

LUNCH MENU

 WELLINGTON COLLEGE INTERNATIONAL TIANJIN	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
DAILY SOUP	Cucumber, tomato and egg soup 黄瓜番茄鸡蛋汤	Cabbage, tofu and pork bone soup 白菜豆腐猪骨汤	Snow fungus soup with pears 银耳梨汤	West lake beef soup 西湖牛肉羹	Pumpkin soup 南瓜汤
GLOBAL CUISINE	German-style grilled pork knuckles with grilled sausages and cabbage sauce 德式烤猪肘配烤肠酸椰菜烧汁 Red-braised zucchini with colorful peppers 红烩西葫芦彩椒 Sour bread 酸面包	French-style beef brisket stewed with radish 法式萝卜炖牛腩 Stir-fry seasonal vegetables 炒时令蔬菜 (Broccoli, cauliflower, carrots, bell peppers西兰花, 白菜花, 胡萝卜, 彩椒) Stir-fried lettuce with corn kernels 莴笋炒玉米粒 Rice 米饭	Orleans roast chicken leg meat 奥尔良烤鸡腿肉 Red kidney beans, Chinese kale, and colorful peppers 红腰豆菜心彩椒 Corn cooked in milk 牛奶煮玉米 Rice 米饭	Italian cheese and meat sauce lasagna 意大利芝士肉酱千层面 Boiled cauliflower and carrots 水煮菜花胡萝卜 Honey-roasted pumpkin 蜂蜜烤南瓜 Garlic bread 蒜香面包	Herb and pepper roasted ribs 香草胡椒烤排骨 Beetroot & seasonal vegetables 甜菜根时蔬 Mashed potato 土豆泥 Baguette 法棍
ASIAN INFUSION	Teriyaki beef with shredded onion and bamboo shoots 照烧洋葱笋丝肥牛 Stir-fried dried cabbage 炒香干洋白菜 Sweet and sour lotus root slices 糖醋藕片 Mixed grain rice 杂粮饭	Diced chicken with chili and double peppers 辣子双椒鸡丁 (Chili peppers, Onions, red peppers线椒, 洋葱, 红椒) Stir-fried celery with bean curd sheets and colorful peppers 腐竹彩椒炒芹菜 Tofu skin and Chinese cabbage 豆皮小白菜 Rice 米饭	Taiwanese braised pork with braised eggs 台湾卤肉 With egg & oilseed rape 配: 卤蛋、油菜 Rice 米饭	Sukiyaki 寿喜锅 (Beef slices, enoki mushrooms, tofu, crab sticks, beef balls, broccoli,mushrooms, baby cabbage, konjac shreds牛肉片, 金针菇, 豆腐, 蟹棒, 牛肉丸, 西兰花, 香菇, 娃娃菜, 魔芋丝) Stir-fried bean sprouts 素炒芽豆仁 Japanese miso eggplant and green pepper 日式味增茄子青椒 Rice 米饭	Korean beef soup set 韩式牛肉汤套餐
NOODLE HOUSE	Hot Spicy 麻辣烫 (Sliced chicken, corn segments, lettuce, broad noodles, Hot pot noodles) 配: 鸡肉片、玉米、油菜、宽粉、火锅面	Braised chicken leg noodles 红烧鸡腿面 (Chinese kale, marinated bean curd, quail egg菜心, 卤豆干, 鹌鹑蛋)	Korean-style kimchi fish cake chicken hot pot noodles 韩式泡菜鱼饼鸡肉火锅面	Vietnamese beef pho 越南牛肉河粉 With Mixed Shredded vegetables 配: 油菜、豆芽、紫洋葱丝、青柠、香菜、紫苏	Ghostly tomato meatball pasta 幽灵番茄肉丸意面
HEALTHY BEVERAGE	Snow pear Jasmine 雪梨茉莉花	Orange and cucumber water 橙子黄瓜水	Ume, hawthorn, and mulberry juice 乌梅山楂桑葚汁	Qingti Jasmine 青提茉莉	Lychee eyeball punch 荔枝眼血汁



Nutritional Facts 营养分析	Energy(Kcal) 715	Protein(g) 29	Carbohydrate(g) 87	Fat(g) 29	Sodium(mg) 1035
Nutritional Recommendation 摄入营养建议	Energy(Kcal) 760	Protein(g) 30	Carbohydrate(g) 95	Fat(g) 29	Sodium(mg) 1200

A LA CARTE

 WELLINGTON COLLEGE INTERNATIONAL TIANJIN	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
A LA CARTE	Bacon, floss and cheese pizza 培根肉松奶酪披萨 ¥25.00 (1角) Korean fried chicken 韩式炸鸡 ¥13.00 (120g)	Hand-grabbed mutton 手抓羊肉 (Leek flowers, garlic chili sauce韭菜花, 蒜蓉辣酱) ¥20.00 (100克) Oil-sealed crispy duck legs 油封脆皮鸭腿 ¥15.00 (1只) Stir-fried asparagus with tomato 番茄炒芦笋 ¥13.00 Set meal price ¥48.00	Spanish paella 西班牙海鲜饭 ¥25.00 (120g) American-style scrambled eggs 美式滑蛋 ¥10.00 (100g) Buffalo chicken full wings 水牛城鸡全翅 ¥13.00 (1只)	Black pepper sauce 黑椒汁牛肋条 ¥22.00 (100克) American-style roast chicken 美式烤鸡 ¥18.00 Cajun vegetables 卡真时蔬 ¥8.00 Mushroom braised rice 菌菇闷饭 (Crab mushroom, white jade mushroom, shiitake mushroom蟹味菇, 白玉菇, 香菇) Set meal price ¥48.00	Chicken burger 鸡肉汉堡 ¥20.00 Crispy fries 炸薯格 ¥12.00 (200g) Crispy thousand-strand shrimp 千丝万缕虾 ¥16.00 (150g)



