

























LUNCH MENU

	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
DAILY SOUP	Tomato and egg soup 西红柿鸡蛋汤	Hot and sour soup 酸辣汤	Milk-flavored taro and red bean soup 奶香芋头红豆汤	Roasted apple and pumpkin soup 香烤苹果南瓜汤	Winter melon and corn soup 冬瓜玉米汤
GLOBAL CUISINE	 Grilled pork strips in satay sauce 沙爹酱烤猪肉条 Tomato, cabbage, eggplant, celery and beetroot stew 红菜根烩菜（番茄、卷心菜、茄子、西芹） Herbaceous braised zucchini with bell peppers 香草扒节瓜彩椒 Red Rice 红米饭	 Chicken stewed with tomatoes and herbs 番茄香草炖鸡肉 Corn kernels stir-fried with Chinese kale 玉米粒炒菜心 Steamed sweet potato 蒸红薯 Rice 米饭	 Hand-orn pork burger 手撕猪肉汉堡 Yogurt cabbage 酸奶卷心菜 Vanilla-baked potato horns 香草烤薯角	 Honey-baked ribs 蜂蜜烤肋排 Roasted seasonal vegetables 烤时蔬 Christmas wreath baked rice 圣诞花环焗饭	 Hungarian stewed chicken 匈牙利炖鸡 Butter-fried carrots, cauliflower and sweet beans 黄油炒胡萝卜菜花甜豆 Stir-fried spinach with cream 奶油炒菠菜 Rice 米饭
ASIAN INFUSION	 Braised Beef with Potatoes 土豆炖牛肉 Stir-fried broccoli 清炒西兰花 Stir-fried shiitake mushrooms 小炒杏鲍菇 Rice 米饭	 Sichuan-style braised pork 芋头梅菜扣肉 Stir-fried potato chips with tomatoes 番茄炒土豆片 Shredded carrots and lettuce 胡萝卜莴笋丝 Steamed buns & Steamed bread roll 馒头&花卷	 Singapore style chicken 新加坡风味鸡 Fried mixed vegetables, Singapore Style 新加坡咖喱什锦素菜（Shiitake mushrooms, cauliflower, bell peppers, celery, Chinese kale香菇、菜花、彩椒、芹菜、菜心） Deep-Fried Tofu 泰式甜辣脆皮豆腐 Nasi lemak 椰浆饭	 Fried chicken 炸鸡 Vegetable tempura 蔬菜天妇罗 Fried eggs 星星煎蛋 Vinegar rice 醋饭	 Stir-fried pork slices with kelp 猪肉片炒海带 Scrambled eggs with cucumber 黄瓜炒鸡蛋 Cabbage stir-fried with vermicelli 圆白菜炒粉条 Rice 米饭
NOODLE HOUSE	 Korean sweet and sour fruit-flavored cold noodles 朝鲜酸甜果味冷面	 Shanxi sliced pork noodles 陕西臊子面	 Braised chicken noodles in Tianjin-style 津门鸡肉打卤面	 Christmas meat sauce pasta 圣诞肉酱意面	 Beijing noodles with soybean paste 老北京炸酱面
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	Pineapple preserved plum sour sweet water 菠萝话梅酸甜水

	Nutritional Facts 营养分析	Energy(Kcal) 713	Protein(g) 29	Carbohydrate(g) 84	Fat(g) 29	Sodium(mg) 1032
	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

	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
A LA CARTE	 Japanese-style grilled eel rice 日式蒲烧鳗鱼饭（1份100g） With pickled radish & seaweed crumbs & seaweed 配：腌渍萝卜&海苔碎&海藻 ¥40.00	Beef steak with black pepper  黑椒汁牛排 ¥25.00 （1块100g）  Chicken roll 老北京鸡肉卷 ¥13.00 （1卷） Stir-fry zucchini and cherry tomatoes 扒节瓜小番茄 ¥10.00 （150g） Set meal price ¥48.00	 Lemon and garlic salmon 柠檬蒜香三文鱼 ¥28.00 （1块120g） Black pepper stir-fried mushrooms 黑胡椒炒蘑菇 ¥8.00 （150g） Stir-fried asparagus with tomatoes 番茄炒芦笋 ¥12.00 （150g）	 Roast Turkey 烤火鸡 ¥30.00 （100g） Roasted cabbage bacon  烤甘蓝培根 ¥10.00 （100g） Apple pie 苹果派 ¥8.00 （1角） Set meal price ¥48.00	 Pan-fried beef short ribs 香煎牛仔骨 ¥26.00 （120g） Italian vegetable omelette 意式蔬菜烘蛋 ¥12.00 （150g） Sweet and sour mushrooms 糖醋香菇 ¥10.00 （150g）
	American-style scrambled eggs 美式滑蛋 ¥8.00 （100g）				

