

11.04-11.08

# 午餐菜单

## Lunch Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

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	盘烤鱼柳配柠檬黄油汁 Tray Baked Fish Fillet w/Lemon Butter Sauce	牛肉汉堡包 Beef burger	墨西哥烤肉 Mexican Roast Pork	黑椒焗猪排 Roast pork chop with black pepper	友情之约披萨 Friendship Bond Pizza
	黄油胡萝卜条 Butter carrot stick	培根烤土豆 Roasted Potato w/ Bacon	墨西哥脆片配沙沙 Tortilla chips with Salsa	香脆薯角 Crispy potato wedges	黄金友谊鸡翅 Golden Friendship Wings
亚式 Asian	 番茄鸡肉焗意面 Baked spaghetti with tomato and chicken	西兰花小番茄 Broccoli tomato	墨西哥烤茄子 Mexican eggplant	花菜青豆 Cauliflower and green beans	友谊满满蔬菜 Friendship Veggie Medley
	酸甜咕嚕鸡 Sweet and Sour Chicken	回锅肉 twice-cooked pork	酸菜鱼 Fish with pickled cabbage	酱鸭腿 Spiced duck leg	友谊之香油豆烧肉 Friendship Delight Tofu Pork
	玉米西芹炒虾仁 Sauteed Shrimps w/Sweet Corn	牛肉末烧豆腐 Braised Tofu w/ Minced Beef	番茄炒蛋 Scrambled Eggs w/ Tomatoes	毛豆子萝卜炒鸡丁 Fried chicken slices with beans and radish	温暖友谊萝卜煲 Warm Friendship Radish Stew
面 Noodle	杭白菜 Cabbage	清炒油菜 Braised Green Vegetable	面筋白菜 Braised Cabbage	水煮菠菜 Boiled spinach	友谊之丝海带 Deep Friendship Scallion Noodles
	福建汤米粉 Fujian rice noodles	广式风味啫啫肉 Cantonese style Jer Jer pork	台式红烧牛肉面 Taiwn Style Beef Noodle Soup	牛肉酱意大利面 Spaghetti with sloppy Joe sauce	浓情友谊拌面 Deep Friendship Scallion Noodles
汤 Soup	 青菜蘑菇肉丸汤 Vegetable mushroom meatball soup 南瓜小圆子 Pumpkin ball soup	榨菜肉丝蛋花汤 Shredded pork with pickled mustard and egg drop soup 红豆薏米汤 Red Bean and Barley Seed Soup	 七彩菌菇汤 Colorful mushroom soup  牛奶银耳羹 White fungus soup with milk	 鸡蛋肉末汤 Egg minced meat soup 番茄汤 Tomato soup	友谊浓情南瓜汤 Friendship Pumpkin Potato Bisque 甜蜜友谊番薯汤 Sweet Friendship Sweet Potato
水果/酸奶 Fruit/Yogurt	水果二选一 Choose 1 of 2 kinds of fruit	水果二选一 Choose 1 of 2 kinds of fruit	酸奶 Yogurt	水果二选一 Choose 1 of 2 kinds of fruit	水果二选一 Choose 1 of 2 kinds of fruit
营养分析 Nutrition Facts	Cal:731 Calories P: 32 g F: 23 g Carbs: 99 g	Cal:692Calories P:33 g F:20 g Carbs: 95 g	Cal: 692Calories P: 29 g F: 20 g Carbs: 99 g	Cal:698Calories P: 30 g F: 22 g Carbs: 95 g	Cal:682Calories P:28 g F: 22 g Carbs:93 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

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It all starts with the everyday

