







午餐菜单 Lunch Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期/菜单 Date/Menu	4.6星期一 Mon	4.7星期二 Tue	4.8星期三 Wed	4.9星期四 Thu	4.10星期五 Fri
西式 Western	意大利美味肉丸 Italian meat ball	法式油封鸭腿 Classic duck confit	墨西哥鸡肉卷 Mexican chicken roll	德国BBQ翅根 German chicken wings	巴沙鱼排 Basa Fish Fillets
	千层面 lasagna	虾仁罗勒烩饭 Paella de gambas y albahaca	罗马牛前胸意面 Roman beef brisket	番茄肉末烩饭 Tomato Minced Meat Risotto	鸡肉西兰花奶油面 Chicken broccolicreampasta
	芝士焗土豆泥 Baked mashed potatoes	香烤南瓜角 Roasted pumpkin	芝士焗红薯 Baked Sweet Potato with Cheese	西班牙甜椒 Spanish sweet pepper	咖喱土豆 Roasted curry potato
	西班牙花菜 Spanish cauliflower	地中海烤蔬菜 Grilled vegetable	蒜香花菜 Grilled broccoli	卡真粉西兰花 Grilled broccli	香烤时蔬 Roasted Seasonal Vegetables
汤 Soup	法式蔬菜汤 Potage parmentier	地中海番茄浓汤 Mediterranean tomato soup	花菜奶油汤 Cream cauliflower soup	银耳苹果汤 White fungus and apple soup	蘑菇浓汤 Cream Mushroom Soup
亚式 Asian	红烧鸡块 Braised chicken chips	锅包肉 Fried pork in scoop	土豆牛腩 Beef Brisket with Potatoes	东坡肉 Braised thick cut pork	避风塘炒虾 Crispy Shrimp
	韭菜鸡蛋  Chives with Eggs	青椒炒蛋 Scrambled Eggs with Green Peppers	红烧鸭块 Braised Duck with Soy Sauce	咖喱土豆鸡块 Curry chicken with potatoes	金针菇撒尿牛丸 
	蒜香娃娃菜 Garlic Baby Bok Choy	缸豆烩葫芦 Stewed cowpea and gourd	炒茭白丝 	山药木耳 Fried yam mushroom	茄角之恋 Eggplant wedges
	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable
汤 Soup	排骨冬瓜汤 Pork ribs soupwithwaxgourd	海带牛肉汤 Kelp and beef soup	枸杞红枣银耳羹 Red date white fungus	豆腐萝卜汤 Radish and tofu soup	酸辣汤 Hot and sour soup
面 Noodles	牛肉饺子 Beef dumplings	台湾红烧牛肉面 Beef noodle soup	上海八宝辣酱面/绿叶菜/荷包蛋 Shanghai hot sauce noodles	西红柿牛腩面/小青菜/卤蛋 	红烧鸡块汤面/绿叶菜/煎蛋 
扒炉档 Grilled	番茄炒蛋/肉酱盖浇饭/米饭 Friedeggtomatowithrice Porkme atwith rice	蟹肉火腿三明治/炸薯条/烤蔬菜 Crab meat sandwich	牛肉咖喱盖浇饭/生菜/荷包蛋 BeefChowFunStirfriednoodlesLettuc	五炒彩虾仁饭/鸡米花/小青菜 Shrimpfriedrice/popcornchicken/vege tables	手抓羊肉饭 
水果/酸奶 Fruit/Yoguet	酸奶 Yogurt	时令水果 Fruit	酸奶 Yogurt	时令水果 Fruit	酸奶 Yogurt



