



















LUNCH MENU






<div> WELLINGTON COLLEGE INTERNATIONAL TIANJIN</div>	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
DAILY SOUP	White fungus and pear soup 银耳雪梨汤	Cream of corn soup 奶油玉米汤	Tomato and egg soup 西红柿鸡蛋汤	Rib soup with wolfberry 枸杞排骨汤 	Vegetables soup 蔬菜汤
GLOBAL CUISINE	German roasted pork  德式烤猪梅肉 (猪梅肉 & 莴笋片) Mashed potato 土豆泥 Sourdough bread 酸面包	 Roast chicken with onion gravy 烤鸡肉配洋葱肉汁 Braised zucchini 红烩西葫芦 Steamed sweet potato 蒸红薯 Rice 米饭	 Japanese teriyaki chicken leg burger 日式照烧鸡腿汉堡 Vanilla baked potato wedges 香草烤薯角 Yogurt with cabbage 酸奶卷心菜	 Fried fish fillet with tartar sauce 炸鱼柳配塔塔汁 Grilled pepper, onion & eggplant 烤茄子彩椒洋葱 Steamed corn 蒸玉米 Tortilla 面饼	 Tomato beef stewed pie 番茄牛肉烩饼 Chickpeas stir-fried with cabbage 鹰嘴豆炒卷心菜 Dried shrimps and winter melons  海米冬瓜 Rice 米饭
ASIAN INFUSION	 Sautéed chicken with three cups of sauce 三杯鸡 Four vegetable delicacies 素烧四宝 (香菇&口蘑&冬笋&玉米笋) Stir-fried cabbage in vinegar 醋溜白菜 Rice 米饭	 Pickled duck slices 酱香鸭块 Fried tomato and egg 番茄炒鸡蛋 Braised eggplant 蒲烧茄子 Red bean rice 红豆饭	 Chongqing spicy chicken 重庆辣子鸡 Stir-fried broccoli 清炒西兰花 Korean-style braised tofu 韩式炖豆腐 Rice 米饭	 Fried pork slices with kelp 猪肉片烧海带 Stir-fried flowering cabbage with black fungus 木耳炒菜心 Fried sliced potatoes with green pepper 青椒土豆片 Stir-fried noodles 素炒面	 Grilled pork 焦溜丸子 Sweet and sour lotus root slices 糖醋藕片 Shredded carrots and lettuce 胡萝卜莴笋丝 Rice 米饭
NOODLE HOUSE	 Beef with mushroom noodle 牛肉香菇面	 Korean black bean sauce noodles 韩式炸酱面 (配: 五花肉丁、土豆丁、春酱、洋葱、黄瓜丝、卷心菜、腌渍萝卜皮、半个鸡蛋)	 Cantonese braised beef brisket with rice noodles 广式诸侯牛腩河粉 (配: 上海青)	 Thai coconut milk shredded chicken soup noodles 泰式椰汁鸡丝汤 (配: 咖喱&椰浆&鸡肉丝&细米粉&酸笋&小米椒& 鱼露&鲜柠檬叶) (New)	 Hot oil noodles 油泼面 (配: 油泼辣子, 蒜茸, 油菜, 猪肉片)
HEALTHY BEVERAGE	Pineapple preserved plum sour sweet water 菠萝话梅酸甜水	Mulberry rose health water 桑葚玫瑰健康水	Qingtí mint and lime water 青提薄荷青柠水	Cucumber pineapple peppermint water 黄瓜菠萝薄荷水	Pomegranate juice 石榴汁

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
<div><div> Meat Lover's Pizza 肉食披萨 ¥20.00 (半张5寸)</div><div><div> Lemon and garlic flavored salmon 柠檬蒜香三文鱼 (New) ¥24.00 (1片100g)</div></div></div>	<div><div> Pan-fried fan bones 香煎扇子骨 ¥18.00 (2根)</div><div><div> Pan-fried dumplings 煎饺 ¥12.00 (6个)</div><div><div> Indian style cauliflower 印度菜花 ¥8.00 (1份100g)</div><div><div> Fried hash brown 炸薯饼 ¥10.00 (3个) Set meal price ¥48.00</div></div></div></div></div>	<div><div> Black pepper beef pasta (New) 黑椒牛柳炒意面 ¥25.00 (1份150g)</div><div><div> French garlic mushroom shrimp 法式蒜香蘑菇虾 (New) ¥12.00 (1份100g)</div><div><div> Pan-fried snapper fillet 卡真鲷鱼柳 ¥12.00 (1份50g) Set meal price ¥48.00</div></div></div></div>	<div><div> Taiwan rice balls with minced meat and vegetables 台湾肉松蔬菜芝士饭团 ¥10.00 (1个)</div><div><div> Roast pork in mustard sauce 芥末酱烤猪梅肉 ¥20.00 (150g)</div><div><div> Tortilla Española 西班牙蛋饼 (New) ¥18.00 (1份100g) Set meal price ¥48.00</div></div></div></div>	<div><div> Orleans Roast chicken legs 奥尔良烤鸡腿 ¥12.00 (1个)</div><div><div> Spicy stir-fried squid 香辣炒鱿鱼 ¥20.00 (1份100g)</div><div><div> Fried onion rings 炸洋葱圈 ¥12.00 (1份6个)</div><div><div> Mixed fried rice 什锦炒饭 ¥6.00 (1份150g) Set meal price ¥48.00</div></div></div></div></div>

