

WEEKLY 1.5 - 1.9					
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	Chinese Dough Drop and Egg Soup 鸡蛋疙瘩汤	Cabbage and glass noodle soup 白菜粉丝汤	Snow pear and white fungus soup 雪梨银耳羹	Pork rib and winter melon soup  排骨冬瓜汤
GLOBAL CUISINE	 Grilled pork strips in satay sauce 沙爹酱烤猪肉条 Grilled assorted mushrooms in satay sauce 沙爹酱烤什锦蘑菇 (King oyster mushroom & shiitake mushroom 杏鲍菇 & 香菇) Roasted cabbage with satay sauce 沙爹酱烤卷心菜 Pancake 薄饼	 Spanish-style baked pork chops 西班牙烧烤焗猪扒 Patatas Bravas 勇敢土豆 Roasted tomatoes and carrots 烤番茄胡萝卜 Garlic bread 蒜香面包	 Indian red curry braised beef and potatoes 印度红咖喱烩牛肉土豆  Chickpea masala 玛莎拉鹰嘴豆 Vegetable Biryani 印度素抓饭 (Onion & Carrot 洋葱 & 胡萝卜)	 Pulled pork burger 手撕猪肉汉堡 Cabbage in yogurt dressing 酸奶卷心菜 Herb-roasted potato wedges 香草烤薯角	 Hungarian Goulash 匈牙利炖鸡 Hungarian braised peas 匈牙利炖豌豆 Sauerkraut 酸椰菜 Rice 米饭
ASIAN INFUSION	 Beijing-style hot pot mutton 老北京涮羊肉 With Chinese cabbage, vermicelli, tofu and sesame paste 配：白菜、粉丝、豆腐、芝麻酱 Salt and pepper pancake 椒盐烧饼	 Thai basil and shallot stir-fried chicken thigh 泰式罗勒干葱炒鸡腿肉 Thai stir-fried water spinach 泰式清炒空心菜 Thai shrimp crackers 泰式炸虾片  Thai stir-fried rice noodles 泰式炒河粉	 Sweet and sour fish with pineapple 菠萝咕咾鱼 Braised cabbage with wheat gluten 面筋烧白菜 Winter melon stew with dried shrimp  海米冬瓜 Rice 米饭	 Korean crispy fried chicken 韩式脆皮炸鸡  (配：韩式辣酱) Spicy pickled cabbage 辣白菜 Korean stir-fried bean sprouts 韩式炒豆芽 Rice 米饭	 Black peper beef cubes with king oyster mushrooms 黑椒杏鲍菇牛肉粒 Stir-fried cucumber and egg 黄瓜炒鸡蛋 Sauce-flavored potato strips 酱香土豆丝 Rice 米饭
NOODLE HOUSE	Shanghai-style noodles with spicy diced pork  上海本帮辣肉丁面 	Beijing noodles with soybean paste  老北京炸酱面	Northern Thai curry chicken leg noodles  泰北咖喱鸡腿面	Pasta with cheese, tomato and sausage beef sauce   芝士番茄香肠牛肉酱意面	 Yibin Ranmian 宜宾燃面
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) 650	Protein(g) 28	Carbohydrate(g) 70	Fat(g) 22	Sodium(mg) 507
	Nutritional Recommendation 摄入营养建议	Energy(Kcal) 694	Protein(g) 20	Carbohydrate(g) 347	Fat(g) 174	Sodium(mg) 570

A LA CARTE							
WELLINGTON COLLEGE INTERNATIONAL		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	Steak with black pepper sauce 黑椒汁牛排 ¥25.00 (1块100g) Old Beijing chicken wrap 老北京鸡肉卷 ¥13.00 (1卷) Grilled zucchini and cherry tomatoes 扒节瓜小番茄 ¥10.00 (150g) Set meal price ¥48.00	Lemon garlic salmon 柠檬蒜香三文鱼 ¥28.00 (1块120g) Black pepper sautéed mushrooms 黑胡椒炒蘑菇 ¥8.00 (150g) Sautéed asparagus and tomatoes 番茄炒芦笋 ¥12.00 (150g)	French lamb stew 法式烩羊肉 ¥25.00 (100g) House-Special Grilled Pork Ribs 秘制烤猪肋排 ¥15.00 (100g) Steamed pumpkin with osmanthus honey 桂花蜜蒸南瓜 ¥8.00 (150g) Set meal price ¥48.00	Pan-seared beef short ribs 香煎牛仔骨 ¥26.00 (120g) Italian baked eggs with vegetables 意式蔬菜烘蛋 ¥12.00 (150g) Sweet and sour mushrooms 糖醋香菇 ¥10.00 (150g)	
		Healthy Options	Chilled soba noodles with vegetables, shrimp and imitation crab 凉拌时蔬荞麦面 ¥15.00 (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 虾仁杏鲍菇伪拌面 ¥24.00 (360g)
sodexo AT SCHOOL		Nutritional Facts 营养分析	Energy(Kcal) 450	Protein(g) 20	Carbohydrate(g) 48	Fat(g) 15	Sodium(mg) 315
		Nutritional Recommendation 摄入营养建议	Energy(Kcal) 694	Protein(g) 20	Carbohydrate(g) 347	Fat(g) 174	Sodium(mg) 570

