

ISNS MYP&DP Lunch Menu

Jan 2019



Type	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Soup 汤	Chicken with Corn Soup 鸡肉玉米羹 Pork Ribs with Bitter Gourd and Soybeans 苦瓜黄豆煲猪肉排	Pumpkin Soup 南瓜汤 Seaweed and Egg Soup 紫菜鸡蛋汤	Seafood Soup 海鲜汤 Pork with Papaya Soup 木瓜雪梨煲猪骨	Vegetables Soup 蔬菜汤 Carrot, Lotus Roots and Water Chestnut Soup 胡萝卜马蹄汤	Ginger-flavored Carrot Soup 姜味胡萝卜汤 Pork Soup with White Gourd and Coix Seed 冬瓜薏米猪骨汤
Western 西式 W	RMB: 36 BBQ Chicken Wing 鸡中翅 Vegetarian Spring Rolls 春卷 Sautéed Mushroom with Herbs 香草蘑菇 Roast Potato 卡真土豆	RMB: 36 Roasted Chicken 蜜汁烤鸡扒 Roast Potato 蒜香土豆 Grilled Vegetables 铁板扒蔬菜 Curry Rice with Beans 五彩咖喱饭	RMB: 36 Sautéed Sole Fish 香煎龙俐鱼 Braised Beans with White Sauce 白汁烩杂豆 Fried Baby Pumpkin with Onion 洋葱扒西葫芦 Bolognese Fusilli 肉酱螺丝粉	RMB: 36 French Braised Beef with Red Wine 法式红酒烩牛肉 Fried Mushroom with Bacon 烟肉炒蘑菇 Braised Apples with Purple Cabbage 紫甘蓝烩苹果 Tomato Sauce Vegetable Rice 西班牙番茄蔬菜焗饭	RMB: 36 Baked Pork with Black Pepper 黑椒焗猪柳 Sautéed Potatoes with Bacon 培根炒土豆 Stewed Broccoli with Butter 牛油西兰花 Bolognese Spaghetti 肉酱长意面
Soup Noodle 汤面类	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线
Asian 亚式 A	RMB: 34 Marinated Duck 卤鸭 Fried Stuffed Bitter Gourd 煎酿苦瓜	RMB: 34 Curry Beef Brisket 咖喱牛腩 Fried Sliced Meat with Cucumber 青瓜炒肉片	RMB: 34 Japanese Chicken Steak 日式鸡扒 Fried Eggs with Tomatoes 番茄炒蛋	RMB: 34 BBQ Pork 酥香叉烧 Deep Fried Pumpkin with Spicy Garlic 避风塘南瓜	RMB: 34 Chicken with Onion Juice 干葱汁淋鸡 Stewed Pig Hand with Ginger 沙姜焖猪手
Asian 亚式 B	RMB: 34 Braised Pork 红烧肉 Fried Chicken with Mushroom, Pea and Bell Pepper 茶树菇彩椒炒鸡柳	RMB: 36 Fried Sole Fish 葱煎龙俐鱼 Spicy Sichuan Shredded Pork 鱼香肉丝	RMB: 36 Steamed Ribs with Black Bean Paste 豉汁蒸排骨 Fried Beef with Celery 西芹炒牛柳	RMB: 36 Braise Duck with Turnip 萝卜焖鸭 Fried Pork with Chili 虎皮尖椒回锅肉	RMB: 34 Spiced Salt Fish 椒盐鱼柳 Fried Pork with Loofah 胜瓜炒肉片
Vegetable 素菜	Boiled Spinach 蒜蓉菠菜	Lettuce 蚝油生菜	Fried Spinach with Cabbage 包菜炒菠菜	Fried Choy Sum with Garlic 蒜子炒菜心	Boiled Lettuce 白灼生菜
Drinks 饮品	柠檬水	100% Juice 汇源100%果汁	Red Date Yogurt 红枣酸奶	100% Juice 汇源100%果汁	Strawberry Yogurt 草莓酸奶
Fruit 水果	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 2nd
第二周

