

WEEKLY 2.2-2.6					
LUNCH MENU					
	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
DAILY SOUP	Hungarian beef soup 匈牙利牛肉汤	Pork soup with Job's tears and kelp 薏米海带猪肉汤	Seaweed and egg soup 紫菜蛋花汤	Red bean paste dessert 红豆沙	Egg drop soup with rice balls 蛋花圆子汤
GLOBAL CUISINE	American herb-roasted chicken thigh meat 美式香草烤鸡腿肉 Balsamic roasted seasonal vegetables in olive oil 橄榄油香醋烤时蔬 Butter and herb baby potatoes 黄油香草小土豆	Herb-grilled fish fillet with dill, lemon, and tomato cream sauce 香草扒鱼柳配刁草柠檬番茄奶油汁 Stir-fried broccoli with corn kernels 玉米粒炒西兰花 Grilled mushrooms and onions 扒蘑菇洋葱 Mashed potatoes 土豆泥	French creamy mushroom braised chicken 法式奶油蘑菇烩鸡 Provencal vegetable stew 普罗旺斯烩菜 Boiled cauliflower and carrots 水煮菜花胡萝卜 Baguette 法棍	Braised pork meatballs in tomato sauce 红烩猪肉丸 Stir-fried cabbage with bacon 烟肉炒包菜 Lemon herb stir-fried seasonal vegetables 柠檬香草炒时蔬 Rice 米饭	Beijing roast duck 北京烤鸭 Mixed vegetable egg custard 什锦时蔬蛋羹 Stir-fried cauliflower with tomatoes 番茄花菜 Spring pancakes 春饼
ASIAN INFUSION	Dongpo pork knuckle 东坡肘子 Stir-fried bok choy with wood ear mushrooms 木耳小白菜 Fish-Fragrant Green Fish-Fragrant Green Pepper and Carrot Stir-fry 鱼香素肉（青椒&胡萝卜） Steamed buns & Scallion rolls 馒头&花卷	Nasi lemak with chicken 海南鸡肉椰浆饭 Served with bok choy, boiled egg, minced garlic, and sweet chili sauce 配：油菜、水煮蛋、蒜蓉、甜辣酱	Taiwanese braised beef brisket rice 台式牛腩饭 Served with spiced braised egg and bok choy 配：五香卤蛋、油菜	Korean bibimbap set meal 韩式石锅拌饭套餐 Served with shredded chicken, fried egg, bean sprouts, zucchini, kimchi, and seaweed flakes 配：鸡肉丝、煎蛋、豆芽、西葫芦、泡菜、海苔碎	Braised pork meatballs 四喜丸子 Baby bok choy with garlic and vermicelli 蒜蓉粉丝娃娃菜 Stir-fried bok choy with shiitake mushrooms 香菇油菜 Rice 米饭
NOODLE HOUSE	Traditional spaghetti with tomato and meat sauce 传统番茄肉酱意面	Tomato, egg and meat slices noodles 西红柿鸡蛋肉片猫耳朵	Japanese chashu ramen 日式叉烧拉面	Taiwanese braised beef noodles 台湾红烧牛肉面	Chinese dumplings 饺子
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 Lemon Water 青提柠檬水	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) 650	Protein(g) 28	Carbohydrate(g) 70	Fat(g) 22	Sodium(mg) 515
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					
	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
A LA CARTE	Italian salami and beef pizza 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）	Korean BBQ meat wrap 韩式烤肉卷饼 ¥22.00 （1卷） Cajun-style duck leg 奥尔良鸭腿 ¥16.00 （1个） Braised lettuce with eggs 莴笋扒蛋 ¥10.00 （100g） Set meal price ¥48.00	Hot dog 热狗 (Hot dog sausage, lettuce, tomato, hot dog sauce) 热狗肠，生菜，番茄，热狗酱 ¥18.00 （1个） Sweet potato fries 红薯条 ¥15.00 （120克） Mushrooms stir-fried with basil pesto 罗勒酱炒蘑菇 ¥8.00	Black pepper beef stir-fried pasta 黑椒牛柳炒意面 ¥22.00 （120g） Cranberry glazed roasted pork collar 蔓越莓汁烤猪梅肉 ¥16.00 （100g） Ratatouille 普罗旺斯炖菜 ¥10.00 （100g） Set meal price ¥48.00	Crispy shredded-wrapped prawns 千丝万缕虾 ¥20.00 （6个） Cola chicken wings 可乐鸡翅 ¥18.00 （3个） Vegetarian "Eel" 素鳗鱼 ¥10.00 （150g）
	Crispy cumin carrots and chickpeas 孜然炸胡萝卜鹰嘴豆 ¥10.00				
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 虾仁杏鲍菇伪拌面 ¥24.00 （360g）



