

6.1-6.5

# 午餐菜单

## Lunch Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

| 日期/菜单<br>Date/Menu    | 6.1星期一<br>Mon                                 | 6.2星期二<br>Tue                                   | 6.3星期三<br>Wed                                           | 6.4星期四<br>Thu                                        | 6.5星期五<br>Fri                                    |
|-----------------------|-----------------------------------------------|-------------------------------------------------|---------------------------------------------------------|------------------------------------------------------|--------------------------------------------------|
| 西式<br>Western         | 法式苹果焖鸡<br>French Braised Chicken with Apples  | KFC炸鸡腿排<br>KFC chicken legs                     | 番茄牛肉意面<br>Tomato Beef Pasta                             | 照烧龙利鱼<br>Longli fish fillet                          | 法式柠檬鸡<br>French Lemon Chicken                    |
|                       | 蒜香橄榄油猪肉意面<br>Garlic and Olive Oil Pork Pasta  | 意式香肠烩饭<br>Italian Sausage Risotto               | 西班牙梅花猪肉排<br>Pork chop                                   | 洋葱猪肉饭<br>Onion Pork Rice                             | 奶油芝士猪肉意面<br>Cream Cheese Pork Pasta              |
|                       | 蜂蜜烤红薯<br>Baked sweet potato                   | 香烤南瓜角<br>Roasted Pumpkin Wedges                 | 牛奶甜玉米<br>Milk Sweet Corn                                | 芝士焗红薯<br>Baked Sweet Potato with Cheese              | 香烤南瓜角<br>Roasted Pumpkin Wedges                  |
|                       | 炭烤时蔬<br>Grilled vegetable                     | 蒜香西兰花<br>Garlic broccoli                        | 普罗旺斯蔬菜<br>Grilled Vegetable                             | 碳烤彩椒<br>Charcoal-Grilled Bell Peppers                | 意大利烩时蔬<br>Grilled vegetable                      |
| 汤<br>Soup             | 法式蔬菜汤<br>Potage parmentier                    | 胡萝卜洋葱汤<br>Carrot and Onion Soup                 | 金针菇味增汤<br>Miso Soup with enoki mushrooms                | 花菜奶油汤<br>Cream cauliflower soup                      | 洋葱土豆汤<br>Onion Potato Soup                       |
| 亚式<br>Asian           | 狮子头<br>Chinese style meatball                 | 桂花盐水鸭<br>Osmanthus salted duck                  | 菠萝咕咾肉<br>Sweet and Sour Pork                            | 白萝卜烩牛肉<br>Beef stewed with radish                    | 糖醋里脊<br>Sweet and Sour Pork Tenderloin           |
|                       | 红烧鸡翅根<br>Braised Chicken Drumettes            | 香芹牛肉丝<br>Shredded beef with celery              | 番茄炒蛋<br>Fried Egg with Tomato                           | 红烧排骨<br>Braised Pork Ribs in Brown Sauce             | 水煮牛肉<br>Sichuan Boiled Beef                      |
|                       | 醋溜大白菜<br>Sweet and sour chinese cabbage       | 蒜蓉金针菇<br>Garlic Enoki Mushrooms                 | 清炒西葫芦<br>Stir-fried Zucchini                            | 茄子炒土豆<br>Eggplant with potato                        | 三彩丝条<br>Three-color Shreds                       |
|                       | 绿叶菜<br>Sautéed green vegetable                | 绿叶菜<br>Sautéed green vegetable                  | 绿叶菜<br>Sautéed Green Vegetable                          | 绿叶菜<br>Sautéed green vegetable                       | 绿叶菜<br>Sautéed green vegetable                   |
| 汤<br>Soup             | 酸辣汤<br>Hot & Sour Soup                        | 菠菜蛋花汤<br>Spinach Egg Drop Soup                  | 红枣枸杞汤<br>Red Date Goji Balls                            | 水果西米露<br>Fruit Sago                                  | 小排萝卜汤<br>Pork ribs and radish soup               |
| 面<br>Noodles          | 泰式鸡肉咖喱面/绿叶菜/荷包蛋<br>Chicken curry udon noodles | 越南柠檬牛肉面/绿叶菜/炸蛋<br>Vietnamese Lemon Beef Noodles | 红烧黄鳝韭黄面/绿叶菜/炸蛋<br>Braised Yellow Eel with Chive Noodles | 金汤肥牛面/鸡蛋/青菜<br>Golden Broth Beef Noodles             | 泰式酸辣虾面/鸡蛋/绿叶菜<br>Tom Yum Noodle Soup with Shrimp |
| 扒炉档<br>Fruit/Yogurt   | 牛肉披萨/炸薯条/蔬菜<br>Beef Pizza                     | 蜜汁脆皮鸡拌饭/蔬菜/荷包蛋<br>Crispy Chicken Rice           | 泰式菠萝虾仁炒饭/煎蛋/生菜<br>Pineapple Shrimp Fried Rice           | 黄焖鸡盖浇饭/鸡蛋/青菜<br>Braised Chicken in Yellow Sauce Rice | 红烧牛肉盖饭/鸡蛋/青菜<br>Beef Rice Bowl with Brown Sauce  |
| 水果/酸奶<br>Fruit/Yogurt | 酸奶<br>Yogurt                                  | 时令水果<br>Fruit                                   | 酸奶<br>Yogurt                                            | 时令水果<br>Fruit                                        | 酸奶<br>Yogurt                                     |



