

 WELLINGTON COLLEGE INTERNATIONAL TIANJIN		WEEKLY 1.26-1.30											
		LUNCH MENU											
		MON 星期一		TUE 星期二		WED 星期三		THU 星期四		FRI 星期五			
DAILY SOUP		Egg and cucumber soup 鸡蛋青瓜汤		Pork bone soup with tofu and napa cabbage 白菜豆腐猪骨汤		Russian borscht 俄式罗宋汤		Red date and apple soup 红枣苹果汤		Pumpkin soup 南瓜汤			
GLOBAL CUISINE		German roasted pork knuckle with sausage 德式烤猪肘配烤肠 Sauerkraut 酸椰菜 Mashed potatoes with meat gravy 肉汁土豆泥 Whole-wheat bread 全麦面包		English-style pan-fried beef and chicken patty with onion gravy 英式煎肉饼配洋葱汁 Coleslaw with yogurt dressing 酸奶卷心菜 Herb-roasted potato wedges 烤香草土豆角 English muffin 麦芬		Cajun-style roasted chicken leg meat 奥尔良烤鸡腿肉 Western-style scrambled eggs 西式炒蛋 Corn simmered in milk 牛奶煮玉米 Wrap 卷饼		Italian chicken and cheese lasagna 意大利芝士鸡肉酱千层面 Caesar salad 凯撒沙拉 Honey-roasted pumpkin 蜂蜜烤南瓜		American-style fried chicken 美式炸鸡 French fries 炸薯条 Buttered carrots and broccoli 黄油胡萝卜西兰花 Toast 烤面包			
ASIAN INFUSION		Teriyaki beef with onions 照烧洋葱肥牛 Stir-fried cabbage with dried chilies 炅炒洋白菜 Scrambled eggs with shredded bamboo shoots 鸡蛋炒笋丝 Stir-fried noodles in soy sauce 豉油皇炒面		Turkish kebab 土耳其烤肉 Turkish grilled vegetables 土耳其烤蔬菜 (Eggplant, zucchini, bell peppers, Onions茄子、西葫芦、彩椒、洋葱) Stewed chickpeas with tomatoes 炖鹰嘴豆番茄 Pilaf 抓饭		Braised fish with tofu in soy sauce 红烧豆腐炖鱼 Sautéed potatoes and celery 土豆芹菜 Stir-fried bok choy with dried shrimp 虾皮小白菜 Rice 米饭		Vietnamese lemongrass pork chop 越南香茅猪扒 Vietnamese-style scrambled eggs 越南风味炒蛋 Vietnamese braised vermicelli with mixed vegetables 越式焖烧粉丝杂菜 (Shredded carrots, Shredded wood ear mushrooms, bean sprouts胡萝卜丝、木耳丝、豆芽) Rice 米饭		Taiwanese braised pork 台湾卤肉 Served with marinated egg and bok choy 配：卤蛋、油菜 Rice 米饭			
NOODLE HOUSE		Spicy hot pot 麻辣烫 Served with sliced chicken, corn, leaf lettuce, wide noodles, and 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 Served with choy sum, marinated dried tofu, and quail eggs 配：菜心，卤豆干，鹌鹑蛋		Korean beef shin ramyun 韩式牛肉辛拉面		Old Beijing noodles with diced pork, wood ear mushrooms and eggs in gravy 老北京肉丁木耳鸡蛋打卤面		Sour soup rice noodles with fatty beef 酸汤肥牛米线 Served with shredded bamboo shoots, enoki mushrooms, bean sprouts, tofu skin, fish tofu, and greens 配：笋丝、金针菇、豆芽、豆皮、鱼豆腐、青菜			
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			
 sodexo AT SCHOOL		Nutritional Facts 营养分析		Energy(Kcal) 677		Protein(g) 32		Carbohydrate(g) 69		Fat(g) 28		Sodium(mg) 645	
		Nutritional Recommendation 摄入营养建议		Energy(Kcal) 694		Protein(g) 20		Carbohydrate(g) 347		Fat(g) 174		Sodium(mg) 570	
 WELLINGTON COLLEGE INTERNATIONAL TIANJIN		A LA CARTE											
		MON 星期一		TUE 星期二		WED 星期三		THU 星期四		FRI 星期五			
		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)		Shrimp confit in olive oil 橄榄油浸虾 ¥20.00 (6个) Duck leg confit with crispy skin 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 wings 水牛城鸡全翅 ¥13.00 (1只)		Black pepper beef rib strips 黑椒汁牛肋条 ¥22.00 (100克) American roast chicken 美式烤鸡 ¥18.00 Cajun-style seasonal vegetables 卡真时蔬 ¥8.00 Mushroom braised rice 菌菇闷饭 (Crab mushroom, White beech mushroom, shiitake mushroom蟹味菇, 白玉菇, 香菇) Set meal price ¥48.00		Taiwanese chicken floss, vegetable and cheese rice ball 台湾肉松蔬菜芝士饭团 ¥15.00 (1个) Tom Yum lemon grilled fish fillet 冬阴功柠檬烤鱼排 ¥21.00 (200g) Spanish omelette 西班牙蛋饼 ¥12.00 (150g)			
Healthy Options		Chilled soba noodles with vegetables, shrimp and imitation crab 凉拌时蔬荞麦面 ¥25.00 (300g)		Pan-seared flounder Salad 深海龙利鱼沙拉 ¥32.00 (370g)		Chilled soba noodles with beef 牛肉凉拌荞麦面 ¥30.00 (365g)		Caesar salad with grilled chicken breast 凯撒鸡胸沙拉 ¥15.00 (410g)		King oyster mushroom “noodles” with shrimp 杏鲍菇伪拌面 ¥24.00 (360g)			
 sodexo AT SCHOOL		Nutritional Facts 营养分析		Energy(Kcal) 1140		Protein(g) 20		Carbohydrate(g) 89		Fat(g) 55		Sodium(mg) 970	
		Nutritional Recommendation 摄入营养建议		Energy(Kcal) 694		Protein(g) 20		Carbohydrate(g) 347		Fat(g) 174		Sodium(mg) 570	