ISNS MYP&DP Lunch Menu

Jan 2019



Type	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Soup 汤	Creamy Corn Soup 玉米汤 Yam and Ribs Soup 山药排骨汤	Pumpkin Soup 南瓜汤 Chicken Soup with Mushroom 茶树菇乌鸡汤	Tomato Soup 番茄汤 Fish Head Soup with Pawpaw and Pea 木瓜眉豆煲鱼头	Creamy Beans Soup 奶油青豆汤 Pork Ribs with Winter Gourd and Coix Seed 冬瓜薏米煲猪骨	Creamy Carrot Soup 胡萝卜汤 Carrot and Bone Soup 萝卜猪骨汤
Western 西式 W	RMB: 36 Argentina Pork Rolls 阿根廷猪肉卷 Grilled Vegetables 烤时蔬 Mashed Potato Balls 土豆球 Bacon and Spaghetti with Cream Sauce 奶油烟肉长意面	RMB: 36 Sweet and Sour with Pork 香脂醋溜三线肉 Mashed Sweet Potatoes 紫薯泥 Sautéed Peas with Black Pepper and Onions 黑椒洋葱扒荷兰豆 Stewed Vegetables Rice 蔬菜烩饭	RMB: 36 Roasted Sole Fish with Herbs 香草烤龙利鱼 Moscow Hoecake 莫斯科玉米饼 Crispy Fried Chicken Cheese Rolls 炸鸡肉芝士卷 Penne Pasta 牛肉酱尖通心粉	RMB: 36 Fried Chicken 香煎鸡扒 Baconic with Pineapple Roll 凤梨烟肉卷 Sautéed Vegetables with Cherry and Tomato 樱桃番茄扒蔬菜 Long Pasta with Beef Sauce 牛肉酱长意面	RMB: 36 BBQ Spare Rib & Chicken BBQ排骨鸡翅 Broccoli 西兰花 Japanese U don-Noodles 日式乌冬
Soup Noodle 汤面类	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线
Asian 亚式 A	RMB: 34 Stewed Chicken with Potatoes 土豆焖鸡 Fried Pumpkin and Pork with Black Bean Paste 豉汁南瓜炒肉片	RMB: 34 Fried Celery and Honey Beans with Crispy Pork 西芹蜜豆炒烧肉 Fried Eggplant with Pork 肉末茄子	RMB: 34 Braised Tofu 客家豆腐 Canton Salty Chicken 广东盐焗鸡	RMB: 34 Cumin Ribs 孜然排骨 Fried Squid with Luffa and Pepper 丝瓜彩椒炒鲜鱿	RMB: 34 Steamed Meat of Taro 香芋扣肉 Fried Eggs with Tomatoes 番茄炒蛋
Asian 亚式 B	RMB: 34 Fried Fish 香煎红三文鱼 Fried Pork with Mushroom 腐竹香菇肉片	RMB: 34 Steamed Eggs with Shrimp and Noodles 虾仁粉丝蒸水蛋 Steamed Meat of Taro 香芋扣肉	RMB: 36 Braised Duck with Mushroom 香菇焖鸭 Fried Beef with Celery and Pepper 西芹彩椒炒牛肉	RMB: 34 Steamed Pork with Salty Eggs 咸蛋黄蒸肉饼 Fried Pork and Mushroom with Oyster Sauce 蚝油香菇肉片	RMB: 34 Soy Chicken with Grass 香茅豉油鸡 Fried Pork with Dried radish 雪花肉沫炒萝卜干
Vegetable 素菜	Boiled Spinach 蒜蓉菠菜	Lettuce 蚝油生菜	Fried Spinach with Cabbage 包菜炒菠菜	Fried Choy Sum with Garlic 蒜子炒菜心	Chinese Cabbage 酸辣大白菜
Drinks 饮品	Plain Yogurt 原味酸奶	100% Juice 汇源100%果汁	Red Date Yogurt 红枣酸奶	100% Juice 汇源100%果汁	Strawberry Yogurt 草莓酸奶
Fruit 水果	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 3rd
第三周