6.8-6.12

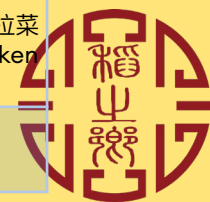
# 午餐菜单

## Lunch Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

| 日期/菜单Date/Menu        | 6.8星期一<br>Mon                                                                       | 6.9星期二<br>Tue                                              | 6.10星期三<br>Wed                                               | 6.11星期四<br>Thu                                          | 6.12星期五<br>Fri                                     |
|-----------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------|
| 西式<br>Western         | 柠檬鸡肉烩饭<br>Lemon Chicken Risotto                                                     | 沙爹鸡<br>Chicken Satay                                       | 奥尔良鸡腿排<br>New Orleans Style Chicken Thigh                    | 日式猪肉藕饼<br>Pork and Lotus Root Pancakes                  | 法式黄油翅根<br>French Butter Chicken Wings              |
|                       | 唐扬粉炸鱼柳<br>Fish Fillet Fried with Karaage Powder                                     | 香炸鱿鱼圈<br>Calamari Rings                                    | 千层面<br>Lasagna                                               | 番茄酱鳕鱼排<br>Cod Fillet with Tomato Sauce                  | 法式黑松露奶油烩饭<br>French Black Truffle Cream Risotto    |
|                       | 芝士焗土豆泥<br>Baked mashed potatoes                                                     | 蒜香法棍<br>Garlic Bread                                       | 蜂蜜烤红薯<br>Baked Sweet Potato                                  | 柠檬烤土豆<br>Lemon Baked Potato                             | 法式普罗旺斯色拉<br>French Provencal Salad                 |
|                       | 意大利烩时蔬<br>Grilled vegetable                                                         | 咖喱蔬菜<br>Grilled Vegetable                                  | 地中海烤蔬菜<br>Grilled vegetable                                  | 地中海烤蔬菜<br>Grilled Vegetable                             | 法式奶油炖菜<br>French Cream Stew                        |
| 汤<br>Soup             | 玉米浓汤<br>Corn Soup                                                                   | 雪梨银耳汤<br>Pear and white fungus soup                        | 奶油南瓜汤<br>Creamy Pumpkin Soup                                 | 花菜奶油汤<br>Cream Cauliflower Soup                         | 法式海鲜汤<br>French Seafood Soup                       |
| 亚式<br>Asian           | 炸猪排<br>Fried Pork Chop                                                              | 孜然牛肉丁<br>Diced beef                                        | 鱼香肉丝<br>Yu-Shiang Shredded Pork                              | 照烧鸡翅根<br>Teriyaki Chicken Leg                           | 蒜苗炒肉<br>Fried Pork Garlic Sprouts                  |
