

WEEKLY 9.8 - 9.12					
LUNCH MENU					
	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
DAILY SOUP	Chicken soup with mushrooms 菌菇老鸡汤	Braised pork rib soup with lotus root 莲藕炖排骨汤	Vinegar and pepper soup 醋椒汤	White fungus, pear and red date soup 银耳雪梨红枣汤	Korean spicy cabbage soup 韩式辣白菜汤
GLOBAL CUISINE	American-style roast chicken 美式烤鸡 Red-braised zucchini 红烩西葫芦 Cajun baked potatoes 卡真烤土豆 Red rice 红米饭	Italian-style baked dragon fish 意大利风味焗龙利鱼 Stir-fried broccoli with corn kernels 玉米粒炒西兰花 Grilled mushrooms and onions 扒蘑菇洋葱 Italian garlic-flavored Focaccia 意式蒜香佛卡夏	Braised two delicacies (New) 黄焖两样 Stir-fried cabbage in sauce 酱爆圆白菜 Scallion braised tofu 葱烧豆腐 Rice 米饭	Red-braised pork meatballs 红烩猪肉丸 Fried bacon with vegetables 烟肉炒包菜 Stir-fried seasonal vegetables with lemon and vanilla 柠檬香草炒时蔬 Rice 米饭	Black pepper beef burger 黑椒牛肉汉堡 Butter, corn kernels, red kidney beans 黄油玉米粒红腰豆 French fries 炸薯条 Rice 米饭
ASIAN INFUSION	Braised Dongpo pork hock with brown sauce 东坡肘子 Black fungus and Chinese cabbage 木耳小白菜 Kung Pao Shiitake mushrooms 宫保杏鲍菇 Steamed buns & Huajuan 馒头&花卷	Thai stir-fried chicken legs with dried basil and scallions 泰式罗勒干葱炒鸡腿肉 Thai stir-fried water spinach 泰式清炒空心菜 Thai fried prawn slices 泰式炸虾片 Thai fried rice noodles 泰式炒河粉	Braised tofu with eight delicacies 八珍豆腐 (New) Tianjin vegetarian braised eggplant 津味素烧茄子 Tianjin-style stir-fried mixed vegetables 津味炒合菜 Rice 米饭	Korean spicy stir-fried chicken 韩式辣炒鸡 (New) Korean-style bean paste stir-fried with mixed mushrooms 韩式大酱炒杂菌 Korean-style kimchi stir-fried with potato chips 韩式泡菜炒土豆片 Rice 米饭	Shanxi flavorful crispy pork 山西椒麻小酥肉 Braised tofu 红烧豆腐 Stir-fried choy sum 炒菜心 Rice 米饭
NOODLE HOUSE	Cantonese braised beef brisket with rice noodles 广式诸侯牛腩河粉	Japanese chashu ramen 日式叉烧拉面	Tianjin braised noodles 天津打卤面	Taiwanese braised beef noodles 台湾红烧牛肉面	Traditional tomato and meat sauce pasta (New) 传统番茄肉酱意面
HEALTHY BEVERAGE	Mulberry Rose Healthy Water 桑葚玫瑰健康水	Pineapple preserved plum sour sweet water 菠萝话梅酸甜水	Qingti Mint and Lime Water 青提薄荷青柠水	Cucumber Pineapple Peppermint Water 黄瓜菠萝薄荷水	Osmanthus Coconut Water 桂花椰子水



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



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	 Italian air-dried sausage beef pizza(New) 意式风干肠牛肉披萨 ¥23.00 (半张5寸)  Octopus balls 章鱼小丸子 ¥15.00 (6个) Carrot Chickpea with Cumin 孜然炸胡萝卜鹰嘴豆 ¥10.00	  “Jinmen” style creamy stir-fried assorted delicacies 津门奶全爆(New) ¥15.00 (1个)   Black pepper beef fillet stir-fried pasta 黑椒牛柳炒意面 ¥22.00 (120g)  Orleans duck leg 奥尔良鸭腿 ¥16.00 (1个) Braised eggs with lettuce 莴笋扒蛋 ¥10.00 (100g) Set meal price ¥48.00	  “Jinmen” style creamy stir-fried assorted delicacies 津门奶全爆(New) ¥15.00 (1个)  Black garlic minced beef 黑蒜子牛肉粒 ¥22.00 (120克) Braised wheat gluten in sauce 笃面筋 ¥6.00 Fried cake 炸糕 ¥5.00	  Pan-fried beef short ribs with black pepper sauce 香煎牛仔骨黑椒汁 ¥25.00 (100g)  Basil sausage 罗勒香肠 ¥13.00 (1根) Provencal stew 普罗旺斯炖菜 ¥10.00 (100g) Set meal price ¥48.00	 Korean barbecue burrito 韩式烤肉卷饼 ¥22.00 (1卷)  Roast pork plum with cranberry sauce 蔓越莓汁烤猪梅肉 ¥16.00 (100g) Butter broccoli 黄油西兰花 ¥10.00 (100g)	



