

晚餐菜单 Dinner Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

11.4-11.08

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	笋干烧肉 Roast meat with dried bamboo shoots	蔬菜汁蒸梅花肉 Steamed plum blossom meat with vegetable sauce	炸鸡块 Fried chicken nugget	香煎鳕鱼排 Pan-fried cod steak
蔬菜	肉沫海带 Minced pork kelp	白菜肉丝 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:664Calories P:31 g F:20 g Carbs: 90 g	Cal: 704Calories P: 29 g F: 25g Carbs: 94 g	Cal:697Calories P: 28 g F: 21 g Carbs: 99 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


11.11-11.15

星期一
Mon

星期二
Tue

星期三
Wed

星期四
Thu

大荤	海南鸡 Hainanese Chicken	黄金猪排 Fried pork chop	夏威夷披萨 Hawaiian pizza	豆豉蒸小排 Steamed pork with black beans
	油面筋塞肉 Oil gluten stuffed with meat	黑椒牛仔粒 Sliced jeans with black pepper	香煎鳕鱼排 Pan-fried cod steak	孜然鱿鱼 Cumin squid
小荤	干锅干叶豆腐 Chiba bean curd	包菜炒蛋 Scrambled eggs with cabbage	 蘑菇培根奶香土豆泥 Mushroom bacon cream mashed potatoes	韭黄香干炒鸡丝 Fried chicken shreds with dried Chinese leeks
蔬菜	广东菜心 Cantonese cabbage heart	蒜香菠菜 Garlic spinach	黄油蒜香炒菠菜 Saute spinach with garlic and butter	香菇青菜 Mushrooms and vegetables
主食	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
汤	牛肉汤 Beef Soup	番茄鸡蛋汤 Tomato and egg soup	酸辣汤 Hot and Sour Soup	丝瓜蛋汤 Loofah egg 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	Cal:676Calories P:29 g F: 20 g Carbs: 95 g	Cal:690Calories P:33 g F:22 g Carbs: 90 g	Cal: 710Calories P: 24 g F: 26 g Carbs: 95 g	Cal:646Calories P: 29 g F: 18 g Carbs: 92 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

晚餐菜单 Dinner Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

11.18-11.22

星期一
Mon

星期二
Tue

星期三
Wed

星期四
Thu

大荤	水煮牛肉 Sliced Beef in Chili Oil	生炒仔鸡 Fried chicken	肉酱意面 Spaghetti bolognese	红烧排骨 Braised spare ribs in brown sauce
	奥尔良鸡排 Orleans chicken cutlets	蒜蓉粉丝蒸大虾 Steamed prawns with garlic vermicelli	鸡肉洋葱圈 Chicken and onion ring	酸汤番茄鱼 Fish with tomato in sour soup
小荤	木须鸡蛋 Scrambled eggs	青椒炒蛋 Scrambled eggs with green pepper	香烤狼牙薯条 Roasted fries	西芹炒香肠 Fried sausage with celery
蔬菜	杭白菜 Hangzhou cabbage	白菜炒素肠 Stir-fried vegetable sausage with cabbage	花菜青豆 Cauliflower and green beans	青椒土豆丝 Green Pepper and Potato
主食	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
汤	茶树菇鸡汤 Chicken Soup w/ Mushrooms	海带龙骨汤 Kelp keel soup	牛肉丸汤 Beef ball soup	番茄鸡蛋汤 Tomato and egg 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	Cal:707Calories P:31 g F: 23 g Carbs: 94 g	Cal:666Calories P:30 g F:18 g Carbs: 96 g	Cal: 722Calories P: 27g F: 26 g Carbs: 95 g	Cal:679Calories P: 32 g F: 19 g Carbs: 95 g

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晚餐菜单 Dinner Menu



南通惠立学校
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Wellington College Education

11.25-11.29

	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	牛肉干层面 Beef lasagna	土豆烧牛肉 Braised beef with potatoes
小荤	椒盐小酥肉 Salt and pepper crispy meat	四川辣子鸡 Sichuan spicy chicken	红烩鸡肉 Stewed chicken	口水鸡 Steamed Chicken with Chili Sauce
蔬菜	牛肉沫烧萝卜 Minced beef with radish	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
主食	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
汤	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
酸奶/水果/点心	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
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:656Calories P:28 g F:20 g Carbs: 91 g	Cal:673Calories P:30 g F:20 g Carbs: 93 g	Cal: 670Calories P: 32 g F: 18 g Carbs: 95 g	Cal:654Calories P: 30 g F: 18 g Carbs: 93 g

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