










晚餐菜单 Dinner Menu

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
西式 Western	牛肉炒洋葱  Beef sautéed with onions	鸡排汉堡  Chicken fillet burger 薯条 French fries 碳烤时蔬 Grilled vegetable 红糖小圆子 Brown sugar rice ball	西班牙扇子骨 Spanish Ribs	意式红烩牛肉 Braised Italian beef
	意大利肉酱面 Spaghetti Bolognese		洋葱章鱼脚  Octopus Legs with Onion	唐扬粉巴沙鱼 Tang Yang basa fish
	照烧南瓜角 Roasted Pumpkin Wedges		迷迭香烤土豆 Rosemary potato	蜂蜜烤红薯 Baked sweet potato
	香烤时蔬 Roasted Seasonal Vegetables		咖喱时蔬 Grilled Vegetable	牛奶玉米 Grilled milk corn
汤 Soup	胡萝卜奶油汤 Carrot Cream Soup		小排蘑菇汤 Small ribs and mushroom soup	大葱土豆汤 Potato soup
亚式 Asian	酱爆猪柳 Stir-fried Pork	山药炒鸡丁 Sautéed Chicken Cubes with Chinese Yam	苏州大排红汤面  Suzhou Pork Chop Clear Noodle Soup 有机蔬菜 Organic vegetables 煎鸡蛋 Fried egg	土豆炒猪肉丝  Sautéed Shredded Pork with Potato
	土豆炖牛肉丁  Stewed Beef Cubes with Potato	蚝油牛肉  Oyster Sauce Beef		酱香焖鸭块 Stewed duck pieces with sauce
	家常豆腐 Homemade sauce tofu	小葱韭黄 Chives with Scallions		清炒萝卜 Stir-fried radish
	绿叶菜 Green Vegetable	绿叶菜 Sautéed Green Vegetable		绿叶菜 Sautéed green vegetable
汤 Soup	冬瓜玉米汤 Wax Gourd and Corn Soup	红枣鸡汤 Chicken Soup		雪梨枸杞汤 Pear sweet soup
点心 Fruit/Yogurt	时令水果 Seasonal Fruits	酸奶 Yogurt	时令水果 Seasonal Fruits	酸奶 Yogurt





晚餐菜单 Dinner 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
西式 Western	炭烤牛仔骨 Grilled beef short ribs	滑蛋蟹肉帕尼尼  Scrambled Egg Crab Meat Panini	日式香菇猪排 Japanese mushroom pork cutlet	咖喱鸡肉 Curry Chicken
	脆皮鸡腿肉  Crispy Chicken Drumsticks	披萨草西兰花 Pizza herb broccoli	意式巴沙鱼烩时蔬  Italian passa braised with seasonal vegetables	鸡肉西兰花奶油面 Chicken broccoli pasta
	黄油洋葱炒土豆 Stir-fried potatoes with butter onions	香烤南瓜角 Roasted pumpkin wedges	蜂蜜烤红薯 Honey baked sweet potatoes	牛奶玉米 Grilled milk corn
	生炒花菜 Stir-fried organic cauliflower	蘑菇浓汤 Cream mushroom bisque	碳烤时蔬 Grilled vegetable	意式炭烤时蔬 Grilled seasonal vegetables
汤 Soup	希腊柠檬鸡汤 Greek Lemon Chicken Soup		红枣雪梨汤 Red date and snow pear soup	法式土豆汤 French potato soup
亚式 Asian	土豆牛腩 Beef Potato	糖醋里脊 Sweet and sour pork		青椒炒鸡丁  Sautéed Chicken Cubes with Green Pepper
	番茄炒蛋 Scrambled eggs with tomatoes	白斩鸡 White chopped chicken	台式红烧牛肉面 Braised beef noodles	五彩虾仁 Colorful shrimp
	豆芽韭菜 Stir-fried bean sprouts with chives	粉丝娃娃菜 Vermicelli baby cabbage	有机蔬菜 Organic vegetables	冬瓜炖玉米 Stewed Wax Gourd with Corn
	绿叶菜 Green vegetables	绿叶菜 Green vegetables	煎鸡蛋 Fried egg	绿叶菜 Green vegetables
汤 Soup	银耳汤 White fungus soup	红枣鸡汤 Red date chicken soup		番茄菌菇豆腐羹 Tomato mushroom tofu soup
点心 Fruit/Yogurt	酸奶 Yogurt	时令水果 Seasonal Fruits	酸奶 Yogurt	时令水果 Seasonal Fruits