|                       | 彩椒炒蛋<br>Bell Pepper Stir-Fried Eggs                                                 | 茄汁大虾<br>Shrimp in Tomato Sauce                             | 小酥肉<br>Crispy Fried Pork                                     | 胡萝卜炖牛肉<br>Stew beef with carrot                         | 白灼虾<br>Boiled Shrimp                               |
|                       | 青椒土豆丝<br>Slices potato and pepper                                                   | 清蒸葱油豆腐<br>Steamed tofu                                     | 蒜蓉娃娃菜<br>Baby Bok Choy with Garlic                           | 干锅豇豆<br>Dry Pot Cowpeas                                 | 地三鲜<br>Potato Eggplant Pepper                      |
|                       | 绿叶菜<br>Sautéed green vegetable                                                      | 绿叶菜<br>Sautéed Green Vegetable                             | 绿叶菜<br>Sautéed Green Vegetable                               | 绿叶菜<br>Sautéed Green Vegetable                          | 绿叶菜<br>Sautéed Green Vegetable                     |
| 汤<br>Soup             | 银耳苹果汤<br>White fungus and apple soup                                                | 番茄鸡蛋汤<br>Tomato Egg Soup                                   | 老母鸡汤<br>Chicken Soup                                         | 小排萝卜汤<br>Pork ribs and radish soup                      | 枸杞红枣银耳羹<br>Red Date and Goji Berry Tremella Soup   |
| 面<br>Noodles          | 新疆大盘鸡宽面/鸡蛋/青菜<br>Chicken Noodles                                                    | 鸡肉番茄鸡蛋刀削面/煎蛋/生菜<br>Sliced noodles with tomato and egg      | 豚骨拉面/鸡蛋/绿叶菜<br>Tonkotsu Ramen (Pork Bone Broth)              | 岐山臊子面/绿叶菜/炸蛋<br>Braised noodles                         | 酸汤肥牛面/绿叶菜/水煮蛋<br>Sour Soup Beef Rice Noodles       |
| 扒炉档<br>Grilled        | 番茄炒蛋/肉酱盖浇饭/米饭<br>Scrambled Eggs with Tomatoes / Meat Sauce over Rice / Steamed Rice | 糖醋里脊盖浇饭/鸡蛋/绿叶菜<br>Sweet and Sour Pork Tenderloin over Rice | 虾仁炒饭/鸡米花/小青菜<br>Shrimp Fried Rice/Popcorn Chicken/Vegetables | 鱼香肉丝盖浇饭/鸡蛋/绿叶菜<br>Fish-Flavored Shredded Pork Rice Bowl | 法式蟹味火腿三明治/鸡米花/色拉菜<br>Ham Sandwich /Popcorn Chicken |
| 水果/酸奶<br>Fruit/Yogurt | 酸奶<br>Yogurt                                                                        | 时令水果<br>Fruit                                              | 酸奶<br>Yogurt                                                 | 时令水果<br>Fruit                                           | 酸奶<br>Yogurt                                       |