Nutritional Facts 营养分析	Energy(Kcal) 431	Protein(g) 17	Carbohydrate(g) 57	Fat(g) 15	Sodium(mg) 377
Nutritional Recommendation 摄入营养建议	Energy(Kcal) 450	Protein(g) 18	Carbohydrate(g) 57	Fat(g) 17	Sodium(mg) 350

BOARDING MENU



	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
BREAKFAST	Chabata bread 恰巴塔面包 Stir-fried beef slices with pepper and mushrooms 牛肉片彩椒炒蘑菇 Boiled egg 水煮蛋 Stir-fried vegetables 清炒松花菜 Milk/ Soy milk 牛奶/豆浆	Japanese red bean cheese bun 日式红豆奶酪包 Japanese steamed egg 日式蒸蛋 Fried chicken with shredded potatoes and green pepper 青椒土豆丝炒鸡肉 Fried lotus root slices with carrots 胡萝卜炒藕片 Milk/Beef, celery, carrot and rice porridge 牛奶/牛肉芹菜胡萝卜大米粥	Mini sweet pepper chicken pizza 迷你甜椒鸡肉小披萨 Fried egg with chive 中式香葱炒蛋 Sweet corn kernels 香甜玉米粒 Milk/ Soy milk 牛奶/豆浆	Chicken patties with potato and zucchini, Russian style 俄式土豆西葫鸡肉饼 Barbecued pork bun 港式叉烧包 Egg roll with seasonal vegetables 时蔬蛋卷 Milk/Millet porridge 牛奶/小米粥	Beef burger 迷你牛肉汉堡 (Crisphead lettuce & Tomato 球生菜 & 番茄) Steamed vegetables (sweet potato, purple potato, corn) 蒸时蔬 (红薯, 紫薯, 玉米) Scrambled eggs with lettuce 莴笋炒鸡蛋 Milk/ Soy milk 牛奶/豆浆
DINNER	Korean miso soup 韩式大酱汤 Fried rice cake with pork belly 五花肉炒年糕 Yu-Shiang chicken slices 鱼香鸡片 Stir-fried cabbage in vinegar 醋溜白菜 Rice 米饭	Vegetable egg soup 什锦蛋花汤 Fried beef with onion 葱爆牛肉 Cumin meat slices 孜然肉片 Fried potato, green pepper and eggplant 地三鲜 Rice 米饭	Borscht 罗宋汤 Chicken sausage pizza 鸡肉香肠披萨 Thai lemongrass chicken wings 泰式香茅鸡翅中 Garlic-scented broccoli 蒜香西兰花 Rice 米饭	Winter melon and corn soup 冬瓜玉米汤 Braised Fish with Mushrooms 蘑菇烧鱼件 Stir-fried pork with Zucchini 蒜香肉片炒西葫芦 Stir-fried shredded potatoes with vinegar 醋溜土豆丝 Rice 米饭	
Salad & Drink	Mixed agaric with spinach 菠菜木耳 Fruit 切片季节水果 Water, water fruit tea 水, 温泡水果饮	Purple kale salad 紫甘蓝沙拉 Fruit 切片季节水果 Water, water fruit tea 水, 温泡水果饮	Mixed vegetables 津味素什锦 Fruit 切片季节水果 Water, water fruit tea 水, 温泡水果饮	Seasonal vegetables salad 时蔬沙拉 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) 431	Protein(g) 17	Carbohydrate(g) 57	Fat(g) 15	Sodium(mg) 377
Nutritional Recommendation 摄入营养建议	Energy(Kcal) 450	Protein(g) 18	Carbohydrate(g) 57	Fat(g) 17	Sodium(mg) 350

WEEKLY 9.8 - 9.12

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	Hami Melon 哈密瓜 Red bean puff pastry 红豆千层	Pear 香梨 Blueberry muffin 蓝莓麦芬	Cherry tomatoes 小番茄 Steamed cake 蒸蛋糕	Dragon fruit 火龙果 Orange cake 香橙蛋糕	Muskmelon 伊丽莎白瓜 Soda biscuit 苏打饼干
AFTERNOON Y2-Y6	Apple 苹果 Chiffon cake 戚风蛋糕	Banana 香蕉 Osmanthus cake 桂花糕		Watermelon 西瓜 Original flavor cookies 原味曲奇	



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