WEEKLY 1.26-1.30

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	Ciabatta bread 恰巴塔面包 Beef dumplings 牛肉水饺 Boiled egg 水煮蛋 Stir-fried cauliflower 清炒松花菜 Milk/Soy milk 牛奶/豆浆	Japanese red bean and cheese bun 日式红豆奶酪包 Japanese steamed egg custard 日式蒸蛋 Zucchini pancake 角瓜饼 Stir-fried carrot and lotus root slices 胡萝卜炒藕片 Milk/Pork wontons 牛奶/猪肉云吞	Mini bell pepper chicken pizza 迷你甜椒鸡肉小披萨 Brown sugar steamed sponge cake 红糖发糕 Chinese-style scrambled eggs with scallions 中式香葱炒蛋 Sweet corn kernels 香甜玉米粒 Milk/Soy milk 牛奶/豆浆	Russian-style potato and chicken patty 俄式土豆鸡肉饼 Coconut floss scallion roll 椰蓉花卷 Vegetable egg roll 时蔬蛋卷 Milk/Millet porridge 牛奶/小米粥	Mini beef burger 迷你牛肉汉堡 (Crisphead lettuce & Tomato 球生菜 & 番茄) Steamed sweet potato 蒸红薯 Stir-fried lettuce with eggs 莴笋炒鸡蛋 Milk/Soy milk 牛奶/豆浆
DINNER	Tomato and egg soup 西红柿蛋汤 Vinegar-flavored moo shu pork 醋溜木须肉 Spicy diced chicken 辣子鸡丁 Fish-fragrant eggplant 鱼香茄子 Rice 米饭	Cream of pumpkin soup 奶油南瓜汤 Pesto 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 Beijing-style shredded pork in sweet bean sauce 京酱肉丝 Stir-fried beef cubes with bell peppers 彩椒牛肉粒 Hand-torn stir-fried cabbage 手撕包菜 Rice 米饭	Tofu and cabbage soup 白菜豆腐汤 Taiwanese braised pork 台式卤肉 Stir-fried lettuce with shredded chicken 莴笋炒鸡肉丝 Stir-fried tomato and eggs 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) 580	Protein(g) 28	Carbohydrate(g) 68	Fat(g) 23	Sodium(mg) 466
Nutritional Recommendation 摄入营养建议	Energy(Kcal) 867	Protein(g) 25	Carbohydrate(g) 434	Fat(g) 217	Sodium(mg) 713

WEEKLY 1.26-1.30



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	Yogurt 酸奶 Mini chicken pizza 迷你小披萨	Yogurt 酸奶 Milk-fragrant baguette 奶香法棒	Yogurt 酸奶 Hawthorn purple potato milk steamed bun 山楂紫薯牛奶小馒头	Yogurt 酸奶 Tree stump cookies 树桩曲奇	Yogurt 酸奶 Pumpkin oatmeal pie 燕麦南瓜饼
AFTERNOON Y2-Y6	Watermelon 西瓜 Carrot cake 胡萝卜蛋糕	Muskmelon 伊丽莎白瓜 Jujube cake 枣糕		Melon 哈密瓜 Brown sugar sponge cake 红糖发糕	

Nutritional Facts 营养分析	Energy(Kcal) 339	Protein(g) 7	Carbohydrate(g) 57	Fat(g) 13	Sodium(mg) 162
Nutritional Recommendation 摄入营养建议	Energy(Kcal) 173	Protein(g) 5	Carbohydrate(g) 87	Fat(g) 43	Sodium(mg) 143