11.11-11.15

# 午餐菜单 Lunch Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

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	巴斯克炖鸡 Basque chicken stew	铁扒鱼排配炒口蘑 Grilled fish steak with fried mushrooms	印度马沙拉鸡 Chicken masala	墨西哥风味牛肉卷 Beef chipotle	希腊千层面 Pastitsio
	罗勒青酱土豆泥 Mashed potatoes with basil pesto sauce	经典奶酪焗小弯管 Classic cheese baked bendy	印度牛肉炒饭 Indian beef fried rice	红烩鸡肉 Stewed chicken	蒜香面包 Garlic bread
亚式 Asian	西兰花白花菜 Broccoli cauliflower	芬芳酥烤小番茄 Fragrant roasted tomatoes	印度鹰嘴豆马沙拉 Chickpea marsala	铁扒西葫芦 Grilled Zucchini	花菜胡萝卜 Cauliflower carrot
	杭椒炒牛肉 Stir-fried beef with Hangzhou pepper	韩式甜辣酱炸鸡翅 Korean Chicken Wing w/ Sweet and Hot Sauce	锅包肉 Crispy Chicken Slices w/ Sweet & Sour Sauce	潮汕腐竹南乳鸭 Chaoshan bean curd bamboo south milk duck	小绍兴葱香白切鸡 Sliced chicken with scallions
	鸡肉沫素鸡 Minced Chicken and dried beans	韩式牛肉炒年糕 Korean beef stir-fried rice cake	渔香鸡蛋 Fish flavored egg	番茄炒蛋 Scrambled Eggs w/ Tomatoes	碧绿莴笋炒肉片 Stir-fried pork slices with lettuce.
面 Noodle	清炒包菜丝 Stir-fried shredded vegetables	韩式混合蔬菜 Korean Mixed Vegetable	青椒土豆片 Green pepper potato chips	干锅娃娃菜 Dry pot baby cabbage	蒜蓉油麦菜 Green vegetable
	上海风味红烧大排面 Shanghai Style noodle Soup w/ Stewed Pork Chop	番茄鸡蛋刀削面 Sliced noodles with tomato and egg	自制红烧肉圆面 Homemade braised pork balls with noodles	浙江风味次乌打面 Zhejiang style noodles	南昌拌粉 Nanchang Mixed Rice Noodle
汤 Soup	肉片山药汤 Sliced meat and yam soup 红豆沙小圆子 Mini rice balls & Red Bean Soup	鱼丸汤 Fish meatball soup 桂圆红枣牛乳茶 Longan red date milk tea	榨菜肉丝蛋花汤 Shredded pork with pickled mustard and egg drop soup 红糖姜枣茶 Brown sugar, ginger and date tea	萝卜肉片汤 Sliced radish soup with pork 银耳荸荠甜汤 Sweet soup with white fungus and water chestnuts	意大利蔬菜汤 Minestrone 水果甜汤 Sweet fruit soup
水果/酸奶 Fruit/Yogurt	水果二选一 Choose 1 of 2 kinds of fruit	水果二选一 Choose 1 of 2 kinds of fruit	酸奶 Yogurt	水果二选一 Choose 1 of 2 kinds of fruit	水果二选一 Choose 1 of 2 kinds of fruit
营养分析 Nutrition Facts	Cal:666Calories P: 29 g F: 18 g Carbs: 97 g	Cal:692Calories P:28 g F:20 g Carbs: 100 g	Cal: 697Calories P: 28 g F: 21g Carbs: 99 g	Cal:670Calories P: 27 g F: 18 g Carbs: 100 g	Cal:706Calories P:31g F: 22g Carbs:96 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



It all starts with the everyday

11.18-11.22

# 午餐菜单

## Lunch Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

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	英式炸鱼柳佐塔塔酱 Fish Fillet with Tartar Sauce	意式番茄炖牛肉丸 Beef balls with tomato stew	匈牙利烩猪肉 Pork Goulash	迷迭香烤鸭胸配肉汁 Roasted Duck Breast w/ Rosemary	牛肉塔克披萨 Beef Taco pizza
	炸薯条 Chips	奶酪焗小弯管 Pasta baked with cheese	鹰嘴豆泥法式脆片 Hunmus Bruchetta	香肠烤土豆 Baked potato with sausage	<b>NEW</b> 黑椒口蘑煎鸡胸肉 Fried chicken breast with black pepper and mushrooms
	混合蔬菜 Mixed Vegetables	橙味胡萝卜 Orange carrot	蒜蓉混和蔬菜 Mixed Vegetable with Garlic	意式炖混合蔬菜 Vegetable Stew	西兰花炒蘑菇 Poached Broccoli & Mushroom
亚式 Asian	鹌鹑蛋烧肉 Roast meat with quail eggs	<b>NEW</b> 粉蒸鸡腿 Steamed chicken leg with flour	三杯鸡 Three-Cup chicken	蚝油牛肉 Oyster sauce beef	香辣鱼片 Spicy fish fillet
	莴笋炒鸡片 Fried chicken slices with lettuce	<b>NEW</b> 梅干菜肉饼子 Pork cake with dried plum vegetable	麻婆豆腐 Mapo tofu	豆芽五花肉炒香干 Stir-fried pork belly with bean sprouts	<b>NEW</b> 外婆菜肉末蒸豆腐 Steamed tofu with minced pork in Grandma's vegetable
	韭菜炒绿豆芽 Stir-Fried Pea Sprout	蚝油生菜 Greased lettuce	<b>NEW</b> 酸辣包菜丝 Hot and sour cabbage	清炒油麦菜 Stir-Fried romaine	老厨白菜 Cabbage
面 Noodle	苏式鸡汤面 Suzhou style chicken soup noodle	云南白汤米线 Yunnan rice noodles with soup	白咖喱鲜虾面 Prawn noodles with white curry	兰州拉面 Lanzhou noodles	广式牛肉炒河粉 Cantonese style Beef noodle soup
汤 Soup	紫菜蛋花汤 Seaweed & Egg Soup 南瓜小圆子 Pumpkin ball soup	牛肉粉丝汤 Beef & Sweet Potato Fans Soup 红豆薏米汤 Red Bean and Barley Seed	<b>NEW</b> 牛腩萝卜汤 Beef brisket soup with radish 奶油蘑菇汤 Cream of mushroom soup	青菜豆腐鸡蛋羹 Vegetable & Tofu & egg soup 小吊梨汤 Small hanging pear soup	奶油南瓜汤 Creamy pumpkin soup 罗宋汤 Borscht
水果/酸奶 Fruit/Yogurt	水果二选一 Choose 1 of 2 kinds of fruit	水果二选一 Choose 1 of 2 kinds of fruit	酸奶 Yogurt	水果二选一 Choose 1 of 2 kinds of fruit	水果二选一 Choose 1 of 2 kinds of fruit
营养分析 Nutrition Facts	Cal:684Calories P: 30 g F: 20 g Carbs: 96 g	Cal:698Calories P:32 g F:18 g Carbs: 102 g	Cal: 684Calories P: 28 g F: 20 g Carbs: 98 g	Cal:667Calories P: 30 g F: 19 g Carbs: 94 g	Cal:692Calories P:30g F: 20 g Carbs:98 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

