

# ISNS MYP&DP Lunch Menu

## September 2019

sodexo  
SOCIAL KITCHEN

Type	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
<b>Soup 汤</b>	Mix Mushroom Cream Soup 奶油杂菌浓汤 Yam with Corn and Pig Bone Soup 淮山玉米猪骨汤	Pumpkin Soup 南瓜汤 Cordyceps Flower and Pork Bone Soup 虫草花煲猪筒骨	Tomato and Seafood Soup 番茄海鲜汤 Seaweed and Egg Soup 紫菜蛋花汤 (高汤底)	Bacon Vanilla Potato Soup 培根香草土豆汤 Laver Soup with Eggs 冬瓜薏米猪骨汤	Creamy Beans Soup 奶油青豆汤 Soybean and Balsam with Pig Bone Soup 黄豆凉瓜煲猪骨
<b>Western 西式 W</b> RMB: 36	Pork Chop with Sauce 烧汁配猪扒 Poached Egg 水波蛋 Grilled Mix Vegetable with Cheese and Chopped Tomato Dressing 伐利亚农夫之梦 Yangzhou Fried Rice 扬州炒饭	BBQ Rids BBQ排骨 Mixed Vegetable and Okra 杂菜秋葵 Fried Vegetable with Bacon 培根炒苜蔬 Fried Paste with Pashtu Sauce 帕诗图酱炒意面	Teriyaki Chicken 照烧鸡扒 Fried Color Pepper with Marrow 锦绣培根炒西葫芦 Tempura and vegetable with BBQ sauce 天妇罗苜蔬配BBQ酱 Fried Dumplings 煎饺子	Fried Chicken with Sweet Sauce 中堂鸡块 Crispy Vegetarian Dumpling with Curry Sauce 咖喱薯角 Grilled Potato with Cherry Tomato 圣女果烤土豆 Vegetable Rice 蔬菜烩饭	Grilled Saury 香烤秋刀鱼 Grilled corn 烤玉米棒 Chicken and Broccoli 鸡肉西兰花 Fried Paste with Beef Sause 牛肉酱烩长意面
<b>Soup Noodle 汤面类</b> RMB: 36	Beef Soup Noodles 牛腩粉	Japanese Style Chicken Meatball Noodles 日式鸡肉丸粉	Beef Soup Noodles 牛腩粉	Pig Feet Noodles 猪手面	Beef Soup Noodles 牛腩粉
<b>Asian 亚式 A</b> RMB: 34	Barbecued Pork 秘制叉烧 Fried Pork with Vegetable Marrow 西葫芦炒猪肉	Braised Trotter in red Sauce 红烧猪手 Fried Egg with Tomato 番茄炒蛋	Sautéed Beef with Bitter Gourd 凉瓜炒牛肉 Braised Pork with Taro 香茅扣肉	Stewed Pork with Grass Sauce 黄豆酱焖五花肉 Stewed Chicken with Potatoes 土豆焖鸡	Japanese Chicken Steak 日式鸡柳 Shredded Potato with Spicy Sauce 香辣土豆丝
<b>Asian 亚式 B</b> RMB: 34	Maggi Spicy Shrimp 美极香辣虾 Beef meatball 牛肉丸白菜胆	Steamed Chicken with Chicken 香菇蒸鸡 Fried 西兰花炒肉片	Marinated Duck 卤鸭 Fried Pork Mushroom 鲍菇炒肉片	Spicy Duck 辣子鸡 Steamed water egg with meat 肉沫蒸水蛋	Crispy Roasted Duck 酥皮烤鸭 Braised Stuffed Tofu 红烧豆腐
<b>Vegetable 素菜</b>	Chinese Cabbage 云耳大白菜	Chinese green 小白菜	Lettuce 蚝油生菜	Veg 上海青	Veg 清炒麦菜
<b>Drinks 饮品</b>	Passion Fruit Lemonade 百香果柠檬水	Yogurt 光明酸奶	Yogurt 维他豆奶	Yogurt 光明酸奶	Yogurt 卡士酸奶
<b>Fruit 水果</b>	Mixed Fruit 什锦水果盘	Mixed Fruit 什锦水果盘	Mixed Fruit 什锦水果盘	Mixed Fruit 什锦水果盘	Mixed Fruit 什锦水果盘

Week  
1<sup>st</sup>

第一周