

早餐菜单

Breakfast Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

1.6-1.10

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
中式点心 Chinese Snack	猪肉玉米锅贴 Pork And Corn Potstickers	麻球 Deep-Fried Glutinous Rice Balls with Sesame	黑米糕 Black rice cake	豆沙包 Bean bun	火腿手抓饼 Ham Pancake
谷物+奶制品 Cereal + Dairy	混合谷物麦片、纯牛奶、酸奶、鲜牛奶 Mixed cereal、Milk、Yogurt、Fresh milk	混合谷物麦片、纯牛奶、酸奶、鲜牛奶 Mixed cereal、Milk、Yogurt、Fresh milk	混合谷物麦片、酸奶、豆浆、鲜牛奶 Mixed cereal、Milk、Soybean milk、Fresh milk	混合谷物麦片、纯牛奶、酸奶、鲜牛奶 Mixed cereal、Milk、Yogurt、Fresh milk	混合谷物麦片、纯牛奶、酸奶、鲜牛奶 Mixed cereal、Milk、Yogurt、Fresh milk
西式点心 Western Snack	白吐司+黄油、果酱 White toast with butter or jam	树根面包 Root bread	全麦吐司+黄油、果酱 Whole wheat toast with butter or jam	小羊角 Croissant	白吐司+黄油、果酱 White toast with butter or jam
鸡蛋 Eggs	小葱炒蛋 Scrambled eggs with spring Onions	卤鹌鹑蛋 Quail Egg w/ Soybean Sauce	方腿片 Poached Ham Slices	白煮蛋 Boiled Egg	荷包蛋 (现场制作) Fried Egg
蔬菜/水果 Vegetables/Fruit	炒菌菇 Fried Mushrooms	胡萝卜炒花菜 Poached Cauliflower & Carrot	水果块 Fruit block	西芹炒香干 Sautéed Celery & Tofu	香菇青菜 Stir-fry Green Vegetable & Mushroom
面档 /粥铺 Noodles/Porridge	葱油拌面+番茄蛋汤 (现煮) Noodles Served w/ Scallion Oil+Tomato & Egg Soup	蔬菜粥 Vegetable porridge	紫菜虾皮小馄饨 (现煮) Small Shrimp Wontons W/ Seaweed	云南过桥米线 (现煮) Yunnan Crossing Bridge Rice Noodles	红豆米仁粥 Red Bean Porridge
营养分析 Nutrition Facts	Cal:543 Calories P: 20 g F: 14g Carbs: 84 g	Cal:560Calories P:24 g F:16g Carbs: 80 g	Cal: 544Calories P: 19g F: 12g Carbs: 90 g	Cal:547Calories P: 19 g F: 11g Carbs: 93 g	Cal:560Calories P:21g F: 12 g Carbs:92 g

热能单位: 千卡 2. 蛋白质单位: 克 3. 脂肪单位: 克 4. 碳水化合物单位: 克
1. Calorie(Cal): Calories 2. Protein(P): Grams, g 3. Fat(F): Grams, g 4. Carbohydrates(Carbs): Grams, g

提示: 上述的营养分析结果基于标准的发餐份量

Notes: the nutrition analysis result based on standard portion size

早餐菜单 Breakfast Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

1.13-1.17

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
中式点心 Chinese Snack	小肉包 Steamed pork bun	蒸饺 Steamed Dumpling	黄金刀切 Fried steamed bread	扬州烧麦 Siu Mai	牛肉锅贴 Beef pot stickers
谷物+奶制品 Cereal + Dairy	混合谷物麦片、纯牛奶、酸奶、鲜牛奶 Mixed cereal、Milk、Yogurt、Fresh milk	混合谷物麦片、纯牛奶、酸奶、鲜牛奶 Mixed cereal、Milk、Yogurt、Fresh milk	混合谷物麦片、酸奶、豆浆、鲜牛奶 Mixed cereal、Milk、Soybean milk、Fresh milk	混合谷物麦片、纯牛奶、酸奶、鲜牛奶 Mixed cereal、Milk、Yogurt、Fresh milk	混合谷物麦片、纯牛奶、酸奶、鲜牛奶 Mixed cereal、Milk、Yogurt、Fresh milk
西式点心 Western Snack	白吐司+黄油、果酱 White toast with butter or jam	菠萝羊角 Pineapple croissants	全麦吐司+黄油、果酱 Whole wheat toast with butter or jam	小麦芬 Mini Muffin	白吐司+黄油、果酱 White toast with butter or jam
鸡蛋 Eggs	荷包蛋 (现场制作) Fried Egg	白煮蛋 Boiled Egg	黑椒鸡胸肉 Sautéed Chicken Breast w/ Black Pepper	西式蛋饼 (现场制作) Grilled egg with mushroom & Tomato, Onion	茶叶蛋 Egg w/ Soybean & Tea Sauce
蔬菜/水果 Vegetables/Fruit	清炒菠菜 Stir-fried Spinach	卷心菜 Cabbage	水果块 Fruit block	胡萝卜广式菜心 Poached Cantonese style vegetable heart & Carrot	腐竹青菜 Poached Vegetable & Rotten bamboo
面档/粥铺 Noodles/Porridge	皮蛋瘦肉粥 Lean Pork Porridge w/ Preserved Egg	上汤鸡丝米线 (现煮) Shredded Chicken Rice Noodles	酸汤水饺 (现煮) Dumplings In Sour Soup	白粥配肉松 White congee with Floss meat	酒酿小圆子 Glutinous rice dumplings
营养分析 Nutrition Facts	Cal:551 Calories P: 19 g F: 15g Carbs: 85 g	Cal:556Calories P:21g F:16 g Carbs: 82 g	Cal: 538Calories P: 20g F: 14g Carbs: 83 g	Cal:540Calories P: 20g F: 10g Carbs: 90 g	Cal:575Calories P:21g F: 15 g Carbs:89 g

