

6.1-6.5

早餐菜单
Breakfast Menu南通惠立学校
Hiba Academy Nantong
Wellington College Education日期/菜单
Date/Menu6.1星期一
Mon6.2星期二
Tue6.3星期三
Wed6.4星期四
Thu6.5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煎蛋
Sunny-side up红烧太阳蛋
Sunny-side up鸡米花
Popcorn Chicken培根
Bacon猪肉早餐肠
Pork sausage香肠炒蔬菜
Stir-fried Sausage with Vegetables猪肉早餐肠
Pork sausage早餐炒时蔬
Stir-fried vegetable小番茄
Cherry Tomatoes早餐炒时蔬
Stir-fried vegetable蒜香菠菜
Garlic Spinach橄榄油西兰花
Broccoli with olive oil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/ 红糖花卷
Chicken Bun/Brown Sugar Bun葱花卷/煎包
Scallion buns/Fried Pork Bun手工酱肉包/豆沙包
Pork Baozi /Red Bean Baozi紫薯包/叉烧包
Purple Sweet Potato Bun/BBQ Pork Bun梅干菜肉包/南瓜馒头
Meigancai Pork Bun/pumpkin Bun香葱鸡蛋饼
Egg pancake蒸红薯/白沙糖玉米
Steamed sweet potato/White sugar corn蒸糕
Steamed Cake牛肉青椒饼
Beef & Green Pepper Pancake白沙糖玉米/蒸山药
White sugar corn菠菜鸡蛋面
Spinach & Egg Noodles芝麻汤圆
Sesame rice ball水饺
Dumpling鱼丸面
Fish Ball Noodles小馄饨
Boiled wonton白煮蛋
Boiled egg茶叶蛋
Tea Egg白煮蛋
Boiled egg五香蛋
Tea Egg白煮蛋
Boiled egg粥铺
Porridge红豆糯米粥
Red Bean Glutinous Rice Porridge山药胡萝卜瘦肉粥
Yam carrot and pork porridge紫薯黑米粥
Purple Sweet Potato & Black Rice Congee牛肉青菜粥
Beef and Vegetable Congee大米红薯粥
Rice and Sweet Potato Congee

6.8-6.12

早餐菜单

Breakfast Menu



南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期/菜单 Date/Menu	6.8星期一 Mon	6.9星期二 Tue	6.10星期三 Wed	6.11星期四 Thu	6.12星期五 Fri
西式早餐 Western	法式炒蛋 Scrambled eggs	荷包蛋 Sunny-side up	煎蛋 Sunny-side up	牛奶滑蛋 Creamy scrambled eggs	红烧太阳蛋 Fried egg in soy sauce
	鸡米花 Popcorn Chicken	鸡肉早餐肠 Chicken sausage	培根 Bacon	猪肉早餐肠 Pork sausage	香肠炒蔬菜 Stir-fried Sausage with Vegetables
	早餐炒蔬菜 Fried vegetable	橄榄油西兰花 Broccoli with olive oil	小番茄 Cherry Tomatoes	早餐炒时蔬 Stir-fried vegetable	清炒西兰花 Fried 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	三丁包/葱花卷 Diced Delicacies Bun/Scallion steamed Bun	酱肉包/香菇菜包 Braised Pork Bun/Mushroom Bun	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	红烧猪肉包/奶香馒头 Braised Pork Bun/Milk Steamed Bun
	酱香饼 Soy Sauce Pancake	红糖发糕 Brown sugar rice cake	韭菜鸡蛋盒子 Chives and Egg Pancake	鲜肉锅盔 Pork Patty	紫薯饼 Purple Sweet Potato Cake
	水饺 Boiled dumplings	老上海香油面 Sesame Oil Noodle Soup	酱香米粉 Soy Sauce Flavored Rice Noodles	汤圆 Sesame ball	鲜虾菌菇面 Shrimp & Mushroom Noodles
	茶叶蛋 Tea Egg	白煮蛋 Boiled egg	茶叶蛋 Tea Egg	白煮蛋 Boiled egg	五香蛋 Tea Egg
粥铺 Porridge	香菇鸡肉粥 Chicken & mushroom porridge	红豆小圆子粥 Sweet Rice Wine Balls	红豆糯米粥 Red Bean and Glutinous Rice Congee	小米南瓜粥 Millet Pumpkin porridge	牛肉青菜粥 Beef rice porridge



6.15-6.18

早餐菜单
Breakfast Menu南通惠立学校
Hiba Academy Nantong
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日期/菜单 Date/Menu	6.15星期一 Mon	6.16星期二 Tue	6.17星期三 Wed	6.18星期四 Wed
西式早餐 Western	厚蛋烧 Tamagoyaki	煎蛋 Sunny-Side up	菠菜煎蛋卷 Spinach Omelette	太阳蛋 Sunny-Side up
	培根 Bacon	猪肉早餐肠 Pork Sausage	鸡米花 Popcorn Chicken	牛肉早餐肠 Beef Sausage
	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
	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
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
	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
	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
	白煮蛋 Boiled egg	茶叶蛋 Tea Egg	白煮蛋 Boiled Egg	茶叶蛋 Tea Egg
粥铺 Porridge	苹果藕粉羹 Apple and Lotus Root Starch Soup	皮蛋瘦肉粥 Century Egg & Pork Porridge	红豆粥 Red Bean Congee	小米南瓜粥 Millet Pumpkin porridge



6.22-6.26

早餐菜单
Breakfast Menu南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期/菜单 Date/Menu	6.22星期一 Mon	6.23星期二 Tue	6.24星期三 Wed	6.25星期四 Thu	6.26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 Scallion Ham Egg Roll
	鸡米花 Popcorn Chicken	培根 Bacon	猪肉早餐肠 Pork Sausage	香肠炒蔬菜 Stir-fried Sausage with Vegetables	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 Fried Pork Bun/Chives & Egg	葱花卷/三丁包 Scallion Buns/Diced Delicacies Bun	南瓜包/猪肉大葱包 Pumpkin Bun/Pork Scallion Bun	杂粮馒头/咖喱牛肉包 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 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 Tea Egg	白煮蛋 Boiled Egg	五香蛋 Tea Egg	茶叶蛋 Tea Egg
粥铺 Porridge	红豆燕麦粥 Red Bean & Oat Congee	青菜鸡丝粥 Green Vegetable & Chicken Shredded Congee	小米南瓜粥 Millet Pumpkin Porridge	牛肉青菜粥 Beef Rice Porridge	红豆糯米粥 Red Bean Glutinous Rice Porridge

