Menu



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中式/西式
Asian/Western

靓汤
Soup

每日水果
Daily Fruit

苏式爆鱼
Fried Fish w/ Sweet and Sour
Sauce, Suzhou Style

酱爆肉三丁
Sauteed Pork w/ Sauce

青椒炒银芽
Sauteed Bean Sprouts w/ Green
Peppers

米饭
Rice

茶树菇鸡汤
Chicken Soup w/ Mushrooms

每日水果
Daily Fruit

肉饼汉堡
Meatloaf Burger

烤薯角
Baked Potato Horn

橙味胡萝卜
Orange flavored carrot

奶油蘑菇汤
Creamed Mushroom Soup

酸奶
Yogurt

干锅鸡
Griddled Chicken w/ Pepper

大煮干丝
Boiled Tofu

手撕包菜
Sauteed Cabbage

米饭
Rice

冬瓜虾皮汤
Winter Melon & Dried Small
Shrimp soup

每日水果
Daily Fruit