热能单位: 千卡

1. Calorie(Cal): Calories

2. 蛋白质单位: 克

2. Protein(P): Grams, g

3. 脂肪单位: 克

3. Fat(F): Grams, g

4. 碳水化合物单位: 克

4. Carbohydrates(Carbs): Grams, g

提示: 上述的营养分析结果基于标准的发餐份量

Notes: the nutrition analysis result based on standard portion size

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It all starts with the everyday

早餐菜单 Breakfast Menu

1.20-1.24

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
中式点心 Chinese Snack	黑米糕 Black Rice Cake	奶香小馒头 Milk flavored steamed buns	煎饺 Fried dumpling	日式烧麦 Japanese Shaomai	油条 Deep-fried Dough Stick
谷物+奶制品 Cereal + Dairy	混合谷物麦片、纯牛奶、酸奶、鲜牛奶 Mixed cereal、Milk、Yogurt、Fresh milk	混合谷物麦片、纯牛奶、酸奶、鲜牛奶 Mixed cereal、Milk、Yogurt、Fresh milk	混合谷物麦片、酸奶、豆浆、鲜牛奶 Mixed cereal、Milk、Soybean milk、Fresh milk	混合谷物麦片、纯牛奶、酸奶、鲜牛奶 Mixed cereal、Milk、Yogurt、Fresh milk	混合谷物麦片、纯牛奶、酸奶、鲜牛奶 Mixed cereal、Milk、Yogurt、Fresh milk
西式点心 Western Snack	白吐司+黄油、果酱 White toast with butter or jam	蜂蜜蛋糕 Honey cake	全麦吐司+黄油、果酱 Whole wheat toast with butter or jam	麦芬 Muffin	白吐司+黄油、果酱 White toast with butter or jam
鸡蛋 Eggs	三鲜蛋饺 Three fresh egg dumplings	白煮蛋 Egg	鸡肉早餐肠 Grilled Chicken Sausage	荷包蛋 (现场制作) Fried Egg	卤鹌鹑蛋 Quail Egg w/ Soybean Sauce
蔬菜/水果 Vegetables/Fruit	什锦炒藕丁 Sautéed Minced Lotus Root w/ Carrot & Pepper	香菇菜心 Mushroom and vegetable heart	水果块 Fruit block	烩白菜 Braised cabbage	腐皮杭白菜 Stir-fried Hangzhou cabbage & Tofu Skin
面档 /粥铺 Noodles/Porridge	皮蛋瘦肉粥 Lean Pork Porridge W/ Preserved Eggs	白菜猪肉水饺 (现煮) Pork & Cabbage Dumplings	青菜肉丝汤面 (现煮) Noodle soup with shredded pork and green vegetables	白粥配酱瓜 White congee with pickled melon	紫菜虾皮小馄饨 (现煮) Small Shrimp Wontons W/ Seaweed
营养分析 Nutrition Facts	Cal:559Calories P:23 g F:15 g Carbs: 83 g	Cal:539 Calories P: 19g F: 14g Carbs: 84 g	Cal: 562Calories P: 19g F: 14g Carbs: 90 g	Cal:572Calories P: 20 g F: 16 g Carbs: 87 g	Cal:580Calories P:21g F: 16 g Carbs:88 g

热能单位: 千卡 2. 蛋白质单位: 克 3. 脂肪单位: 克 4. 碳水化合物单位: 克
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提示: 上述的营养分析结果基于标准的发餐份量

Notes: the nutrition analysis result based on standard portion size