

WEEKLY 6.2 - 6.6					
LUNCH 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
DAILY SOUP	Tomato and egg soup 西红柿鸡蛋汤	Mung bean and bone broth  绿豆大骨汤	Milk-flavored taro and red bean soup 奶香芋头红豆汤	White fungus and pear soup 雪梨银耳羹	Winter melon and corn soup 冬瓜玉米汤
GLOBAL CUISINE	 American roast pork ribs with barbecue sauce 美式烤猪排骨配烧烤酱  Fried bacon with vegetables 烟肉炒包菜 Milk flavored corn kernels 奶香玉米粒 Rice 米饭	 Hungarian stewed chicken 匈牙利炖鸡 (Carrots, potatoes, tomatoes 胡萝卜、土豆、番茄) Stewed seasonal vegetables in Provence 普罗旺斯烩时蔬 (Celery, zucchini, onion, carrot 西芹、西葫芦、洋葱、胡萝卜) Bread 面包 Red rice 红米饭	 American roast pork fillet 美式烤猪柳 (Mushroom 菌菇) Sauteed carrots and cauliflower with butter and sweet beans 黄油炒胡萝卜菜花甜豆 Fried potato wedges 卡真橄榄烤薯角	 Thai curry coconut milk chicken 泰式咖喱椰浆鸡 (Potatoes, Onions 土豆、洋葱) Corn kernels and spinach 玉米粒菠菜 Cherry tomato and broccoli 小番茄西兰花 Rice 米饭	 Beef pie 英式乡村牛肉派 (Carrots, celery, Onions 胡萝卜、西芹、洋葱) Sliced zucchini and pepper with herbs 香草扒节瓜彩椒 Steamed corn 蒸玉米 Rice 米饭
	ASIAN INFUSION	 Beijing roast duck 北京烤鸭 Braised eggplant 蒲烧茄子 Dried shrimps and winter melons  海米冬瓜 Rice 米饭	 Braised Dongpo pork hock with brown sauce 东坡肘子 (Sweet potato 红薯) Stir-fried tomato and egg 炒番茄鸡蛋 Stir-fried mushrooms with rape 香菇炒油菜 Rice 米饭	 Hainan white-cut chicken 海南白切鸡 (Green bamboo shoots, garlic juice, ginger juice 青笋、蒜汁、姜汁) Hainanese vegetarian hot pot 海南斋菜煲 (Black fungus, enoki mushrooms, bean curd sheets, vermicelli, Chinese cabbage 木耳、金针菇、腐竹、粉条、白菜) Steamed Chinese cabbage in superior broth 上汤菜心 Fried rice with pineapple 菠萝炒饭	 Braised fish slices with eggplant 茄子烧鱼块 Stir-fried pleurotus eryngii 小炒杏鲍菇 Stir-fried cabbage, vermicelli and eggs 炒包菜粉丝鸡蛋 Multigrain rice 杂粮饭
NOODLE HOUSE	 Hot Spicy 麻辣烫 (Sliced chicken, corn segments, rape, broad noodles, Hot pot noodles) 配: 鸡肉片、玉米、油菜、宽粉、火锅面	 Gold soup beef noodles 金汤肥牛面 (Chinese flowering cabbage 菜心)	 Spiced pork oil spilled on noodles 卤肉油泼面 (Diced pork, Chinese cabbage, potatoes 猪肉丁、油菜、土豆)	 Japanese chashu ramen 日式叉烧拉面 (Pork tenderloin, Chinese cabbage 猪里脊、油菜)	 Tomato and chicken mixed sauce noodles 番茄鸡肉杂酱面 (Black fungus, potatoes, tomatoes 木耳、土豆、番茄)
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	Qingtji 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) 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					
 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
	 Meat Lover's Pizza 肉食披萨 ¥20.00 (半张5寸)  Cheese cream mashed potatoes 奶香芝士土豆泥 ¥8.00 (150g)	 Beef steak with black pepper 黑椒汁牛排 ¥25.00 (1块100g)  Braised butter asparagus and button mushrooms 黄油扒芦笋口蘑 ¥13.00 (120g)	 Grilled pork ribs 秘制烤猪肋排 ¥15.00 (1块100g)  Chicken roll 老北京鸡肉卷 ¥12.00 (1卷)	 Cheese beef burger 芝士牛肉汉堡 ¥20.00 (1个)  Grilled chicken wings 烧鸡翅 ¥15.00 (3个) Fried potato wedge 炸薯角 (120g) ¥13.00 Set meal price ¥48.00	 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
	 Korean-style sweet and spicy fried chicken 韩式甜辣炸鸡 ¥22.00 (6块) Full set discounted price ¥48.00	 Lasagna with Italian meat sauce 意式肉酱千层面 ¥10.00 (1份100g) Set meal price ¥48.00	 Garlic-flavored cream shrimp 蒜香奶油虾 ¥15.00 (6只)  Sweet and sour mushrooms 糖醋香菇 ¥8.00 (150g) Full set discounted price ¥48.00		American-style scrambled eggs 美式滑蛋 (150g) ¥10.00 Full set discounted price ¥48.00

