

午餐菜单 Lunch Menu

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 Western	奥尔良鸡腿排 New Orleans Style Chicken Thigh	日式猪肉藕饼 Pork and Lotus Root Pancakes	沙爹梅花肉 Chicken Satay
	千层面 Lasagna	番茄酱鳕鱼排 Cod Fillet with Tomato Sauce	鸡肉肠番茄酱意面 Chicken Sausage Pasta with Tomato Sauce
	蜂蜜烤红薯 Baked Sweet Potato	柠檬烤土豆 Lemon Baked Potato	香烤南瓜角 Roasted Pumpkin wedge
	地中海烤蔬菜 Grilled vegetable	地中海烤蔬菜 Grilled Vegetable	西班牙甜椒 Spanish sweet pepper
汤 Soup	奶油南瓜汤 Creamy Pumpkin Soup	花菜奶油汤 Cream Cauliflower Soup	洋葱土豆汤 Onion Potato Soup
亚式 Asian	鱼香肉丝 Stewed eggplant with meat	照烧鸡翅根 Teriyaki Chicken Leg	孜然牛肉丁丁 Diced beef
	巴沙鱼炖粉条 Stewed Chinese Noodles with Basa Fish	胡萝卜炖牛肉 Stew beef with carrot	白灼虾 Boiled Shrimp
	蒜蓉娃娃菜 Baby Bok Choy with Garlic	干锅缸豆 Dry Pot Cowpeas	地三鲜 Potato Eggplant Pepper
	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	小排萝卜汤 Pork ribs and radish soup	枸杞红枣银耳羹 Red Date white Fungus
面 Noodles	红烧牛肉面/鸡蛋/绿叶菜 Braised Beef Noodle Soup	岐山臊子面/绿叶菜/炸蛋 Braised noodles	酸汤肥牛面/绿叶菜/水煮蛋 Sour Soup Beef Rice Noodles
扒炉档 Grilled	虾仁炒饭/鸡米花/小青菜 Shrimp Fried Rice/Popcorn Chicken/Vegetables	鱼香肉丝盖浇饭/鸡蛋/绿叶菜 Fish-Flavored Shredded Pork Rice Bowl	法式蟹味火腿三明治/鸡米花/色拉菜 Ham Sandwich /Popcorn Chicken
水果/酸奶 Fruit/Yogurt	时令水果 Fruit	酸奶 Yogurt	时令水果 Fruit

NEW
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午餐菜单 Lunch Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

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 Western	意大利美味肉丸 Italian meat ball	炭烤牛仔骨 Grilled beef short ribs	照烧梅花肉 Teriyaki Pork Shoulder Blade	德国BBQ翅根 German chicken wings	日式炸猪排 Tonkatsu
	千层面 lasagna	虾仁罗勒烩饭 Paella de gambas y albahaca	黑椒牛肉意面 Black Pepper Beef Pasta	番茄肉末烩饭 Tomato Minced Meat Risotto	培根茄子番茄酱面 Bacon eggplant pasta
	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	卡真粉西蓝花 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	蒜香排骨 Garlic Spare Ribs	土豆牛腩 Beef Brisket with Potatoes	东坡肉 Braised thick cut pork	白灼虾 Poached Prawns
	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	土豆炒肉片 Sliced Pork Stir-Fried with Potatoes
	蒜香娃娃菜 Garlic Baby Bok Choy	缸豆烩葫芦 Stewed cowpea and gourd	炒茭白丝 Sautéed water bamboo	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 soup with waxgourd	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 Tomato Beef Brisket Noodles	照烧鸡肉拌面 Teriyaki Chicken Mixed Noodles
扒炉档 Grilled	番茄炒蛋/肉酱盖浇饭/米饭 Fried egg tomato with rice Pork meat with rice	鸡肉炒饭/绿叶菜/荷包蛋 Chicken Fried Rice	手抓羊肉饭绿叶菜/荷包蛋 Hand-Grabbed Lamb Rice	牛肉咖喱盖浇饭/生菜/荷包蛋 Beef Chow Fun Stirfried noodles Lettuce	猪肉三明治/薯条/色拉 Pork Sandwich
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

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立即试用



午餐菜单 Lunch 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 Western	烤罗马鸡胸肉 Roast Romechicken breast	匈牙利牛肉 Hungarian Beef	沙爹鸡 Chicken Satay	希腊莫萨卡 Greek Mosack	意大利芝士海鲜焗饭 Italian Seafood Baked Rice with Cheese
	意大利肉酱面 Spaghetti bolognese	番茄培根烩饭 Tomato Bacon Risotto	罗马牛前胸意面 Roman beef brisket	希腊烤鸡腿肉 Greek roast chicken leg	西班牙蒜香虾 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 vegetablel
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
	西红柿炒鸡蛋 Scrambled Eggs with Tomato	莴苣木耳炒肉片 Sliced pork with mushroom	水煮肉片 Slices pork with homemade sauce	蒜台肉片 Tomato-Sautéed Pork Slices	肉沫蒸蛋 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
	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 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 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	印尼咖喱海鲜拌饭/青菜/煎蛋 Curry Seafood Rice	越南牛肉炒河粉/卤蛋/生菜 Vietnamese Beef phospiced egg	韩式拌饭 Korean Bibimbap	陕西炒面/煎蛋/青菜 Shanxi fried noodle	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	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 Western	日式鲷鱼天妇罗 Japanese sea bream tempura	法式油封鸭腿 Classic duck confit	墨西哥鸡肉卷 Mexican chicken roll	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	墨西哥玉米片配番茄莎莎 fortilla chipsPork chop	蘑菇培根奶油意面 Spaghetti cabonara	牛肉番茄酱烩饭 Beef & Tomato Sauce Risotto
	蒜香荷兰芹烤土豆 Garlic Roasted Potatoes	蒜香西兰花 Garlic Broccoli	蜂蜜红薯角 Honey sweet potato	香烤南瓜角 Roasted Pumpkin	烤花菜 Stir fried Cauli Flower
	地中海烤蔬菜 Grilled vegetable	炭烤时蔬 Grilled vegetable	百里香烤时蔬 Grilled vegetable	意大利炖蔬菜 Grilled vegetable	西班牙炒口蘑 Sautéed Mushrooms
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	四川酸菜鱼 Sichuan pickled fish	一字肉 Braised thick pork	青椒红烧鸡 Braised Chicken Chunks with Green Pepper
	爆炒基围虾 Stir-fried prawns	甜椒炒蛋 Bell Pepper & Egg Stir-Fry	蒜苗炒里脊 Sweat and sour pork	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 ShreddedGreenPepper,Carrot&Poato	红烧老豆腐 Braised Tofu	黄豆芽烧海带 Braised Soy Sprouts & Kelp	五彩西兰花 Colorful broccoli	大白菜炒豆干 Stir-fried Cabbage & Dried Tofu
	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	雪梨银耳汤 Pear and white fungus soup	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 lumb noodles Egg/vegetable	牛肉刀削面/煎蛋/绿叶菜 Beef Noodle Soup	泰国咖喱肥牛面/煎蛋/绿叶菜 Thai Curry Beef Noodles	红烧肉圆拌面 Homemade braised pork balls with noodles
扒炉档	鸡肉三明治/炸薯条/蔬菜 chickensandwich	希腊烤肉盘 Roast pork chicken	新疆大盘鸡盖浇饭/鸡块/土豆彩椒 Xingjiang chickenrice/chicken nugget	印度牛肉手抓饭/生菜/荷包蛋 Beef fried noodles	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