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


<div> WELLINGTON COLLEGE INTERNATIONAL TIANJIN</div>	<div>MON 星期一</div>	<div>TUE 星期二</div>	<div>WED 星期三</div>	<div>THU 星期四</div>	<div>FRI 星期五</div>
<div>BREAKFAST</div>	<div><div>Vegetable porridge 蔬菜粥</div><div>Ham 煎火腿</div><div>Toast 吐司</div><div>Tea egg 茶叶蛋</div><div>Stir-fried seasonal vegetable 清炒时蔬</div><div>Milk & yogurt 牛奶&酸奶</div></div>	<div><div>Tomato and egg noodle soup 番茄鸡蛋面</div><div>Chicken sausage 鸡肉早餐肠</div><div>Lotus-leaf-shaped pancake 荷叶饼</div><div>Fried egg 煎蛋</div><div>Pickled potato shreds 酱香土豆丝</div><div>Milk & yogurt 牛奶&酸奶</div></div>	<div><div>Seaweed and egg soup 紫菜蛋花汤</div><div>Pan-fried chicken breast with herbs 香草煎鸡胸肉</div><div>Shaobing 烧饼</div><div>Boiled eggs 水煮蛋</div><div>Stir-fried Chinese cabbage 炆炒圆白菜</div><div>Milk & yogurt 牛奶&酸奶</div></div>	<div><div>Pumpkin coarser grains porridge 南瓜杂粮粥</div><div>Chicken cutlet with teriyaki sauce 鸡肉饼配照烧酱</div><div>Panini bread 帕尼尼面包</div><div>Scrambled eggs 日式炒蛋</div><div>Stir-fried Chinese flowering cabbage 清炒菜心</div><div>Milk & yogurt 牛奶&酸奶</div></div>	<div><div>Doufuhua 豆腐脑</div><div>Scrambled eggs 英式炒蛋</div><div>Fried spinach 清炒菠菜</div><div>Cheese &Ham croissant sandwich 芝士火腿牛角三明治</div><div>Milk & yogurt 牛奶&酸奶</div></div>
<div>DINNER</div>	<div><div>Carrot vermicelli soup 胡萝卜粉丝汤</div><div>Roasted duck legs with pepper and salt 椒盐烤鸭腿</div><div>Braised lamb with soy sauce 红焖羊肉</div><div>Mushrooms vegetable 香菇油菜</div><div>Fried rice with seasonal vegetables 时蔬炒饭</div></div>	<div><div>Black rice porridge 椰浆黑米粥</div><div>Sweet and sour chicken with pineapple 菠萝咕咾鸡</div><div>Steamed egg with minced meat 肉沫蒸蛋</div><div>Braised Chinese cabbage with gluten 面筋烧白菜</div><div>Rice 米饭</div></div>	<div><div>Tomato and cabbage soup 番茄卷心菜汤</div><div>Japanese chicken in curry sauce 日式咖喱鸡</div><div>Fried shredded pork with parsley 香芹炒肉丝</div><div>Spinach with vermicelli 粉丝菠菜</div><div>Rice 米饭</div></div>	<div><div>Corn porridge 玉米粥</div><div>Shandong crispy pork 山东酥肉</div><div>Stir fried cabbage with beef 粉丝牛肉炒合菜</div><div>Sweet and sour lotus root slices 糖醋藕片</div><div>Vegetable fried pancake 素炒饼</div></div>	
<div>Salad & Drink</div>	<div><div>Broccoli salad 西兰花沙拉</div><div>Fruit 切片季节水果</div><div>Water, water fruit tea 水，温泡水果饮</div></div>	<div><div>Corn and lettuce salad 玉米粒生菜沙拉</div><div>Fruit 切片季节水果</div><div>Water, water fruit tea 水，温泡水果饮</div></div>	<div><div>Potato salad 土豆沙拉</div><div>Fruit 切片季节水果</div><div>Water, water fruit tea 水，温泡水果饮</div></div>	<div><div>Spiced shredded tofu 五香豆腐丝</div><div>Fruit 切片季节水果</div><div>Water, water fruit tea 水，温泡水果饮</div></div>	



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WEEKLY 5.12-5.16

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	Shredded bread 手撕面包 Hami melon 哈密瓜	Waffles 华夫饼 Cherry tomato 圣女果	Soda biscuit 苏打饼干 Dragon fruit 火龙果	Carrot cake 胡萝卜蛋糕 Cucumis melon 网纹瓜	Matcha bread 抹茶面包 (New) Fuji apple 富士苹果
AFTERNOON Y2-Y6	Mini sandwich 迷你三明治 Pear 雪梨	Salted cheese cookies 咸酥芝士曲奇 Watermelon 西瓜		Milk-flavored breadstick 奶味面包棒 (New) Banana 香蕉	



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