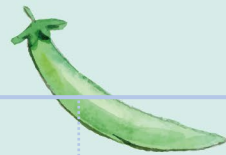


# 晚餐菜单 Dinner Menu




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
西式 Western	芝士焗巴沙鱼 Baked Basa Fish with Cheese	罗马风味烤鸡腿 Roma roasted chicken
	虾仁罗勒意大利面 Shrimp basil pasta	日式照烧牛肉饭 Basil tomato sauce pasta
	炭烤玉米棒 Crilled corn cob	黄油洋葱炒土豆 Sauteed onion & potato
	百里香西蓝花 Grilled broccoli	碳烤时蔬 Grilled vegetable
汤 Soup	南瓜奶油汤 Pumpking soup	希腊柠檬鸡汤 Greek lemon chicken soup
亚式 Asian	泰国番茄肥牛面 Thai tomatobeefnoodles	五彩虾仁 Stir-fried shrimps
		肉片西葫芦 Stir-fried pork with zucchini
		红烧豆腐 Braised firm tofu
	五香蛋 Spiced egg	绿叶菜 Sautéed green vegetable
汤 Soup	香油生菜 Sesame lettuce	三鲜汤 Fresh delicacies soup
点心 Fruit/Yogurt	时令水果 Seasonal Fruits	酸奶 Yogurt





## 晚餐菜单 Dinner 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
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	5.18星期一 Mon	5.19星期二 Tue	5.20星期三 Wed	5.21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		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		披萨草西兰花 Pizza herb broccoli	蜂蜜烤红薯 Honey baked sweet potatoes	牛奶玉米 Grilled milk corn
	生炒花菜 Stir-fried organic cauliflower		香烤南瓜角 Roasted pumpkin wedges	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	蘑菇浓汤 Cream mushroom bisque	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	台式红烧牛肉面 Braised beef noodles	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		五彩虾仁 Colorful shrimp	
	豆芽韭菜 Stir-fried bean sprouts with chives	粉丝娃娃菜 Vermicelli baby cabbage		冬瓜炖玉米 Stewed Wax Gourd with Corn	
	绿叶菜 Green vegetables	绿叶菜 Green vegetables		绿叶菜 Green vegetables	
汤 Soup	银耳汤 White fungus soup	红枣鸡汤 Red date chicken soup	煎鸡蛋 Fried egg	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



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
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		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	孜然牛肉丁 Diced beef	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	洋葱炒蛋 Onion Fried Eggs		香菇炒牛肉片 Sautéed Beef Cubes with Shiitake
	香干芹菜 Stir-fried celery	清炖白萝卜块 Cler Stewed White Radish Cubes		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

