












ISNS EY Morning & Afternoon Snacks

Nov of 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
上午茶茶点 Morning Snack	金银馒头 Chinese Bun 菠菜瘦肉粥  Spinach & meat porridge 水果盘 Mixed Fruits	水煮蛋  Boiled Egg 牛奶麦片粥  Oatmeal and Milk Porridge 水果盘 Mixed Fruits	布拉肠粉 Steamed Rice Noodle Rolls 淮山红萝卜鸡肉粥 Congee with Chicken, Chinese Yam and Carrot 水果盘 Mixed Fruits	蒸饺子  Steamed Dumpling 南瓜甜薯小米粥 Millet Congee with Pumpkin and Sweet Potato 水果盘 Mixed Fruits	奶黄包 Custard Bun 瑶柱瘦肉粥  Congee with Pork & Scallop 水果盘 Mixed Fruits
热量 Energy /kcal 蛋白 Protein /g 脂肪 Fat /g 碳水 Carbs /g	376.8 14.4 6.2 66.0	370.8 14.8 9.1 57.4	373.7 12.2 7.5 64.4	356.1 10.4 9.3 57.7	371.9 12.2 6.3 66.5
下午茶茶点 Afternoon Tea	迷你自制水果小面包 Home Made Mini Fruit Soft Bun 水果盘 Mixed Fruits	虎皮蛋卷  Swiss Roller 水果盘 Mixed Fruits	迷你蛋挞  Mini Egg Tart 水果盘 Mixed Fruits	自制曲奇 Homemade Cookie 水果盘 Mixed Fruits	自制蔬菜蛋糕  Home Made Vegetarian Cake 水果盘 Mixed Fruits
热量 Energy /kcal 蛋白 Protein /g 脂肪 Fat /g 碳水 Carbs /g	200.4 5.2 3.4 37.4	195.4 5.1 8.3 25.1	229.7 3.6 10.9 29.4	247.8 3.4 11.2 33.5	192.7 2.9 7.2 29.0









过敏源:  奶类Milk  蛋Egg  大豆Bean  海鲜Seafood  牛肉Beef  猪肉Pork  菠萝Pineapple  芒果Mango

ISNS EY Lunch

Nov of 2022



















	Monday	Tuesday	Wednesday	Thursday	Friday
第一周 Week1	虾仁鸡粒炒五色豆 Stir-fried Chicken with Shrimp and Beans 烤芝士茄子 Roasted Cheese Eggplant 黄油焗杂豆蔬菜 Baked Mixed Beans and Vegetable with Butter 玉米饭 Corn Rice	肉片炒地三鲜 Stir-fried Pork with Mixed Potato  糖醋咕嚕肉 Sweet and Sour Pork 上海青 Shanghai Greens	炸鱼排  Fried Fish Steak 咖喱豆腐 Curry Tofu 卡真土豆 Cajun Potatoes 芝士意面 Cheese Pasta	卤鹅 Brine Goose 红烧日本豆腐 Braised Japanese Tofu 高汤浸大白菜 Braised Chinese Cabbage in Broth	意式炖牛腩  Italian Beef Stew 糖醋鱼球  Sweet and Sour Fish Ball 清炒生菜 Lettuce
热量 Energy /kcal 蛋白 Protein /g 脂肪 Fat /g 碳水 Carbs /g	640.0 32.4 20.0 82.5	607.8 28.5 21.1 75.9	588.8 20.5 25.0 70.6	600.4 25.4 20.6 78.3	536.0 20.5 17.9 75.8
第二周 Week 2	三杯鸡 Braised Sanbei Chicken 清蒸三色蛋  Steam eggs 火腿烩三角豆 Stewed Chickpea with Ham	卤水拼盘  Braised Meat Plat' 黄瓜炒肉片  Stir-fried Meat with Cucumber 三丝炒面 Fried Noodles 上海青 Shanghai Greens	意大利披萨 Italian Pizza 炸鸡块 Deep-fried Chicken Nuggets 薯条 French Fries 西兰花 Broccoli	盐焗鸡腿 Stewed Chicken in Salt 三锦炒莴笋丝 Asparagus lettuce Slice 娃娃菜 Baby Cabbage 玉米饭 Corn rice	法式煎龙利鱼  French Style Fried Sole Fish 白汁鸡胸肉 Fried Okra with chicken breast 西式炒饭 Western style fried rice 蒜炒青瓜 Fried Cucumber
热量 Energy /kcal 蛋白 Protein /g 脂肪 Fat /g 碳水 Carbs /g	566.6 20.5 17.6 81.6	650.3 32.5 20.2 84.6	540.6 16.3 16.8 86.0	664.9 30.1 27.2 75.0	541.2 19.7 14.5 83.0