ISNS MYP&DP Lunch Menu

Jan 2019



Type	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Soup 汤	Bacon and Potato Soup 烟肉土豆汤 Pork Soup with Dry Vegetables 无花果菜干煲猪骨	南瓜汤 Chicken Soup with Red Date and Medlar 红枣杞子乌鸡汤	Cauliflower Soup 椰菜花汤 Spare Ribs Soup with Yam Bean 沙葛煲猪骨	Cream and Beans Soup 杂豆汤 Carrot and Corn Soup 玉米胡萝卜汤	Tomato Soup 番茄汤 Pork Soup with Pawpaw and Soybeans 木瓜黄豆煲龙骨
Western 西式 W	RMB: 36 Cajun Chicken 卡真鸡 Bacon and Apple Rolls 烟肉苹果卷 Baked Potato with Herbs 香草烤小土豆 Stewed Penne Pasta with Seafood 海鲜焗通心粉	RMB: 36 Grilled Beef 照烧牛肉 Vegetables with Egg Rolls 蔬菜鸡蛋卷 Stewed Mixed Beans 烩什豆 Risotto 意式烩饭	RMB: 36 Pork Steak 香煎猪扒 Beef Rolls 牛肉卷 Sautéed Carrot and Asparagus 扒芦笋迷你胡萝卜 Vegetables Spaghetti 杂菜长意面	RMB: 36 Braised Seafood with White Sauce 白汁烩海鲜 Orange Duck 香橙鸭肉 Fried Baby Pumpkin with Onion 洋葱扒西葫芦 Mushroom and Ham Fusilli 蘑菇火腿螺丝面	RMB: 36 Stewed Beef with Vegetables 杂菜焗牛柳 Ham and Mushroom Rolls 火腿蘑菇卷 Fried Vegetables 扒时蔬 Lasagna 千层面
Soup Noodle 汤面类	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线
Asian 亚式 A	RMB: 34 Sour and Sweet Pork 咕嚕肉 Spicy Chicken with Tofu 麻辣豆干炒鸡腿肉	RMB: 34 Steamed Pork with Pickle Vegetable 梅菜扣肉 Fried Chicken with Celttuce 莴笋炒鸡柳	RMB: 34 Fried meat with celery and Lily 西芹百合炒烧肉 Fried Pork Mushroom 鲍菇炒肉片	RMB: 34 Chicken with onion juice 干葱汁淋鸡 Fried Pork with Chili 尖椒炒五花肉	RMB: 34 Japanese Grilled Squid 日式吊烧鱿鱼筒 Fried Beef with Bitter Gourd 凉瓜炒牛肉
Asian 亚式 B	RMB: 34 Steamed Minced Pork with Salty Yolk 咸蛋蒸肉饼 Fried Beef with Mustard 芥兰炒牛柳	RMB: 36 Spicy Shrimps 香辣虾 Fried Pork with Mushrooms and Cauliflower 香菇菜花炒肉片	RMB: 36 Steamed Shrimps with Eggs and Beans 鸡蛋青豆虾仁饼 Braised Chicken 秘制鸡腿	RMB: 36 Fried Sole Fish with Luffa 胜瓜炒龙利鱼 Stewed Ribs with Pineapple 凤梨焖排骨	RMB: 34 Fried Eggs and Tomatoes 番茄炒蛋 Marinated Pork Knuckle 酱香猪手
Vegetable 素菜	Boiled Spinach 蒜蓉菠菜	Lettuce 蚝油生菜	Fried Spinach with Cabbage 包菜炒菠菜	Fried Choy Sum with Garlic 蒜子炒菜心	Chinese Cabbage 酸辣大白菜
Drinks 饮品	Red Date Yogurt 红枣酸奶	100% Juice 汇源100%果汁	Red Date Yogurt 红枣酸奶	100% Juice 汇源100%果汁	Strawberry Yogurt 草莓酸奶
Fruit 水果	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 4th
第四周

