








WEEKLY 6.23 - 6.27					
LUNCH MENU					
	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
DAILY SOUP	Chicken soup with mushrooms 菌菇老鸡汤	Braised pork rib soup with lotus root 莲藕炖排骨汤	Seaweed and egg soup 紫菜蛋花汤	White fungus, pear and red date soup 银耳雪梨红枣汤	Korean spicy cabbage soup 韩式辣白菜汤
GLOBAL CUISINE	Deep-fried Fish & chips 英式炸鱼薯条 Coleslaw 酸奶卷心菜 Garlic bread 蒜香面包	Chicken stewed with tomatoes and herbs 番茄香草炖鸡肉 Russian style braised vegetable with beetroot 红菜根烩菜 (Beetroot, tomato, onion, celery, cabbage 红菜头 番茄 洋葱 西芹 卷心菜) Papad 薄饼	Beef strips in tomato sauce 茄香牛肉条 Grilled zucchini with herbs and colored peppers 香草扒西葫彩椒 Mashed potatoes 奶油土豆泥	Cajun roast duck 卡真烤鸭腿肉 Herb baked seasonal vegetables (Green beans, corn kernels and carrots) 香草焗时蔬 (青豆、玉米粒、胡萝卜) Mashed pumpkin 南瓜泥	Stewed pork meatballs 红烩猪肉丸 Baked tomatoes with herbs and olive oil 香草橄榄油焗番茄 Fried potatoes 香煎土豆
ASIAN INFUSION	Kung Pao Chicken 宫保鸡丁 (Carrots, scallions, cucumbers 胡萝卜、京葱、黄瓜) Fried tomato and egg 番茄炒蛋 Stir-fried shredded potatoes 清炒土豆丝 Rice 米饭	Stewed Beef Brisket with potato 土豆炖牛腩 Braised tofu 红烧豆腐 Sautéed Choy Sum 炒菜心 Rice 米饭	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 Rice 米饭	Sichuan fragrant spicy pork 四川飘香辣子肉 Stir-fried cabbage in vinegar 醋溜白菜 Stir-fried celery with dried bean curd 芹菜炒香干 Rice 米饭	Anton stewed chicken 安东炖鸡 (Potatoes, carrots, Onions, vermicelli 土豆、胡萝卜、洋葱、粉条) Korean japchae (Shredded mushrooms, shredded carrots, shredded Onions, shredded spinach) 韩式炒杂菜 (香菇丝、胡萝卜丝、洋葱丝、菠菜丝) kimchi 韩国泡菜 Rice 米饭
NOODLE HOUSE	Braised chicken noodles in Tianjin-style 津门鸡肉打卤面 Carrot, bean sprouts & cucumber 配：胡萝卜、绿豆芽、黄瓜	Korean sweet and sour fruit-flavored cold noodles 朝鲜酸甜果味冷面 White Cucumber, pickled cabbage, egg, pear 配：黄瓜、辣白菜、鸡蛋、梨	Hot Spicy 麻辣烫 (Sliced chicken, corn segments, lettuce, broad noodles, Hot pot noodles) 配：鸡肉片、玉米、油麦菜、宽粉、火锅面	Anhui Style Beef Noodles 安徽牛肉板面 Stir-fry Choy sum 配：清炒油菜	
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	Qingt Mint and Lime Water 青提薄荷青柠水	Cucumber Pineapple Peppermint Water 黄瓜菠萝薄荷水	Osmanthus Coconut Water 桂花椰子水

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	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
	 Crispy fried chicken wings 香酥炸鸡翅 ¥12.00 (2个)	 Vietnamese-style grilled pork fillet 越南风味烤猪柳 ¥20.00 (100g)	 Beef steak with black pepper 黑椒汁牛排 ¥25.00 (1块100g)	 Korean barbecue burrito 韩式烤肉卷饼 ¥20.00 (1块100g)	
	 Grilled lamb ribs 香烤羊肋排 ¥26.00 (100g)	 Tom Yum Goong lemon grilled fish 冬阴功柠檬烤鱼 ¥18.00 (1块)	 French garlic cream shrimp 法式蒜香奶油虾 ¥15.00 (6个)	Fried mushrooms 炸平菇 ¥8.00 (1份)	
	Fried hash brown 炸薯饼 ¥10.00 (3个)	Cajun baked cauliflower 卡真焗花椰菜 ¥10.00 (1份)	Stir-fried mushrooms with black pepper 黑胡椒炒蘑菇 ¥10.00 (1份)	Provencal stew 普罗旺斯炖菜 ¥12.00 (1份)	
		Rice 米饭 Set meal price ¥48.00	Full set discounted price ¥48.00	Roasted tofu with crispy garlic Parmesan 脆皮蒜香帕玛森烤豆腐 ¥8.00 (1份)	
			Rice 米饭 Set meal price ¥48.00		

sodexo AT SCHOOL	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

WEEKLY 6.23-6.27

BOARDING MENU



	MON 星期一	TUE 星期二	WED 星期三	THU 星期四	FRI 星期五
BREAKFAST	Red bean porridge 红豆甜粥 Mixed vegetables and ham sandwich 什锦火腿三明治 Steamed bun with custard sauce 流沙包 Milk & yogurt 牛奶&酸奶	Black Rice Congee 中式紫米粥 Beef Croissant 黑胡椒牛肉可颂 Baked beans in tomato sauce 茄汁焗豆 Fried Egg 煎蛋 Stir-fried vegetables 清炒塔菜 Milk & yogurt 牛奶&酸奶	Vegetable & Corn Soup 蔬菜玉米汤 Wonton Soup 猪肉馄饨 Steamed Cabbage with Vermicelli 粉丝蒸白菜 Deep-Fried Dough Stick 油条 Tea egg 茶叶蛋 Soybean milk & yogurt 豆浆&酸奶	Sweet Potato Oatmeal 红薯燕麦粥 Hand grasping cake 手抓饼 Pickled potato shreds 酱香土豆丝 Basil sausage 罗勒香肠 Scrambled Egg 西式搅蛋 Milk & yogurt 牛奶&酸奶	Egg & Pork Porridge 皮蛋瘦肉粥 Chinese Multigrain Bun 中式杂粮包 Sauteed Lettuce with sliced meat and Dried Bean Curd 莴笋鸡肉片炒豆干 Boiled eggs 水煮蛋 Boiled Chinese flowering cabbage 白灼菜心 Milk & yogurt 牛奶&酸奶
DINNER	Korean miso soup 韩式大酱汤 Fried rice cake with pork belly 五花肉炒年糕 Yu-Shiang Chicken Slices 鱼香鸡片 Stir-fried cabbage in vinegar 醋溜白菜 Rice 米饭	Vegetable Egg Soup 什锦蛋花汤 Fried Beef with Onion 葱爆牛肉 Cumin meat slices 孜然肉片 fried potato, green pepper and eggplant 地三鲜 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			



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

WEEKLY 6.23-6.27

SNACK 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
	Hami Melon 哈密瓜 Soda Biscuit 苏打饼干	Pear 香梨 Mini Sandwich 迷你三明治	Cherry tomatoes 小番茄 Butter cookies 黄油曲奇	Dragon fruit 火龙果 Meat floss on toast 肉松吐司 	Muskmelon 伊丽莎白瓜 Shredded bread 手撕面包
	MORNING Y2-Y6				
AFTERNOON Y2-Y6					



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