

5.6-5.8



# 早餐菜单 Breakfast Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

日期/菜单 Date/Menu	5.6星期三 Wed	5.7星期四 Thu	5.8星期五 Fri
西式早餐 Western	煎蛋 Sunny-side up	牛奶滑蛋 Creamy scrambled eggs	红烧太阳蛋 Fried egg in soy sauce
	培根 Bacon	猪肉早餐肠 Pork sausage	香肠炒蔬菜 Fried sausage with vegetable
	小番茄 Cherry Tomatoes	早餐炒时蔬 Stir-fried vegetable	清炒西蓝花 Fried Broccoli
	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast
奶制品 Dairy	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk
中式早餐 Chinese	咖喱牛肉包/豆腐粉丝包 Curry Beef Bun/Tofu Vermicelli Bun	叉烧包/南瓜包 Char Siu Bao / Pumpkin Bun	奥尔良鸡肉包/红糖花卷 Chicken Bun/Brown Sugar Bun
	韭菜鸡蛋盒子 Chives and Egg Pancake	鲜肉锅盔 Pork Patty	紫薯饼 Purple Sweet Potato Cake
	酱香米粉 Soy Sauce Flavored Rice Noodles	汤圆 Sesame ball	鲜虾菌菇面 Shrimp & Mushroom Noodles
	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg	五香蛋 Five-Spice Eggs
粥铺 Porridge	红豆糯米粥 Red Bean Glutinous Rice Porridge	小米南瓜粥 Millet Pumpkin porridge	牛肉青菜粥 Beef rice porridge



5.6-5.8

早餐菜单  
Breakfast Menu

日期/菜单 Date/Menu	5.11星期一 Mon	5.12星期二 Tue	5.13星期三 Wed	5.14星期四 Thu	5.15星期五 Fri
西式早餐 Western	厚蛋烧 Tamagoyaki 	煎蛋 Sunny-Side up	菠菜煎蛋卷 Spinach Omelet 	太阳蛋 Sunny-Side up	牛奶滑蛋 Creamy Scrambled Eggs
	培根 Bacon	猪肉早餐肠 Pork Sausage	鸡米花 Popcorn Chicken	牛肉早餐肠 Beef Sausage	上校鸡块 Fried Chicken Nuggets
	清炒西兰花 Fried Broccoli	蒜香菠菜 Garlic Spinach	烤胡萝卜番茄 Roasted Carrot & Tomato 	早餐炒时蔬 Stir-fried Vegetable	橄榄油西兰花 Broccoli
	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast
奶制品 Dairy	豆浆/鲜牛奶 Soybean Milk/Milk	豆浆/鲜牛奶 Soybean Milk/Milk	豆浆/鲜牛奶 Soybean Milk/Milk	豆浆/鲜牛奶 Soybean Milk/Milk	豆浆/鲜牛奶 Soybean Milk/Milk
中式早餐 Chinese	奥尔良鸡肉包/葱花卷 Chicken Bun/Scallion Buns 	手工肉包/桂花糕 Pork Baozi / Osmanthus Cake 	葱花卷/叉烧包 Scallion Buns/Char Siu Bao 	咖喱牛肉包/红糖发糕 Curry Beef Bun/Brown Sugar Steamed Cake 	手工酱肉包/藜麦馒头 Sauced Pork Bun/Quinoa Steamed Bun
	鸡蛋饼 Green Bell Pepper & Egg Pancake	蒸玉米/蒸红薯 Steamed Corn/Steamed Sweet Potato	鲜肉锅盔 Pork Patty 	土豆饼 Potato Pancake 	蒸红薯/蒸山药 Steamed Sweet Potato 
	番茄菌菇面 Tomato & Mushroom Noodles	芝麻汤圆 Sesame rice ball	水饺 Boiled Dumplings	酱香米粉 Soy Sauce Flavored Rice Noodles 	清汤鸡丝面 Clear Soup Shredded Chicken Noodles 
	白煮蛋 Boiled egg	茶叶蛋 Boiled Tea Egg	白煮蛋 Boiled Egg	茶叶蛋 Boiled Tea Egg	白煮蛋 Boiled Egg
粥铺 Porridge	苹果藕粉羹 Apple&LotusRootStarchPudding 	皮蛋瘦肉粥 Century Egg & Pork Porridge	红豆粥 Red Bean Congee 	小米南瓜粥 Millet Pumpkin porridge	黑米红枣粥 Black Rice & Red Date Congee 