ISNS MYP&DP Lunch Menu

Jan 2019



Type	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1
Soup 汤	Cream Pumpkin 奶油南瓜汤 Steamed Eggs and Tofu 鸡蛋豆腐羹	Carrot Soup 甘笋汤 Fish Head and Turnip Soup 鱼头萝卜丝汤	Italian Vegetables Soup 意大利蔬菜汤 Ribs Soup with Yam, Carrot and Carrot 山药胡萝卜玉米煲猪骨	Pumpkin Soup 南瓜汤 Ribs Soup with Tremella and Pears 银耳雪梨煲排骨	Borsch 罗宋汤 Pork with Papaya and Pear Soup 雪梨木瓜煲猪骨
Western 西式 W	RMB: 36 BBQ Chicken Wing 鸡中翅 Spanish Roasted Potatoes 西班牙烤土豆 Sautéed Mushroom with Herbs 香草蘑菇 Cheese Penne Pasta 芝士通粉	RMB: 36 Turkey Roasted Chicken 土耳其烤鸡扒 Fried Peach 香煎水蜜桃 Grilled Vegetables 铁板扒蔬菜 Curry Rice with Beans 五彩咖喱饭	RMB: 36 Sautéed Sole Fish 香煎龙利鱼 Braised Beans with White Sauce 白汁烩杂豆 Vegetarian Spring Rolls 素春卷 Bolognese Fusilli 肉酱螺丝粉	RMB: 36 French Braised Beef with Red Wine 法式红酒烩牛肉 Fried Mushroom with Bacon 烟肉炒蘑菇 Braised Apples with Purple Cabbage 紫甘蓝烩苹果 Baked Cheese Rice 芝士焗饭	RMB: 36 Baked Pork with Black Pepper 黑椒焗猪柳 Sautéed Potatoes with Bacon 培根炒土豆 Stewed Broccoli with Butter 牛油西兰花 Bolognese Spaghetti 肉酱长意面
Soup Noodle 汤面类	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线	RMB: 36 Beef Soup Noodles 牛腩粉、面、米线
Asian 亚式 A	RMB: 34 Marinated Duck with Mushroom 香菇焖鸭 Fried Stuffed Bitter Gourd 煎酿苦瓜	RMB: 34 Curry Beef Brisket 咖喱牛腩 Fried Sliced Meat with Cucumber 青瓜炒肉片	RMB: 34 Japanese Chicken Steak 日式鸡扒 Fried Eggs with Tomatoes 番茄炒蛋	RMB: 34 BBQ Pork 酥香叉烧 Deep Fried Pumpkin with Spicy Garlic 避风塘南瓜	RMB: 34 Roasted Duck 卤鸭 Stewed Pork with Mushroom 冬菇焖东坡肉
Asian 亚式 B	RMB: 34 Braised Pork 红烧肉 Fried Chicken with Mushroom, Pea and Bell Pepper 茶树菇彩椒炒鸡柳	RMB: 36 Garlic-flavored Fish 蒜香红三鱼 Spicy Sichuan Shredded Pork 鱼香肉丝	RMB: 36 Steamed Ribs with Black Bean Paste 豉汁蒸排骨 Fried Beef with Celery 西芹炒牛柳	RMB: 36 Boiled Chicken 白切鸡 Fried Pork with Chili 虎皮尖椒回锅肉	RMB: 34 Spiced Salt Fish 椒盐鱼柳 Fried Pork with Loofah 胜瓜炒肉片
Vegetable 素菜	Boiled Spinach 蒜蓉菠菜	Lettuce 蚝油生菜	Fried Spinach with Cabbage 包菜炒菠菜	Fried Choy Sum with Garlic 蒜子炒菜心	Chinese Cabbage 酸辣大白菜
Drinks 饮品	Red Date Yogurt 红枣酸奶	100% Juice 汇源100%果汁	Red Date Yogurt 红枣酸奶	100% Juice 汇源100%果汁	Strawberry Yogurt 草莓酸奶
Fruit 水果	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 5th
第五周

Jan 2019

Pizza & Sandwich & Panini & Burger



	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Pizza 披萨	Bacon Pizza 培根披萨	Chicken Pizza 鸡肉披萨	Ham Pizza 火腿披萨	Beef Pizza 牛肉披萨	Salami Pizza 萨拉米披萨
Sandwich 三明治 Panini 帕尼尼 Burger 汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Bacon Panini 培根帕尼尼 Chicken Burger 鸡肉汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Chicken Panini 鸡扒帕尼尼 Egg and Ham Burger 鸡蛋火腿汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Tuna Panini 吞拿鱼帕尼尼 Chicken Burger 奥尔良鸡肉汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Bacon Panini 培根帕尼尼 Beef Burger 牛肉汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Pock Panini 猪扒帕尼尼 Chicken Burger 黑椒鸡扒汉堡
	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Pizza 披萨	Ham Pizza 火腿披萨	Bacon Pizza 培根披萨	Chicken Pizza 鸡肉披萨	Peperone Pizza 意式辣肠披萨	Beef Pizza 牛肉披萨
Sandwich 三明治 Panini 帕尼尼 Burger 汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Chicken Panini 鸡扒帕尼尼 Bacon Burger 培根汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Tuna Panini 吞拿鱼帕尼尼 Chicken Burger 奥尔良鸡肉汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Ham Panini 火腿帕尼尼 Fish Burger 鱼柳汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Pork Panini 猪扒帕尼尼 Chicken Panini 炸鸡扒汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Bacon Panini 培根帕尼尼 Beef Burger 牛肉汉堡
	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Pizza 披萨	Bacon Pizza 培根披萨	Chicken Pizza 鸡肉披萨	Ham Pizza 火腿披萨	Beef Pizza 牛肉披萨	Salami Pizza 萨拉米披萨
Sandwich 三明治 Panini 帕尼尼 Burger 汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Bacon Panini 培根帕尼尼 Chicken Burger 鸡肉汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Chicken Panini 鸡扒帕尼尼 Egg and Ham Burger 鸡蛋火腿汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Tuna Panini 吞拿鱼帕尼尼 Chicken Burger 奥尔良鸡肉汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Bacon Panini 培根帕尼尼 Beef Burger 牛肉汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Pock Panini 猪扒帕尼尼 Chicken Burger 黑椒鸡扒汉堡
	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1
Pizza 披萨	Ham Pizza 火腿披萨	Bacon Pizza 培根披萨	Chicken Pizza 鸡肉披萨	Peperone Pizza 意式辣肠披萨	Beef Pizza 牛肉披萨
Sandwich 三明治 Panini 帕尼尼 Burger 汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Chicken Panini 鸡扒帕尼尼 Bacon Burger 培根汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Tuna Panini 吞拿鱼帕尼尼 Chicken Burger 奥尔良鸡肉汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Ham Panini 火腿帕尼尼 Fish Burger 鱼柳汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Pork Panini 猪扒帕尼尼 Chicken Panini 炸鸡扒汉堡	Tuna, Ham, Chicken Sandwich 吞拿鱼、火腿、鸡肉三文治 Pock Panini 猪扒帕尼尼 Beef Burger 牛肉汉堡