Nutritional Facts 营养分析	Energy(Kcal) 900	Protein(g) 40	Carbohydrate(g) 95	Fat(g) 30	Sodium(mg) 690
Nutritional Recommendation 摄入营养建议	Energy(Kcal) 694	Protein(g) 20	Carbohydrate(g) 347	Fat(g) 174	Sodium(mg) 570

BOARDING MENU



	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
BREAKFAST	Buttered toast 黄油吐司面包 Steamed pork and shiitake mushroom bun 香菇猪肉蒸包 Boiled egg 水煮蛋 Pan-fried chicken breast with herbs 香草煎鸡胸肉 Milk/ Soy milk 牛奶/豆浆	Pan-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 Milk/Zucchini and pork wontons 牛奶/角瓜猪肉云吞	Lava custard bun 流沙包 Chicken croissant sandwich 鸡肉牛角三明治 Lettuce 生菜 Shredded carrot and asparagus lettuce 胡萝卜青笋丝 Milk/ Soy milk 牛奶/豆浆	Beef, green pea and corn shumai 牛肉青豆玉米烧麦 Marinated egg 卤蛋 Pan-fried potato cake 煎薯饼 Milk/Millet porridge 牛奶/小米粥	Purple rice and chicken floss pull-apart steamed bun 紫米肉松拉丝馒头 Tea-marinated eggs 茶叶蛋 Danish bread 丹麦面包 Milk/ Soy milk 牛奶/豆浆
DINNER	Korean doenjang jjigae 韩式大酱汤 Stir-fried pork belly with rice cakes 五花肉炒年糕 Fish-fragrant chicken slices 鱼香鸡片 Vinegar-glazed stir-fried cabbage 醋溜白菜 Rice 米饭	Mixed vegetable egg drop soup 什锦蛋花汤 Stir-fried beef with scallions 葱爆牛肉 Cumin sliced pork 孜然肉片 Stir-fried potato, eggplant and bell pepper 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 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 slices with garlic zucchini 蒜香肉片炒西葫芦 Vinegar-glazed shredded potatoes 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) 522	Protein(g) 24	Carbohydrate(g) 66	Fat(g) 15	Sodium(mg) 392
Nutritional Recommendation 摄入营养建议	Energy(Kcal) 867	Protein(g) 25	Carbohydrate(g) 434	Fat(g) 217	Sodium(mg) 713

WEEKLY 2.2 - 2.6

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 Meat sauce French stick 肉酱法棒	Yogurt 酸奶 Jam puff 果酱泡芙	Yogurt 酸奶 Chocolate cookies 巧克力曲奇	Yogurt 酸奶 Yogurt sticks 酸奶条
AFTERNOON Y2-Y6	Cherry tomato 圣女果 Waffles 华夫饼	Banana 香蕉 Cup cake 纸杯蛋糕		Melon 哈密瓜 Corn pancake 玉米烙	

	Nutritional Facts 营养分析	Energy(Kcal) 352	Protein(g) 8	Carbohydrate(g) 55	Fat(g) 16	Sodium(mg) 158
	Nutritional Recommendation 摄入营养建议	Energy(Kcal) 173	Protein(g) 5	Carbohydrate(g) 87	Fat(g) 43	Sodium(mg) 143