

# 晚餐菜单 Dinner Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

1.6-1.10



	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu
大荤	红烧鸡腿 Braised chicken leg	糖醋鱼块 Sweet & Sour Fish Nugget	牛肉千层面 Beef lasagna	土豆烧牛肉 Braised beef with potatoes
	糖醋排骨 Sweet and Sour Spare Ribs	四川辣子鸡 Sichuan spicy chicken	红烩鸡肉 Stewed chicken	口水鸡 Steamed Chicken with Chili Sauce
小荤	Pork cake with dried plum vegetable	肉沫油淋干豆腐 Dried tofu in pork oil	炸薯条 French fries	鱼香肉丝 Shredded pork with fish flavor
蔬菜	广东菜心 Cantonese flowering cabbage	青椒茭白丝 Water Bamboo & Pepper Slices	奶酪焗花菜 Cauliflower in cheese	蒜香油麦菜 Rye with garlic oil
主食	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
汤	鱼丸汤 Fish ball soup	酸辣汤 Spicy & Sour Soup	紫菜虾皮汤 Seaweed and shrimp soup	萝卜肉丸汤 Radish meatball soup
酸奶/水果/点心	酸奶 Yogurt	每日水果 Daily Fruit	点心 Snack	每日水果 Daily Fruit
营养分析 Nutrition Facts	<b>Cal:656Calories</b> P:28 g F: 20 g Carbs: 91 g	<b>Cal:673Calories</b> P:30 g F:20 g Carbs: 93 g	<b>Cal: 670Calories</b> P: 32 g F: 18 g Carbs: 95 g	<b>Cal:654Calories</b> P: 30 g F: 18 g Carbs: 93 g

1.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

sodexo

It all starts with the everyday



# 晚餐菜单 Dinner Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

1.13-1.17



星期一  
Mon

星期二  
Tue

星期三  
Wed

星期四  
Thu

大荤	小鸡炖蘑菇 Stewed mushroom with chicken	南京盐水鸭 Nanjing salted duck	奶油培根意面 Creamy bacon pasta	番茄炖牛肉 Beef stew with tomato
小荤	番茄香草煮猪软骨 Boiled pig cartilage with tomatoes and herbs	蔬菜汁蒸梅花肉 Steamed plum blossom meat with vegetable sauce	炸鸡块 Fried chicken nugget	酸菜鱼 Fish with pickled cabbage
蔬菜	玉米西芹炒虾仁 Fried shrimps with corn and celery	番茄炒鸡蛋 Shredded pork with Chinese cabbage	蒜香面包片 Garlic bread slices	酱油蒸蛋 Steamed egg with soy sauce
主食	清炒卷心菜 Stir-fried cabbage	木耳广东菜心 Cantonese vegetable heart with fungus	西兰花圣女果 Broccoli Cherry tomatoes	酸辣大白菜 Hot and sour Chinese cabbage
汤	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
酸奶/水果/点心	牛肉丸汤 Meat Ball Soup	蘑菇蛋花汤 Mushroom and egg drop soup	奶油蘑菇汤 Cream of mushroom soup	粟米羹 Corn soup
营养分析 Nutrition Facts	酸奶 Yogurt	每日水果 Daily Fruit	点心 Snack	每日水果 Daily Fruit
	Cal:671Calories P:30 g F: 19 g Carbs: 95 g	Cal:660Calories P:31 g F:20 g Carbs: 89 g	Cal: 717Calories P: 29 g F: 25g Carbs: 94 g	Cal:697Calories P: 28 g F: 21 g Carbs: 99 g

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# 晚餐菜单 Dinner Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

1.20-1.24

	星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu
大荤	海南鸡 Hainanese Chicken	黑椒焗猪排 Roast pork chop with black pepper	夏威夷披萨 Hawaiian pizza	糖醋排条 Sweet and sour strips
小荤	油面筋塞肉 Oil gluten stuffed with meat	咖喱牛肉 Braised beef with curried potatoes	香煎鳕鱼排 Pan-fried cod steak	孜然鱿鱼 Cumin squid
蔬菜	干锅干叶豆腐 Chiba bean curd	家烧老豆腐 Braised tofu with minced meat	蘑菇培根奶香土豆泥 Mushroom bacon cream mashed potatoes	渔香鸡蛋 Fish flavored egg
主食	广东菜心 Cantonese cabbage heart	蒜香菠菜 Garlic spinach	蒜香西兰花 Garlic broccoli	香菇青菜 Mushrooms and vegetables
汤	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
酸奶/水果/点心	牛肉汤 Beef Soup	番茄鸡蛋汤 Tomato and egg soup	酸辣汤 Hot and Sour Soup	蘑菇汤 Mushroom soup
营养分析 Nutrition Facts	酸奶 Yogurt	每日水果 Daily Fruit	点心 Snack	每日水果 Daily Fruit
	<b>Cal:676Calories</b> P:29 g F: 20 g Carbs: 95 g	<b>Cal:703Calories</b> P:34 g F:23 g Carbs: 90 g	<b>Cal: 710Calories</b> P: 24 g F: 26 g Carbs: 95 g	<b>Cal:646Calories</b> P: 29 g F: 18 g Carbs: 92 g

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