It all starts with the everyday

11.25-11.29

# 午餐菜单 Lunch Menu



南通惠立学校  
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Wellington College Education

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	牛肉炖番茄 Beef and Tomoto stew	<b>NEW</b> 塞内加尔亚萨鸡 Senegalese Yassa chicken	印式黄油鸡 Indian butter chicken	马德里炖牛肉 beef stew 西班牙海鲜饭 Spanish paella 西班牙肉酱面 Spaghetti bolognese 西班牙炖菜 Spanish vegetable stew 鹰嘴豆拌菠菜 Spinach with chickpeas 辣味番茄酱拌马铃薯 Potatoes with spicy tomato sauce	德式口蘑煎猪扒 Saute pork chop with mushroom
	<b>NEW</b> 芝士肉酱焗意面 Baked spaghetti with cheese bolognese sauce	<b>NEW</b> 西西里肉酱焗茄子 Eggplant baked with Sicilian bolognese sauce	龙虾片 Lobster slice		奶香土豆泥 Creamy mashed potatoes
煮双花 Poached Broccoli & cauliflower	花菜胡萝卜 Cauliflower and carrot	蒜蓉炒豇豆 Stir-fried cowpeas with garlic	香烤混合蔬菜 Roasted mixed vegetables		
亚式 Asian	本帮酱鸭脯 Duck breast in sauce	红烧面筋塞肉 Stuffed Tofu Puff w/ Mined Pork	番茄香草炖猪软骨 Stewed pork cartilage with tomato herbs		洋葱牛肉 Shredded beef and onion
	蟹柳炖水蛋 Poached egg with crab stick	宫保鸡丁 KunPao Chicken	干锅千叶豆腐 Dry pot chiba tofu	肉米烧软茄 Braised eggplant with chicken	
面 Noodle	木耳青菜 Sauteed Green Vegetable & Black Fungus	葱油三丝 Shredded Carrots & Cucumber & Bean sprout in scallion oil	耗油生菜 Greased lettuce	白菜油面筋 Cabbage oil gluten	
	淮南咖喱牛肉粉丝汤 Curry beef vermicelli soup	番茄菌菇牛腩面 Beef brisket noodles with tomato mushroom	云南酸菜鱼米线 Fish and rice noodles with pickled vegetables	星洲炒米粉 Singapore-style noodles	
汤 Soup	青菜豆腐鸡蛋羹 Vegetables & Tofu & egg soup 红豆沙小圆子 Mini rice balls & Red Bean	<b>NEW</b> 肉丸山药汤 Meatball yam soup 红糖水糯米丸子 Glutinous rice balls in brown sugar water	番茄蛋花汤 Seaweed and Egg Soup 绿豆沙西米露 Mung bean paste sago	<b>NEW</b> 酸辣汤 Hot and sour soup 牛奶银耳羹 white fungus soup with milk	意大利蔬菜意面汤 Minestrone soup 红糖番薯糖水 Cream of carrot soup
水果/酸奶 Fruit/Yogurt	橙子 Orange	哈密瓜 Hami melon	酸奶 Yogurt	柚子 Grapefruit	火龙果 Dragon
营养分析 Nutrition Facts	Cal:701Calories P: 33 g F: 21 g Carbs: 95 g	Cal:712Calories P:33 g F:20 g Carbs: 100 g	Cal: 670Calories P: 28 g F: 18 g Carbs: 99 g	Cal:650Calories P: 32 g F: 18 g Carbs: 90 g	Cal:695Calories P:31g F: 22 g Carbs:93 g

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