午餐菜单 Lunch Menu



日期/菜单 Date/Menu	4.13星期一 Mon	4.14星期二 Tue	4.15星期三 Wed	4.16星期四 Thu	4.17星期五 Fri
西式 Western	烤罗马鸡胸肉 Roast Romechicken breast	番茄培根烩饭 NEW Tomato Bacon Risotto	沙爹鸡 NEW Chicken Satay	希腊莫萨卡 Greek Mosack	意大利芝士海鲜焗饭 NEW Italian Seafood Baked Rice with Cheese
	意大利肉酱面 Spaghetti bolognese	东京猪肉藕饼 NEW Pork & Lotus Root Patties	罗马牛前胸烩面 Braised Beef Brisket Pasta	希腊烤鸡腿肉 Greek roast chicken leg	西班牙蒜香虾 NEW Gambas al Ajillo
	香烤南瓜角 Roasted Pumpkin wedge	咖喱时蔬番茄 Curry vegetables	牛奶甜玉米 Milk vegetable	芝士焗红薯 Baked Sweet Potato with Cheese	柠檬土豆角 Lenmon Potato
	炭烤彩椒 Grilled pepper	西班牙花菜 Spanish cauliflower	百里香烤时蔬 Grilled vegetable	普罗旺斯蔬菜 Grilled Vegetable	地中海烤蔬菜 Grilled vegetable
汤 Soup	法式蔬菜汤 French vegetable soup	雪梨银耳汤 Pear and white fungus soup	味噌金针菇汤 Miso mushroom soup	花菜奶油汤 Cream cauliflower soup	法式土豆汤 Potato Soup
亚式 Asian	扬州狮子头 Chinese style meatball	咖喱鸡腿 Curru chicken legs	什锦虾仁小炒 Fried Mixed Seafood Shrimp	炸鸡腿排 Deep fried chicken legs	香芹牛肉丝 Shredded Beef with Celery
	虾仁炒蛋 Scrambled egg with shrimp	莴苣木耳炒肉片 Sliced pork with mushroom	水煮肉片 Slices pork with homemade sauce	蒜台肉片 NEW Tomato-Sautéed Pork Slices	肉沫蒸蛋 NEW Steamed egg with minced pork
	青椒土豆片 Slices potato and pepper	红烧豆腐 Braised Tofu with Soy Sauce	葱油冬瓜 Wax gourd with scallion oil	木耳白菜 Black Fungus & Cabbage	芹菜炒腐竹 Stir-fried celery
汤 Soup	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable
汤 Soup	老母鸡汤 Chicken soup	西红柿金针菇蛋汤 Tomato egg soup	白菜豆腐虾皮汤 NEW Tofu vegetable soup	玉米冬瓜汤 Wax gourd corn soup	平菇菠菜鸡蛋汤 Spinach mushroom egg soup
面 Noodles	枸杞老母鸡汤面/绿叶菜/鸡蛋 NEW Old Hen Chicken Noodle Soup	兰州牛肉拉面/绿叶菜 LanZhou beef noodles	杂酱面/绿叶菜/炸蛋 Fried sauce noodlesvegetable	上海风味红烧大排面 Shanghai Braised Pork Chop Noodles	新疆鸡肉面/生菜/卤蛋 chicken noodle/egg nugget
扒炉档 Fruit/Yoguet	陕西炒面/煎蛋/青菜 Shanxi fried noodle	印尼咖喱海鲜拌饭/青菜/煎蛋 NEW Curry Seafood Rice	越南牛肉炒河粉/卤蛋/生菜 Vietnamese Beef phospiced egg	五彩虾仁炒饭/鸡米花/小青菜 Shrimp fried rice	意式培根披萨/炸薯条/混合色拉 Bacon Pizza
水果/酸奶 Fruit/Yoguet	酸奶 Yogurt	时令水果 Fruit	酸奶 Yogurt	时令水果 Fruit	酸奶 Yogurt



午餐菜单 Lunch Menu

日期/菜单 Date/Menu	4.20星期一 Mon	4.19星期二 Tue	4.22星期三 Wed	4.23星期四 Thu	4.24星期五 Fri
西式 Western	日式鲷鱼天妇罗 Japanese sea bream tempura	日式肉沫莲藕饼 Minced pork and lotus root patty	蔬菜千层面 Vegetable Lasagna	南蛮炸鸡 Deep-fried chicken	黑椒煎鸡胸肉 Pan-fried Chicken Breast with Black Pepper
	番茄猪肉末烩饭 Tomato Minced Meat Risotto	墨西哥牛肉薄饼 Beef Quesadilla NEW 立即试用	墨西哥玉米片配番茄莎莎 Nachos with Tomato Salsa	蘑菇培根奶油意面 Spaghetti carbonara	牛肉番茄酱烩饭 Beef & Tomato Sauce Risotto
	炸薯条 French fries	蒜香荷兰芹烤土豆 Garlic Roasted Potatoes	披萨草西兰花 Roasted broccoli with pizza herb	香烤南瓜角 Roasted Pumpkin NEW 立即试用	烤花菜 Stir fried Cauli Flower
	地中海烤蔬菜 Grilled vegetable	蒜香西兰花 Garlic Broccoli	芝士土豆泥 Cheese Mashed Potato	意大利炖蔬菜 Grilled vegetable	西班牙炒口蘑 Sautéed Mushrooms NEW 立即试用
汤 Soup	地中海番茄浓汤 Mediterranean tomato soup	花菜奶油汤 Cream cauliflower soup	奶油南瓜汤 Creamy pumpkin soup	蘑菇浓汤 Cream Mushroom Soup	法式土豆汤 Potato soup
亚式 Asian	番茄溜猪肉片 Tomato-Sautéed Pork Slices	红烧肉 Stewed pork with sauce	黑松露什锦炒饭 Black Truffle Mixed Fried Rice	一字肉 Braised thick pork	青椒红烧鸡 Braised Chicken Chunks with Green Pepper
	爆炒基围虾 NEW 立即试用	甜椒炒蛋 NEW 立即试用	红烧双笋 Braised Double Bamboo Shoots	土豆牛腩 Beef Brisket with Potatoes	上海炸猪排 Shanghai deep-fried pork chop
	青椒胡萝卜土豆丝 Shredded Green Pepper, Carrot & Potato	红烧老豆腐 Braised Tofu	蒜泥葱油蚕豆 Garlic & Scallion Oil Broad Beans	五彩西兰花 Colorful broccoli	大白菜炒豆干 NEW 立即试用
	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	韭菜绿豆芽 Sautéed green vegetable	绿叶菜 Sautéed green vegetable
汤 Soup	红枣汤圆 Brown sugar rice ball	排骨冬瓜汤 Pork ribs with wax gourd soup	枸杞红枣银耳羹 Red date white fungus	玉米海带汤 Corn kelp soup	紫菜蛋花汤 Seaweed egg drop soup
面 Noodles	台湾红烧牛肉面/小青菜/卤蛋 Beef pickled cabbage noodles vegetable	白切羊肉面/煎蛋/绿叶菜 Stewed lamb noodles Egg/vegetable	番茄鸡蛋面/绿叶菜/素鸡 Tomato & Egg Noodles / Leafy Greens / Vegetarian Chicken	泰国咖喱肥牛面/煎蛋/绿叶菜 Thai Curry Beef Noodles	红烧肉圆拌面 NEW 立即试用
扒炉档	鸡肉三明治/炸薯条/蔬菜 chicken sandwich	牛肉咖喱炒饭鸡蛋/素菜 Beef fried rice	植物肉汉堡/薯条/色拉菜 Plant-based burger / French fries / salad greens	印度牛肉手抓饭/生菜/荷包蛋 NEW 立即试用	泰国鸡肉咖喱饭/煎蛋/素菜 Chicken curry
水果/酸奶 Fruit/Yogurt	酸奶 Yogurt	时令水果 Fruit	酸奶 Yogurt	时令水果 Fruit	酸奶 Yogurt