5.18-5.22










# 早餐菜单 Breakfast Menu

日期/菜单 Date/Menu	5.18星期一 Mon	5.19星期二 Tue	5.20星期三 Wed	5.21星期四 Thu	5.22星期五 Fri
西式早餐 Western	法式炒蛋 Scrambled eggs	煎蛋 Sunny-Side up	牛奶滑蛋 Creamy Scrambled Eggs	红烧太阳蛋 Sunny-side up	香葱火腿鸡蛋卷 <span>NEW 立即试用</span> Scallion Ham Egg Roll
	鸡米花 Chicken Sausage	培根 Bacon	猪肉早餐肠 Pork Sausage	香肠炒蔬菜 Fried Sausage With Vegetable	培根 Bacon
	小番茄 Cherry Tomatoes	清炒西兰花 Fried Broccoli	早餐炒时蔬 Stir-fried Vegetable	蒜香娃娃菜 Garlic Baby Bok Choy	蒜香菠菜 Garlic Spinach
	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast
奶制品 Dairy	豆浆/鲜牛奶 Soybean Milk/Milk	豆浆/鲜牛奶 Soybean Milk/Milk	豆浆/鲜牛奶 Soybean Milk/Milk	豆浆/鲜牛奶 Soybean Milk/Milk	豆浆/鲜牛奶 Soybean Milk/Milk
中式早餐 Chinese	煎包/韭菜鸡蛋包 <span>NEW 立即试用</span> Fried Pork Bun/Chives & Egg	奥尔良鸡肉包/红糖花卷 <span>NEW 立即试用</span> Chicken Bun/Brown Sugar Bun	南瓜包/猪肉大葱包 <span>NEW 立即试用</span> Pumpkin Bun/Pork Scallion Bun	杂粮馒头/咖喱牛肉包 <span>NEW 立即试用</span> Whole Grain Steamed Bun/Curry Beef Bun	手工酱肉包/豆腐粉丝包 Sauced Pork Bun/Spicy Vermicelli Bun
	蒸红薯/蒸南瓜 Steamed Sweet Potato/Steamed Pumpkin	蒸糕 Steamed Cake	红薯饼 <span>NEW 立即试用</span> Sweet Potato Pancake	韭菜鸡蛋饼 Chives and Egg Pancake	酱香饼 Soy Sauce Pancake
	杂酱面 Minced Meat Sauce Noodles	小馄饨 Boiled Wonton	水饺 Dumpling	番茄鸡蛋面 Tomato and Egg Noodles	小汤圆 Sweet Dumpling
	白煮蛋 Boiled Egg	茶叶蛋 Boiled Tea Egg	白煮蛋 Boiled Egg	五香蛋 Boiled Egg	茶叶蛋 Boiled Tea Egg
粥铺 Porridge	红豆燕麦粥 <span>NEW 立即试用</span> Red Bean & Oat Congee	青菜鸡丝粥 <span>NEW 立即试用</span> Green Vegetable & Chicken Shredded Congee	小米南瓜粥 Millet Pumpkin Porridge	牛肉青菜粥 <span>NEW 立即试用</span> Beef Rice Porridge	红豆糯米粥 <span>NEW 立即试用</span> Red Bean Glutinous Rice Porridge



5.25-5.29

# 早餐菜单 Breakfast Menu

日期/菜单 Date/Menu	5.25星期一 Mon	5.26星期二 Tue	5.27星期三 Wed	5.28星期四 Thu	5.29星期五 Fri
西式早餐 Western	红烧太阳蛋 Sunny-side up	牛奶滑蛋 Creamy scrambled eggs	煎蛋 Sunny-side up	菠菜煎蛋卷  Spinach Omelette	荷包蛋 Sunny-side up
	鸡肉肠 Chicken sausage	猪肉早餐肠 Pork sausage	培根 Bacon	牛肉早餐肠 Beef sausage	黑椒鸡块 Fried Chicken Nuggets
	橄榄油西兰花 Broccoli	早餐炒时蔬 Stir-fried Vegetable	蒜香娃娃菜  Garlic Baby Bok Choy	小番茄 Cherry Tomatoes	早餐炒时蔬 Stir-fried Vegetable
	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast	吐司面包 Toast
奶制品 Dairy	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk	豆浆/鲜牛奶 Soybean milk/Milk
中式早餐 Chinese	奶黄包/牛肉包  Custard Bun/ Beef Bun	梅干菜肉包/香辣粉丝包  Pork Bun with Preserved Vegetable/ Spicy Vermicelli Bun	杂粮馒头/三丁包  Whole Grain Steamed Bun/Three Dice Bun	奥尔良鸡肉包/ 葱花卷  Chicken Bun/Scallion Buns	手工酱肉包/藜麦馒头 Sauced Pork Bun/QuinoaSteamedBn
	鲜肉锅盔  Pork Patty	玉米糍粑饼  Corn Glutinous Rice Cake	蒸红薯/蒸玉米 Steamed Sweet Potato/Steamed Corn	火腿土豆饼 Potato Pancake	紫薯饼  Purple Sweet Potato Cake
	酱香米粉 Soy Sauce Flavored Rice Noodles	菠菜鸡蛋面  Spinach & Egg Noodles	汤圆 Sweet rice ball	水饺 Boiled Dumplings	鲜虾菌菇面  Shrimp & Mushroom Noodles
	白煮蛋 Boiled egg	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg	茶叶蛋 Boiled tea egg	白煮蛋 Boiled egg
粥铺 Porridge	山药瘦肉粥 Yam and pork porridge	红豆糯米粥  Red Bean Glutinous Rice Porridge	小米南瓜粥 Millet porridge withpompkin	紫薯黑米粥  Purple Sweet Potato Porridge	皮蛋瘦肉粥 Century egg & pork porridge