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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

WEEKLY 6.2 - 6.6

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	Vegetable with corn soup 蔬菜玉米汤 Pickled potato shreds 酱香土豆丝 Wrap 卷饼 Boiled eggs 水煮蛋 Fried chicken fillet 炸鸡柳 Milk & yogurt 牛奶&酸奶	Healthy millet congee 养生小米粥 Herb roast chicken breast 香草烤鸡胸肉 Croissant 牛角包 Sautéed Egg 摊鸡蛋 Seasonal vegetables 季节蔬菜 Milk & yogurt 牛奶&酸奶	Beef panini 牛肉帕尼尼 (生菜叶、西红柿片) Fried egg 煎蛋 Boiled Chinese flowering cabbage 白灼菜心 Oat Milk & yogurt 燕麦牛奶&酸奶	Tomato & egg noodles 西红柿鸡蛋汤面 Egg and ham sandwich 鸡蛋火腿三明治 Steamed corn 蒸玉米 Seasonal vegetables 季节蔬菜 Milk & yogurt 牛奶&酸奶	Black rice congee 中式紫米粥 Crispy beef pie 酥皮牛肉馅饼 Tea egg 茶叶蛋 Stir-fried cabbage 清炒奶白菜 Milk & yogurt 牛奶&酸奶
DINNER	Tomato and egg soup 西红柿蛋汤 Sautéed moo shu pork in vinegar 醋溜木须肉 Diced chicken with chili sauce 辣子鸡丁 Eggplant with garlic sauce 鱼香茄子 Rice 米饭	Cream of pumpkin soup 奶油南瓜汤 Spaghetti with mussels in basil sauce 罗勒酱青口贝意大利面 Fried fish 炸鱼 Creamed corn kernels 奶油玉米粒 Rice 米饭	Corn porridge 玉米粥 Shredded pork in bean sauce 京酱肉丝 Beef cubes with color pepper 彩椒牛肉粒 Hand-shredded cabbage 手撕包菜 Rice 米饭	Chinese cabbage and tofu soup 白菜豆腐汤 Braised pork 台式卤肉 Stir-fried shredded chicken with asparagus lettuce 莴笋炒鸡肉丝 Fried tomato and Egg 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	

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WEEKLY 6.2 - 6.6

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	Chiffon cake 戚风蛋糕 Hami melon 哈密瓜	Waffles 华夫饼 Cherry tomato 圣女果	Mini sandwich 迷你三明治 Dragon fruit 火龙果	Chocolate cookies 巧克力曲奇 Pear 梨	Egg tart 蛋挞 Netted melon 网纹瓜
AFTERNOON Y2-Y6	Rock roasted cheese toast 岩烧乳酪吐司 Apple 苹果	Shredded bread 手撕面包 Watermelon 西瓜		Red bean puff pastry 红豆千层 Banana 香蕉	



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