过敏源:  奶类Milk  蛋Egg  大豆Bean  海鲜Seafood  牛肉Beef  猪肉Pork  菠萝Pineapple  芒果Mango

ISNS EY Lunch

Nov of 2022



	Monday	Tuesday	Wednesday	Thursday	Friday
第三周 Week 3	咖喱牛腩  Curry Beef 蘑菇焗蛋  Fried Mushroom with Eggs 蒜蓉牛油水浸西兰花 Broccoli with Garlic and Butter 咖喱炒饭 Curry Rice	豉汁蒸排骨  Steam Ribs with Fermented Soybean Sauce 红烧豆腐 Stewed Tofu 蒜蓉炒娃娃菜 Fried Baby Cabbage with Garlic	虾仁鸡粒炒杂锦  Stir-fried Chicken with Shrimp 肉丝香菇蒸茄子  Steamed Eggplant with Pork and Mushrooms  蒜香猪肉炒菜心 Fried Pork with Choy Sum	秘制鸡腿  Stewed Chicken legs 番茄炒蛋 Fried Eggs with Tomato 蒜蓉炒白菜 Fried Cabbage with Garlic	日式鸡扒 Japanese Chicken 牛油煎番茄 Fried tomatoes in butter 香肠扒蘑菇 Braised sausage with Mushroom 牛油洋葱红米饭 Red rice with butter and onions
热量 Energy /kcal 蛋白 Protein /g 脂肪 Fat /g 碳水 Carbs /g	587.1 20.2 16.2 90.2	693.4 28.1 25.5 87.9	711.8 21.0 36.6 74.6	540.4 19.8 16.2 78.9	576.2 26.3 24.3 63.0
第四周 Week 4	烤猪柳  Roasted Pork 罗勒叶鸡蛋卷  Egg Roll with Basil 番茄焗土豆 Stewed Potato with Tomato 鸡肉炒蝴蝶面 Chicken Farfalle	酱香牛腩  Braised Beef with Soy Sauce 土豆丝炒肉  Fried Potato with Meat 蒜炒青菜 Stir fried vegetables with garlic	客家焖豆腐  Slimmer Tofu 云南小瓜炒咸肉  Stir-fried Salty Meat with Zucchini  玉米蒸肉饼  Steamed Meat with Corn 蒜蓉白菜 Chinese cabbage with garlic	美式烤风味去骨鸡腿 Roast Chicken Drumstick 肉酱烤土豆 Grilled Potato with Meat Sauce 胡萝卜青瓜 Carrot and Cucumber 日式乌冬面 Udon Noodles	清蒸排骨  Steamed Pork Rib 清炒莴笋丝 Fried lettuce with fungus 清炒娃娃菜 Fried Cabbage
热量 Energy /kcal 蛋白 Protein /g 脂肪 Fat /g 碳水 Carbs /g	640.0 32.4 20.0 82.5 82.5	607.8 28.5 21.1 75.9 75.9	588.8 20.5 25.0 70.6 70.6	600.4 25.4 20.6 78.3 78.3	536.0 20.5 17.9 75.8 75.8