WEEKLY 1.5 - 1.9

BOARDING MENU



	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
BREAKFAST	Pancake with honey 松饼配蜂蜜 Beef and carrot shumai 牛肉胡萝卜烧麦 Boiled egg 水煮蛋 Milk/Soy milk 牛奶/豆浆	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 Cheese scrambled eggs 芝士炒蛋 Milk/Black rice porridge 牛奶/紫米粥	Pumpkin bun 南瓜包 Pork, celery and corn bun 猪肉香芹玉米包 Marinated egg 卤蛋 Milk/Soy milk 牛奶/豆浆	Beef burger 牛肉汉堡 (Crisphead lettuce & Tomato 球生菜 & 番茄) Mixed shrimp bun 什锦虾仁包 Scrambled eggs with scallions 香葱炒蛋 Milk/Millet porridge 牛奶/小米粥	Whole wheat chicken toast sandwich 全麦鸡肉吐司三明治 (Crisphead lettuce & Tomato 球生菜 & 番茄) Meat rolled in thin pancake 薄饼卷肉 Japanese steamed egg custard 日式蒸蛋 Milk/Soy milk 牛奶/豆浆
DINNER	Red bean paste with milk 牛奶红豆沙 Braised pork ribs with potatoes 土豆炖排骨 Stir-fried chicken and tofu skin with hot peppers 尖椒鸡肉炒豆腐皮 Tomato and cabbage stir-fry 番茄卷心菜 Rice 米饭	Black rice porridge with coconut milk 椰浆黑米粥 Cajun-style roast chicken 奥尔良烤鸡 Steamed egg custard with minced pork 肉沫蛋羹 Stir-fried broccoli with garlic 蒜蓉西兰花 Rice 米饭	White radish soup 白萝卜汤 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	Corn porridge 玉米粥 Stir-fried yellow beef 小炒黄牛肉 Pineapple sweet and sour chicken 菠萝咕咾鸡 Stir-fried lettuce in soy sauce 豉油生菜 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 (Carrot, Crisphead lettuce, Chicory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) 535	Protein(g) 24	Carbohydrate(g) 68	Fat(g) 15	Sodium(mg) 400
Nutritional Recommendation 摄入营养建议	Energy(Kcal) 867	Protein(g) 25	Carbohydrate(g) 434	Fat(g) 217	Sodium(mg) 713

WEEKLY 1.5 - 1.9

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	Yogurt 酸奶 Portuguese egg tart 葡式蛋挞	Yogurt 酸奶 Waffle 华夫饼	Yogurt 酸奶 Jam puff 果酱泡芙	Yogurt 酸奶 Chocolate cookies 巧克力曲奇	Yogurt 酸奶 Cranberry toast pudding 蔓越莓吐司布丁
AFTERNOON Y2-Y6	Cherry tomato 圣女果 Cranberry and Sweet Bean Scone 蔓越莓蜜豆司康	Orange 橙子 Steamed pumpkin sponge cake 南瓜棉花杯		Melon 哈密瓜 Blueberry filled cake 蓝莓夹心蛋糕	

	Nutritional Facts 营养分析	Energy(Kcal) 393	Protein(g) 13	Carbohydrate(g) 56	Fat(g) 17	Sodium(mg) 332
	Nutritional Recommendation 摄入营养建议	Energy(Kcal) 173	Protein(g) 5	Carbohydrate(g) 87	Fat(g) 43	Sodium(mg) 143