晚餐菜单 Dinner Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期/菜单 Date/Menu	4.20星期一 Mon	4.21星期二 Tue	4.22星期三 Wed	4.23星期四 Thu
西式 Western	南蛮炸鸡  Nanban Fried Chicken	鱼排汉堡  Fish burger 香煎太阳蛋 Fried Egg 炭烤西兰花 Charcoal-grilled broccoli 蘑菇浓汤 Cream Mushroom Soup	罗马风味烤鸡腿  Roma Roasted Chicken	照烧梅花肉  Teriyaki pork shoulder
	番茄牛肉意面  Beef and Tomato Pasta		番茄巴沙鱼意面  Basa Fish and Tomato Pasta	西班牙炒饭 Spanish fried rice
	炭烤玉米棒 Crilled corn cob		香烤南瓜角 Roasted pumpkin wedges	蜂蜜烤红薯 Baked sweet potato
	碳烤时蔬 Grilled Vegetable		碳烤时蔬 Grilled Vegetable	香烤时蔬 Roasted Seasonal Vegetables
汤 Soup	花菜奶油汤 Cauliflower Soup	酒鬼牛肉丁丁  Diced beef	希腊柠檬鸡汤 Greek Lemon Chicken Soup	雪梨红枣汤 Snow Pear and Red Date Soup
亚式 Asian	酱香焖鸭翅 Braised Duck Chunks	洋葱炒蛋  Onion Fried Eggs	刀削面大盘鸡  Sliced Noodles with Xinjiang Big Plate Chicken 有机蔬菜 Organic vegetables 煎鸡蛋 Fried egg	台湾卤鸭块  Taiwanese Duck Cutlets
	青椒猪肉丝  Shredded Pork with Green Pepper	清炖白萝卜块 Cler Stewed White Radish Cubes		香菇炒牛肉片  Sautéed Beef Cubes with Shiitake
	香干芹菜 Stir-fried celery	醋溜藕片 Vinegar Lotus Root		
绿叶菜 Sautéed Green Vegetable	绿叶菜 Sautéed Green Vegetable	绿叶菜 Green Vegetables		
汤 Soup	番茄豆腐羹 Tomato and Tofu Soup	菠菜鸡蛋汤 Spinach & Egg Drop Soup	紫菜蛋花汤 Seaweed Egg Soup	
点心 Fruit/Yogurt	酸奶 Yogurt	时令水果 Seasonal Fruits	酸奶 Yogurt	时令水果 Seasonal Fruits



晚餐菜单 Dinner Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

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	牛腩番茄烩饭 Braised Beef Brisket with Tomato Rice	法式蟹肉番茄三明治 Crab meat sandwich	夏威夷菠萝烤鸡 Hawaiian Pineapple Grilled Chicken	番茄猪肉芝士焗通心粉 Baked Macaroni with Tomato Pork and Cheese
	法式苹果焖鸡 Chicke stewed apple	香煎太阳蛋 Fried Egg	维也纳炸猪排佐蘑菇酱 Pork cutlet with mushroom sauce	蛋黄酱鳕鱼排 Cod Cutlet with Mayonnaise
	蜂蜜烤红薯 Honey Roasted Sweet Potato	橄榄油菠菜 Olive oil spinach	牛奶玉米 Grilled milk corn	脆皮土豆 Crispy potatoes
	披萨草西蓝花 Pizza herb broccoli	花菜奶油汤 Cauliflower Cream Soup	咖喱时蔬 Grilled Vegetable	香烤时蔬 Roasted seasonal vegetables
汤 Soup	奶油南瓜汤 Creamy pumpkin soup		蘑菇浓汤 Cream mushroom bisque	雪梨红枣汤 Snow pear and red date soup
亚式 Asian	上海狮子头 Shanghai meatball	小炒黄牛肉 Stir-fried beef		牛肉烩三鲜 Steamed beef, mushrooms
	酸菜鱼 Suan Cai Yu	锅包肉 Fried Sweet and Sour Pork	西红柿鸡蛋面 Tomato and Egg Noodles	上海红烧肉 roasted meat
	胡萝卜木耳 Sautéed Chinese Yam with Carrots & Black Fungus	清炒黄瓜 Stir-fried cucumber	时令蔬菜 Vegetables	土豆烧胡萝卜 Braised Potato with Carrot
	绿叶菜 Green vegetables	绿叶菜 Green vegetables		绿叶菜 Green vegetables
汤 Soup	玉米蘑菇汤 Corn and mushroom soup	外婆罗宋汤 Borscht		豆腐番茄汤 Tofu tomato soup
点心 Fruit/Yogurt	酸奶 Yogurt	时令水果 Seasonal Fruits	酸奶 Yogurt	时令水果 Seasonal Fruits

