

WEEKLY 12.1-12.5						
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	 Chicken and chestnut rice soup 鸡茸粟米汤
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 (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	 Chicken Masala 鸡肉玛莎拉 (Tomato, onion, carrot番茄, 洋葱, 胡萝卜) Vegetables, Marsala eggplants and mushrooms 蔬菜玛莎拉茄子蘑菇 Red stewed tomatoes and seasonal vegetables 红烩番茄时蔬 Pancake 薄饼
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	 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	 Taiwanese braised pork with braised eggs 台湾卤肉 With egg & oilseed rape 配：卤蛋、油菜 Rice 米饭	 Korean-style stir-fried pork belly with chili 韩式辣椒炒猪五花 Korean-style spicy stir-fried dried ferns 韩式辣炒蕨菜干 Korean sesame salad with spinach 韩式芝麻拌菠菜 Rice 米饭
NOODLE HOUSE		 Sesame paste shredded chicken cold noodles 麻酱鸡丝凉面 (Carrot, cucumber胡萝卜, 黄瓜)	 Hot Spicy 麻辣烫 (Sliced chicken, corn segments, lettuce, broad noodles, Hot pot noodles) 配：鸡肉片、玉米、油麦菜、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
HEALTHY BEVERAGE		Orange and cucumber water 橙子黄瓜水	Snow pear Jasmine 雪梨茉莉花	Ume, hawthorn, and mulberry juice 乌梅山楂桑葚汁	Qingtji Jasmine 青提茉莉	Pineapple preserved plum sour sweet water 菠萝话梅酸甜水



Nutritional Facts 营养分析	Energy(Kcal) 715	Protein(g) 25	Carbohydrate(g) 87	Fat(g) 27	Sodium(mg) 835
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	 Taiwanese meat floss, vegetable and cheese rice balls 台湾肉松蔬菜芝士饭团 ¥15.00 (2卷)  Tom Yum Goong lemon grilled fish fillets 冬阴功柠檬烤鱼排 ¥21.00 (200g) Spanish omelette 西班牙蛋饼 ¥12.00 (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 12.1-12.5

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
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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	
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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	
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Nutritional Facts 营养分析	Energy(Kcal) 1800-2200	Protein(g) 60-70	Carbohydrate(g) 250-300	Fat(g) 60-70	Sodium(mg) 1500-1800
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 12.1-12.5

SNACK MENU



WELLINGTON COLLEGE
INTERNATIONAL
TIANJIN

SNACK MENU

	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		
 sodexo AT SCHOOL	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