ISNS Vegetarian Menu

Jan 2019



Type	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Soup 汤	Potato Soup with scallion 京葱土豆汤	Pumpkin Soup 南瓜汤	Seafood Soup 海鲜汤	Vegetable Soup 蔬菜汤	Ginger and Carrot Soup 姜味胡萝卜汤
Main Course 主菜	Omelet 鸡蛋腌列 Stewed Mixed Beans 烩杂豆 Braised Mini Carrot 扒迷你胡萝卜	麻婆豆腐 Fried Egg with Chili 尖椒炒鸡蛋 Grilled Vegetables 铁板扒蔬菜	Spinach Rolls 菠菜卷 Steamed Eggs 蒸水蛋 Curry Beans and Potatoes 咖喱什豆	Braised Apple with Purple Cabbage 紫甘蓝烩苹果 Braised Eggplants 红烧茄子 Cooked Rice With Cheese 芝士焗饭	Mushroom with Oyster Sauce 蚝油草菇 Egg Pan-cake 煎鸡蛋饼 Fried Noodles 三丝炒米粉
Type	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Soup 汤	Creamy Corn Soup 奶香玉米汤	Cabbage Soup 香浓甘蓝汤	Tomato Sop 番茄汤	Creamy Green Bean Sop 番茄青豆汤	Carrot Soup 胡萝卜汤
Main Course 主菜	Potato Rolls 土豆球 Mixed Tofu 什锦焖豆腐 Broccoli 西兰花	紫薯泥 Omelet 鸡蛋腌列 Omelet Curry Mixed Vegetables 咖喱什菜	Braised Tofu with Pumpkin 南瓜焖滑豆腐 Moscow Corn Pone 莫斯科玉米饼 Roasted Potatoes 烤土豆	Braised Vegetables 罗汉斋 Egg Rolls 鸡蛋卷 Deep fried Tofu 炸豆腐	Sweet and Sour Tofu 糖醋脆豆腐 Steamed Eggs 蒸水蛋 Grilled Vegetables 扒蔬菜
Type	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Soup 汤	Potato Soup 京葱土豆汤	Pumpkin Soup 南瓜汤	Seafood Soup 海鲜汤	Vegetable Soup 蔬菜汤	Ginger and Carrot Soup 姜味胡萝卜汤
Main Course 主菜	Omelet 鸡蛋腌列 Stewed Mixed Beans 烩杂豆 Braised Mini Carrot 扒迷你胡萝卜	麻婆豆腐 Fried Egg with Chili 尖椒炒鸡蛋 Grilled Vegetables 铁板扒蔬菜	Spinach Rolls 菠菜卷 Steamed Eggs 蒸水蛋 Curry Beans and Potatoes 咖喱什豆	Braised Apple with Purple Cabbage 紫甘蓝烩苹果 Braised Eggplants 红烧茄子 Cooked Rice With Cheese 芝士焗饭	Mushroom with Oyster Sauce 蚝油草菇 Egg Pan-cake 煎鸡蛋饼 Fried Noodles 三丝炒米粉
Type	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1
Soup 汤	Creamy Corn Soup 奶香玉米汤	Cabbage Soup 香浓甘蓝汤	Tomato Sop 番茄汤	Creamy Green Bean Sop 番茄青豆汤	Carrot Soup 胡萝卜汤
Main Course 主菜	Potato Rolls 土豆球 Mixed Tofu 什锦焖豆腐 Broccoli 西兰花	紫薯泥 Omelet 鸡蛋腌列 Omelet Curry Mixed Vegetables 咖喱什菜	Braised Tofu with Pumpkin 南瓜焖滑豆腐 Moscow Corn Pone 莫斯科玉米饼 Roasted Potatoes 烤土豆	Braised Vegetables 罗汉斋 Egg Rolls 鸡蛋卷 Deep fried Tofu 炸豆腐	Sweet and Sour Tofu 糖醋脆豆腐 Steamed Eggs 蒸水蛋 Grilled Vegetables 扒蔬菜

