

6.1-6.4

晚餐菜单
Dinner Menu南通惠立学校
Hiba Academy Nantong
Wellington College Education

日期/菜单 Date/Menu	6.1星期一 Mon	6.2星期二 Tue	6.3星期三 Wed	6.4星期四 Thu
西式 Western	牛腩番茄烩饭 Braised Beef Brisket with Tomato Rice	法式蟹肉番茄三明治 Crab meat sandwich 香煎太阳蛋 Fried Egg 橄榄油菠菜 Olive oil spinach 法式土豆汤 French potato soup	夏威夷菠萝烤鸡 Hawaiian Pineapple Grilled Chicken	番茄猪肉芝士焗通心粉 Baked Macaroni with Tomato Pork and Cheese
	沙爹鸡 Chicken Satay		西班牙炒饭 Spanish Fried Rice	蛋黄酱鳕鱼排 Cod Cutlet with Mayonnaise
	牛奶玉米 Grilled milk corn		香烤南瓜角 Roasted pumpkin wedges	蜂蜜烤红薯 Honey baked sweet potatoes
	披萨草西蓝花 Pizza herb broccoli		咖喱时蔬 Grilled Vegetable	香烤时蔬 Roasted seasonal vegetables
汤 Soup	奶油南瓜汤 Creamy pumpkin soup	小炒黄牛肉 Stir-fried beef 锅包肉 Fried Sweet and Sour Pork 葱油冬瓜 Wax gourd with scallion oil 绿叶菜 Green vegetables	蘑菇浓汤 Cream mushroom bisque	雪梨红枣汤 Snow pear and red date soup
亚式 Asian	青椒肉丝 Shredded Pork with Green Peppers		西红柿鸡蛋面 Tomato and Egg Noodles 时令蔬菜 Vegetables	牛肉烩三鲜 Steamed beef, mushrooms
	酸菜鱼 Suan Cai Yu			上海红烧肉 Braised Pork Belly
	胡萝卜木耳 Sautéed Chinese Yam with Carrots & Black Fungus			土豆烧胡萝卜 Braised Potato with Carrot
	绿叶菜 Green vegetables			绿叶菜 Green vegetables
汤 Soup	玉米蘑菇汤 Corn and mushroom soup	外婆罗宋汤 Borscht		豆腐番茄汤 Tofu tomato soup
点心 Fruit/Yogurt	酸奶 Yogurt	时令水果 Seasonal Fruits	酸奶 Yogurt	时令水果 Seasonal Fruits

6.8-6.11

晚餐菜单
Dinner 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
西式 Western	日式猪肉藕饼 Pork and Lotus Root Pancakes	蜜汁叉烧猪肉三明治 Honey Char Siu Pork Sandwich 香煎太阳蛋 Fried Egg 橄榄油西兰花 Broccoli with Olive Oil	芝士焗巴沙鱼 Baked Basa Fish with Cheese	罗马风味烤鸡腿 Roma roasted chicken
	意式番茄烩鱼排 Tomato braised fish fillets		虾仁罗勒意大利面 Shrimp basil pasta	日式照烧牛肉饭 Japanese Beef Teriyaki Rice Bowl
	脆皮土豆 Crispy potatoes		炭烤玉米棒 Grilled Corn on the Cob	黄油洋葱炒土豆 Sauteed onion & potato
	普罗旺斯蔬菜 Grilled vegetable		百里香西兰花 Grilled broccoli	碳烤时蔬 Grilled vegetable
汤 Soup	杨枝甘露 Chilled Mango Sago Cream with Pomelo		法式蔬菜汤 Potage parmentier	希腊柠檬鸡汤 Greek lemon chicken soup
亚式 Asian	宫保鸡丁 Kung Pao Chicken	牛腩炖土豆 Beef with potato	泰国番茄肥牛面 Thai tomato beef noodles 五香蛋 Spiced egg 香油生菜 Sesame lettuce	五彩虾仁 Stir-fried shrimps
	猪肉沫蛋羹 Minced Meat and Egg Custard	五彩鸡丁 Colourful diced chicken		肉片西葫芦 Stir-fried pork with zucchini
	白萝卜炒西葫芦 Sautéed White Radish with Zucchini	清炖冬瓜块 Clear Stewed Wax Gourd Cubes		红烧豆腐 Braised firm tofu
	绿叶菜 Sautéed green vegetable	绿叶菜 Sautéed green vegetable		绿叶菜 Sautéed green vegetable
汤 Soup	苹果红枣羹 Apple & Red Date Soup	丝瓜鸡蛋汤 Luffa egg soup		三鲜汤 Fresh delicacies soup
点心 Fruit/Yogurt	时令水果 Seasonal Fruits	酸奶 Yogurt	时令水果 Seasonal Fruits	酸奶 Yogurt

6.15-6.18

晚餐菜单
Dinner Menu南通惠立学校
Hiba Academy Nantong
Wellington College Education

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 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	日式照烧鸡肉饭 Japanese Chicken Teriyaki Rice Bowl	千层面 Lasagna
	希腊莫萨卡 Moussaka		洋葱章鱼脚 Octopus Legs with Onion	唐扬粉巴沙鱼 Tang Yang basa fish
	披萨草西兰花 Pizza herb broccoli		迷迭香烤土豆 Rosemary potato	香烤南瓜角 Roasted pumpkin wedges
	香烤时蔬 Roasted Seasonal Vegetables		咖喱时蔬 Grilled Vegetable	生炒花菜 Stir-fried organic cauliflower
汤 Soup	胡萝卜奶油汤 Carrot Cream Soup	山药炒鸡丁 Stir-fried Chicken with Yam 耗油牛肉 Beef in Oyster Sauce 小葱韭黄 Chives with Scallions 绿叶菜 Sautéed Green Vegetable	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		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			酱香焖鸭块 Stewed duck pieces with sauce
	家常豆腐 Homemade sauce tofu			清炒萝卜 Stir-fried radish
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	绿叶菜 Sautéed green vegetable
	时令水果 Seasonal Fruits			酸奶 Yogurt
点心 Fruit/Yogurt	时令水果 Seasonal Fruits	酸奶 Yogurt	时令水果 Seasonal Fruits	酸奶 Yogurt

6.22-6.25

晚餐菜单
Dinner 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
西式 Western	炭烤牛仔骨 Grilled beef short ribs	滑蛋蟹肉三明治 Scrambled Egg and Crab Meat Sandwich	咖喱鸡肉 Curry Chicken	意式巴沙鱼烩时蔬 Braised Basa Fish with Seasonal Vegetables
	奶油鸡肉烩饭 Creamy Chicken Risotto		意大利肉酱面 Spaghetti bolognese	虾仁罗勒烩饭 Shrimp and Basil Risotto
	黄油洋葱炒土豆 Stir-fried potatoes with butter onions		蜂蜜烤红薯 Honey baked sweet potatoes	牛奶玉米 Grilled milk corn
	生炒花菜 Stir-fried organic cauliflower		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		台式红烧牛肉面 Braised beef noodles	青椒炒鸡丁 Sautéed Chicken Cubes with Green Pepper
	木须肉 Mu-Shu Pork			五彩虾仁 Colorful shrimp
	豆芽韭菜 Stir-fried bean sprouts with chives			冬瓜炖玉米 Stewed Wax Gourd with Corn
	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