6.15-6.18

# 午餐菜单 Lunch Menu



南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

| 日期/菜单 Date/Menu       | 6.15星期一<br>Mon                          | 6.16星期二<br>Tue                       | 6.17星期三<br>Wed                                   | 6.18星期四<br>Thu                                                |
|-----------------------|-----------------------------------------|--------------------------------------|--------------------------------------------------|---------------------------------------------------------------|
| 西式<br>Western         | 意大利美味肉丸<br>Italian meat ball            | 炭烤牛仔骨<br>Grilled beef short ribs     | 照烧梅花肉<br>Teriyaki Pork Shoulder Blade            | 德国BBQ翅根<br>German chicken wings                               |
|                       | 芝士烤鸡肉饼<br>Chicken Quesadilla            | 虾仁罗勒烩饭<br>Shrimp and Basil Risotto   | 黑椒牛肉意面<br>Black Pepper Beef Pasta                | 番茄肉末烩饭<br>Tomato Minced Meat Risotto                          |
|                       | 炭烤玉米<br>Charcoal-Grilled Corn           | 香烤南瓜角<br>Roasted pumpkin             | 芝士焗红薯<br>Baked Sweet Potato with Cheese          | 西班牙甜椒<br>Spanish sweet pepper                                 |
|                       | 西班牙花菜<br>Spanish cauliflower            | 地中海烤蔬菜<br>Grilled vegetable          | 蒜香花菜<br>Grilled broccoli                         | 卡真粉西兰花<br>Grilled broccoli                                    |
| 汤<br>Soup             | 法式蔬菜汤<br>Potage parmentier              | 地中海番茄浓汤<br>Mediterranean tomato soup | 花菜奶油汤<br>Cream cauliflower soup                  | 银耳苹果汤<br>White fungus and apple soup                          |
| 亚式<br>Asian           | 红烧鸡块<br>Braised Chicken Chunks          | 蒜香排骨<br>Garlic Spare Ribs            | 土豆牛腩<br>Beef Brisket with Potatoes               | 东坡肉<br>Dongpo Braised Pork                                    |
|                       | 韭菜鸡蛋<br>Chives with Eggs                | 红烧鸭块<br>Braised Duck with Soy Sauce  | 青椒炒蛋<br>Scrambled Eggs with Green Peppers        | 咖喱土豆鸡块<br>Curry chicken with potatoes                         |
|                       | 蒜香娃娃菜<br>Garlic Baby Bok Choy           | 缸豆烩葫芦<br>Stewed cowpea and gourd     | 炒茭白丝<br>Sautéed water bamboo                     | 山药木耳<br>Fried yam mushroom                                    |
|                       | 绿叶菜<br>Sautéed green vegetable          | 绿叶菜<br>Sautéed green vegetable       | 绿叶菜<br>Sautéed green vegetable                   | 绿叶菜<br>Sautéed green vegetable                                |
| 汤<br>Soup             | 排骨冬瓜汤<br>Pork Rib and Winter Melon Soup | 海带牛肉汤<br>Kelp and beef soup          | 枸杞红枣银耳羹<br>Red Date and Goji Berry Tremella Soup | 豆腐萝卜汤<br>Radish and tofu soup                                 |
| 面<br>Noodles          | 牛肉饺子<br>Beef dumplings                  | 台湾红烧牛肉面<br>Beef noodle soup          | 上海八宝辣酱面/绿叶菜/荷包蛋<br>Shanghai hot sauce noodles    | 西红柿牛腩面/小青菜/卤蛋<br>Tomato Beef Brisket Noodles                  |
| 扒炉档<br>Grilled        | 泰式打抛饭/绿叶菜/荷包蛋<br>Pad Krapow             | 鸡肉炒饭/绿叶菜/荷包蛋<br>Chicken Fried Rice   | 手抓羊肉饭绿叶菜/荷包蛋<br>Hand-Grabbed Lamb Rice           | 牛肉咖喱盖浇饭/生菜/荷包蛋<br>Curry Beef over Rice / Curry Beef Rice Bowl |
| 水果/酸奶<br>Fruit/Yogurt | 酸奶<br>Yogurt                            | 时令水果<br>Fruit                        | 酸奶<br>Yogurt                                     | 时令水果<br>Fruit                                                 |