午餐菜单 Lunch Menu

日期/菜单Date/Menu	4.27星期一 Mon	4.28星期二 Tue	4.29星期三 Wed	4.30星期四 Thu
西式 Western	法式苹果焖鸡 Chicke stewed apple	KFC炸鸡腿排 KFC chicken legs	黑椒牛肉意面 Black Pepper Beef Pasta	照烧龙利鱼 Longli fish fillet
	培根茄子番茄酱面 Bacon eggplant pasta	西班牙海鲜焗饭 Seafood risotto	西班牙梅花猪肉排 Pork chop	洋葱猪肉饭 Onion Pork Rice
	蜂蜜烤红薯 Baked sweet potato	香糯土豆角 Creamy Potato Wedges	牛奶甜玉米 Milk vegetable	芝士焗红薯 Baked Sweet Potato with Cheese
	炭烤时蔬 Grilled vegetable	蒜香西兰花 Garlic broccoli	普罗旺斯蔬菜 Grilled Vegetable	碳烤彩椒 Grilled sweet
汤 Soup	法式蔬菜汤 Potage parmentier	胡萝卜洋葱汤 Carrot and Onion Soup	金针菇味增汤 Miso Soup with enoki mushrooms	花菜奶油汤 Cream cauliflower soup
亚式 Asian	狮子头 Chinese style meatball	桂花盐水鸭 Osmanthus salted duck	菠萝咕咾肉 Sweet and Sour Pork	白萝卜烩牛肉 Beef stewed with radish
	红烧鸡翅根 Braised Chicken Winglets in Brown Sauce	香芹牛肉丝 Shredded beef with celery	番茄炒蛋 Fried Egg with Tomato	糖醋里脊 Sweet and Sour Pork
	醋溜大白菜 Sweet and sour chinese cabbage	蒜蓉金针菇 Garlic Enoki Mushrooms	清炒西葫芦 Stir-fried Zucchini	茄子炒土豆 Eggplant with potato
汤 Soup	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed Green Vegetable	绿叶菜 Sautéed green vegetable
面 Noodles	酸辣汤 Hot & Sour Soup	菠菜蛋花汤 Spinach Egg Drop Soup	红枣枸杞小圆子 Red Date Goji Balls	水果西米露 Fruit Sago
扒炉档 水果/酸奶 Fruit/Yogurt	泰式鸡肉咖喱面/绿叶菜/荷包蛋 Chicken curry udon noodles	越南柠檬牛肉面/绿叶菜/炸蛋 Braised beef noodles	红烧黄鳝韭黄面/绿叶菜/炸蛋 Braised Yellow Eel with Chive Noodles	大排面/绿叶菜/五香蛋 Pork Chop with Noodles
	黑椒鸡胸肉/土豆泥/烤时蔬 Black Pepper Chicken Breast	英式炸鱼柳佐塔塔酱/鸡米花/色拉菜 Fish Fingers	泰式菠萝炒饭/煎蛋/生菜 Thai-style Pineapple Fried Rice	牛肉披萨/炸薯条/蔬菜 Beef Pizza
	酸奶 Yogurt	时令水果 Fruit	酸奶 Yogurt	时令水果 Fruit