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	Nutritional Recommendation 摄入营养建议	Energy(Kcal) 450	Protein(g) 18	Carbohydrate(g) 57	Fat(g) 17	Sodium(mg) 350

WEEKLY12.8-12.12

BOARDING MENU

<div><p>WELLINGTON COLLEGE INTERNATIONAL TIANJIN</p></div>	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
BREAKFAST	<div><p>Pumpkin bun 南瓜包 Beef and carrot shumai 牛肉胡萝卜烧卖 Boiled egg 水煮蛋 Milk/Soy milk 牛奶/豆浆</p></div>	<div><p>Smoked chicken sandwich 烟熏鸡肉三明治 (Crisphead lettuce & Tomato 球生菜 & 番茄) Pork soup dumplings 猪肉灌汤包 Scrambled eggs with cheese 芝士炒蛋 Milk/Purple rice porridge 牛奶/紫米粥</p></div>	<div><p>Muffins with honey 松饼配蜂蜜 Pork, celery and corn buns 猪肉香芹玉米包 Marinated egg 卤蛋 Milk/Soy milk 牛奶/豆浆</p></div>	<div><p>Beef burger 牛肉汉堡 (Crisphead lettuce & Tomato 球生菜 & 番茄) Mixed shrimp buns 什锦虾仁包 Scrambled eggs with scallions 香葱炒蛋 Milk/Millet congee 牛奶/小米粥</p></div>	<div><p>Whole wheat toast chicken sandwich 全麦鸡肉吐司三明治 (Crisphead lettuce & Tomato 球生菜 & 番茄) Smoked meat pancake 熏肉大饼 Japanese-style steamed egg 日式蒸蛋 Milk/Soy milk 牛奶/豆浆</p></div>
DINNER	<div><p>Seaweed and egg soup 紫菜蛋花汤 Braised ribs with potatoes 土豆炖排骨 Stir-fried bean curd sheets with chicken and hot peppers 尖椒鸡肉炒豆腐皮 Tomato cabbage 番茄卷心菜 Rice 米饭</p></div>	<div><p>Snow pear and silver ear soup 雪梨银耳汤 Teriyaki chicken pieces 照烧鸡块 Steamed egg with minced meat 肉沫蒸蛋 Broccoli with garlic sauce 蒜蓉西兰花 Rice 米饭</p></div>		<div><p>Chinese cabbage and tofu soup 白菜豆腐汤 Twice-cooked pork 川味回锅肉 Stir fried cabbage with beef 粉丝牛肉炒合菜 Boiled lettuce 白灼生菜 Rice 米饭</p></div>	
Salad & Drink	<p>Broccoli salad 西兰花沙拉 Fruit 切片季节水果 Water, water fruit tea 水, 温泡水果饮</p>	<p>Seasonal salad 时蔬沙拉 (Carrot, Crisphead lettuce, Bitter chrysanthemum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</p>		<p>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</p>	

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WEEKLY12.8-12.12

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	Shredded bread 手撕面包 Hami melon 哈密瓜	Egg tart 蛋挞 Cherry tomato 圣女果	Steamed cake 蒸蛋糕 Dragon fruit 火龙果	Chocolate cake 巧克力蛋糕 Pear 梨
AFTERNOON Y2-Y6	Egg sandwich 鸡蛋三明治 Apple 苹果	Waffle 华夫饼 Watermelon 西瓜		Butter cookies 黄油曲奇 Banana 香蕉	

<div> sodexo AT SCHOOL</div>	Nutritional Facts 营养分析	Energy(Kcal) 713	Protein(g) 29	Carbohydrate(g) 84	Fat(g) 29	Sodium(mg) 1032
	Nutritional Recommendation 摄入营养建议	Energy(Kcal) 760	Protein(g) 30	Carbohydrate(g) 95	Fat(g) 29	Sodium(mg) 1200