6.22-6.26

午餐菜单  
Lunch Menu南通惠立学校  
Hiba Academy Nantong  
Wellington College Education

| 日期/菜单<br>Date/Menu    | 6.22星期一<br>Mon                                | 6.23星期二<br>Tue                                      | 6.24星期三<br>Wed                                                 | 6.25星期四<br>Thu                                                               | 6.26星期五<br>Fri                                      |
|-----------------------|-----------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------------|
| 西式<br>Western         | 烤罗马鸡胸肉<br>Grilled Chicken Breast              | 匈牙利牛肉<br>Hungarian Beef                             | 沙爹鸡<br>Chicken Satay                                           | 希腊莫萨卡<br>Moussaka                                                            | 意大利芝士海鲜焗饭<br>Italian Seafood Baked Rice with Cheese |
|                       | 意大利肉酱面<br>Spaghetti bolognese                 | 火腿豌豆烩饭<br>Ham and Pea Risotto                       | 罗马牛前胸意面<br>Roman beef brisket                                  | 希腊烤鸡腿肉<br>Greek roast chicken leg                                            | 西班牙蒜香虾<br>Gambas al Ajillo                          |
|                       | 香烤南瓜角<br>Roasted Pumpkin Wedges               | 咖喱时蔬番茄<br>Curry vegetables                          | 牛奶甜玉米<br>Milk Sweet Corn                                       | 芝士焗红薯<br>Baked Sweet Potato with Cheese                                      | 柠檬土豆角<br>Lemon Potato Wedges                        |
|                       | 炭烤彩椒<br>Grilled pepper                        | 西班牙花菜<br>Spanish cauliflower                        | 百里香烤时蔬<br>Grilled vegetable                                    | 普罗旺斯蔬菜<br>Grilled Vegetable                                                  | 地中海烤蔬菜<br>Mediterranean Roasted Vegetables          |
| 汤<br>Soup             | 法式蔬菜汤<br>French vegetable soup                | 雪梨银耳汤<br>Pear and white fungus soup                 | 味噌金针菇汤<br>Miso mushroom soup                                   | 花菜奶油汤<br>Cream cauliflower soup                                              | 法式土豆汤<br>Potato soup                                |
| 亚式<br>Asian           | 蜜汁猪排<br>Honey Glazed Pork Chop                | 咖喱鸡腿<br>Curry Chicken Leg                           | 什锦虾仁小炒<br>Fried Mixed Seafood Shrimp                           | 炸鸡腿排<br>Deep fried chicken legs                                              | 香芹牛肉丝<br>Shredded Beef with Celery                  |
|                       | 棒棒鸡<br>Bang Bang Chicken                      | 莴苣木耳炒肉片<br>Sliced pork with mushroom                | 水煮肉片<br>Slices pork with homemade sauce                        | 蒜台肉片<br>Tomato-Sautéed Pork Slices                                           | 肉沫蒸蛋<br>Steamed egg with minced pork                |
|                       | 青椒土豆片<br>Slices potato and pepper             | 红烧豆腐<br>Braised Tofu with Soy Sauce                 | 葱油冬瓜<br>Wax gourd with scallion oil                            | 木耳白菜<br>Black Fungus & Cabbage                                               | 芹菜炒腐竹<br>Stir-fried celery                          |
|                       | 绿叶菜<br>Sautéed green vegetable                | 绿叶菜<br>Sautéed green vegetable                      | 绿叶菜<br>Sautéed green vegetable                                 | 绿叶菜<br>Sautéed green vegetable                                               | 绿叶菜<br>Sautéed green vegetable                      |
| 汤<br>Soup             | 西湖牛肉羹<br>West Lake Beef Soup                  | 西红柿金针菇蛋汤<br>Tomato egg soup                         | 白菜豆腐虾皮汤<br>Tofu vegetable soup                                 | 玉米冬瓜汤<br>Wax gourd corn soup                                                 | 平菇菠菜鸡蛋汤<br>Spinach mushroom egg soup                |
| 面<br>Noodles          | 枸杞老母鸡汤面/绿叶菜/鸡蛋<br>Old Hen Chicken Noodle Soup | 兰州牛肉拉面/绿叶菜/鸡蛋<br>LanZhou beef noodles               | 杂酱面/绿叶菜/炸蛋<br>Za Jiang Noodles                                 | 上海风味红烧大排面<br>Shanghai Braised Pork Chop Noodles                              | 新疆鸡肉面/生菜/卤蛋<br>Xinjiang Chicken Noodles             |
| 扒炉档                   | 印尼咖喱海鲜拌饭/青菜/煎蛋<br>Curry Seafood Rice          | 越南牛肉炒河粉/卤蛋/生菜<br>Vietnamese Beef Stir-Fried Noodles | 韩式香菇肥牛拌饭/鸡蛋/泡菜<br>Korean Mushroom Beef Bibimbap / Egg / Kimchi | 印度咖喱鸡肉手抓饭/煎蛋/青菜<br>Indian Curry Chicken Pulao / Fried Egg / Green Vegetables | 意式培根披萨/炸薯条/混合色拉<br>Bacon Pizza                      |
| 水果/酸奶<br>Fruit/Yogurt | 酸奶<br>Yogurt                                  | 时令水果<br>Fruit                                       | 酸奶<br>Yogurt                                                   | 时令水果<br>Fruit                                                                | 酸奶<br>Yogurt                                        |