Nutritional Facts 营养分析	Energy(Kcal) 550	Protein(g) 25-30	Carbohydrate(g) 40-60	Fat(g) 25-30	Sodium(mg) 400-600
Nutritional Recommendation 摄入营养建议	Energy(Kcal) 1800-2400	Protein(g) 60-80	Carbohydrate(g) 225-300	Fat(g) 50-70	Sodium(mg) < 2000

WEEKLY 10.27-10.31

BOARDING MENU



 WELLINGTON COLLEGE INTERNATIONAL TIANJIN	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五		
BREAKFAST	 Boiled egg 水煮蛋  Pan-fried chicken breast with herbs 香草煎鸡胸肉  Steamed bun with mushroom and pork 香菇猪肉蒸包 Milk/Soy milk 牛奶/豆浆	 Fried chicken burger 煎鸡肉汉堡 (Crisphead lettuce & Tomato 球生菜 & 番茄)  Steamed beef dumplings 牛肉蒸饺 Scrambled eggs with scallions 小葱炒蛋 Black fungus stir-fried with yam 木耳炒山药 Milk/Pumpkin and mixed grain porridge 牛奶/南瓜杂粮粥	 Steamed bun with custard and egg yolk filling 流沙包  Chicken sandwich 鸡肉牛角三明治 Lettuce 生菜 Shredded carrots and green bamboo shoots 胡萝卜青笋丝 Milk/Soy milk 牛奶/豆浆	 Beef, green beans and corn shumai 牛肉青豆玉米烧麦 Marinated egg 卤蛋 Fried hash browns 煎薯饼 Milk/Millet porridge 牛奶/小米粥	 Cabbage, carrot and pork pie 洋白菜胡萝卜猪肉馅饼 Tea egg 茶叶蛋 Danish bread 丹麦面包 Milk/Soy milk 牛奶/豆浆		
	DINNER	 Tomato and egg soup 西红柿蛋汤  Sautéed moo shu pork in vinegar 醋溜木须肉  Diced chicken with chili sauce 辣子鸡丁 Eggplant with garlic sauce 鱼香茄子 Rice 米饭	 Cream of pumpkin soup 奶油南瓜汤  Basil sauce shrimp pasta 罗勒酱虾仁意大利面  Fried fish 炸鱼 Creamed corn kernels 奶油玉米粒 Rice 米饭	 Corn porridge 玉米粥  Shredded pork in bean sauce 京酱肉丝  Beef cubes with color pepper 彩椒牛肉粒  Hand-shredded cabbage 手撕包菜 Rice 米饭	 Chinese cabbage and tofu soup 白菜豆腐汤  Braised pork 台式卤肉  Stir-fried shredded chicken with asparagus lettuce 莴笋炒鸡肉丝 Fried tomato and egg 番茄炒鸡蛋 Rice 米饭		
		Salad & Drink	Broccoli salad 西兰花沙拉 Fruit 切片季节水果 Water, water fruit tea 水，温泡水果饮	Seasonal salad 时蔬沙拉 (胡萝卜&球生菜&苦菊) Fruit 切片季节水果 Water, water fruit tea 水，温泡水果饮	Lettuce and cucumber salad 生菜黄瓜沙拉 Fruit 切片季节水果 Water, water fruit tea 水，温泡水果饮	Pasta salad 意式面条沙拉 Fruit 切片季节水果 Water, water fruit tea 水，温泡水果饮	
			Nutritional Facts 营养分析	Energy(Kcal) 1800-2200	Protein(g) 60-70	Carbohydrate(g) 250-300	Fat(g) 60-70
 AT SCHOOL	Nutritional Recommendation 摄入营养建议		Energy(Kcal) 1800-2400	Protein(g) 60-80	Carbohydrate(g) 225-300	Fat(g) 50-70	Sodium(mg) < 2000



WEEKLY 10.27-10.31

SNACK MENU

 WELLINGTON COLLEGE INTERNATIONAL TIANJIN	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
MORNING Y2-Y6	Mung bean pastry 绿豆饼 Hami Melon 哈密瓜	Carrot cake 胡萝卜蛋糕 Cherry Tomato 圣女果	Red date and pumpkin cake 红枣南瓜糕 Dragon fruit 火龙果	Egg tart 蛋挞 Orange 橙子	Waffles 华夫饼 Pear 香梨
AFTERNOON Y2-Y6	Chocolate cake 巧克力蛋糕 Apple 苹果	Meat floss on toast  肉松吐司 Watermelon 西瓜		Egg sandwich 鸡蛋三明治 Banana 香蕉	

	Nutritional Facts 营养分析	Energy(Kcal) 300-400	Protein(g) 5-8	Carbohydrate(g) 35-45	Fat(g) 10-20	Sodium(mg) 200-350
	Nutritional Recommendation 摄入营养建议	Energy(Kcal) 100-200	Protein(g) 5-10	Carbohydrate(g) 20-30	Fat(g) 5-10	Sodium(mg) < 500