过敏源:  奶类Milk  蛋Egg  大豆Bean  海鲜Seafood  牛肉Beef  猪肉Pork  菠萝Pineapple  芒果Mango

ISNS MYP&DP&PYP Lunch Menu

Nov 2022



		Type	Monday	Tuesday	Wednesday	Thursday	Friday
中餐 Chinese 第一周 Week 1	汤 Soup		番茄玉米煲猪骨 Pork Soup with Tomato and Corn	木瓜鱼头汤 Fish Soup with Papaya	冬瓜薏米煲猪骨 Pork Ribs with Winter Gourd and Coix Seed	凉瓜黄豆猪骨汤 Bitter Melon and Soybean pork Bone soup	紫菜蛋花汤 Seaweed and Egg Soup
	荤菜 Entrees		豉汁蒸排骨 Steamed Pork Rib with Fermented soya beans 五彩土豆丝 Stir-fired Potato Slices 虾仁鸡粒炒五色豆 Stir-fried Chicken with Shrimp and Beans	肉片炒地三鲜 Stir-fried Pork with Mixed Potato 糖醋咕嚕肉 Sweet and Sour Pork 干扁杏胞菇 Grilled Abalone Mushrooms	萝卜焖牛腩 Braised Beef Tenderloin with Radish 西芹炒鱼腐 Stir-fried Fish Tofu with Celery 荷叶蒸鸡 Steamed Chicken with lotus leaf	卤鹅 Brine Goose 红烧日本豆腐 Braised Japanese Tofu 肉片炒南瓜片 Stir-fired Pork with Pumpkin	糖醋鱼球 Sweet and Sour Fish Ball 香芋焖鸭 Braised Duck with Taro 节瓜粉丝煲 Stewed vermicelli Pot
	蔬菜 Veg		蒜香菠菜 Garlic Spinach	上海青 Shanghai Greens	清炒菜心 Stir-fried Choi Sum	高汤浸大白菜 Chinese Cabbage in Soup-Stock	清炒生菜 Lettuce
	主食 Staple Food		白米饭 Steamed Rice	三丝炒面 Chow Mein with Shredded Vegetables	玉米蒸饭 Steamed Corn Rice	白米饭 Steamed Rice	红薯蒸饭 Sweet Potato Rice
	水果 Fruit		水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit

营养分析 / Nutrition Facts

热量 Energy /kcal	799.4	806.1	780.2	848.0	797.4
蛋白 Protein /g	29.6	33.7	38.5	38.5	46.2
脂肪 Fat /g	29.2	31.3	24.2	32.1	26.5
碳水 Carbs /g	104.5	97.5	102.0	101.2	93.5

过敏源: 奶类Milk 蛋Egg 大豆Bean 海鲜Seafood 牛肉Beef 猪肉Pork 菠萝Pineapple 芒果Mango

ISNS MYP&DP&PYP Lunch Menu

Nov 2022



		Type	Monday	Tuesday	Wednesday	Thursday	Friday
西餐 Western 第一周 Week 1	汤 Soup		意式蔬菜汤 Italian Vegetable Soup	胡萝卜汤 Carrot Soup	奶油蘑菇汤 Cream Mushroom Soup	香浓玉米汤 Corn Soup	奶油南瓜汤 Cream Pumpkin Soup
	荤菜 Entrees		香蒜孜然羊肉 Lamb with Cumin and Garlic 烤芝士茄子 Roasted Cheese Eggplant	奥尔良烤鸡 Roasted Orleans Chicken 香草杂菜扒牛肉肠 Grilled Beef Sausage with Herbs and Mixed Vegetables	炸鱼排 Fried Fish Steak 咖喱豆腐 Curry Tofu	黑椒猪柳 Grilled Pork Filet Black Pepper 番茄焗豆 Baked Beans with Tomato	意式炖牛腩 Italian Beef Stew 烧汁焗培根蘑菇卷 Grilled Bacon and Mushroom Roll
	蔬菜 Veg		黄油焗杂豆蔬菜 Baked Mixed Beans and Vegetable with Butter	蒜香西兰花 Broccoli with Garlic	卡真土豆 Cajun Potatoes	胡萝卜西兰花 Grilled Broccoli with Carrot	彩椒扒西葫芦 Grilled Marrow with colored pepper
	主食 Staple Food		玉米饭 Corn Rice	乌冬面 Udon Noodles	芝士意面 Cheese Pasta	印度咖喱饭 Indian Curry Rice	青酱意面 Spaghetti Pesto
	水果 Fruit		水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit

营养分析 / Nutrition Facts



















热量 Energy /kcal	795.7	742.2	799.8	818.8	768.9
蛋白 Protein /g	35.8	21.3	32.5	35.3	29.9
脂肪 Fat /g	26.1	28.9	30.0	32.1	27.8
碳水 Carbs /g	104.3	99.4	100.0	97.2	99.8

过敏源: 奶类Milk 蛋Egg 大豆Bean 海鲜Seafood 牛肉Beef 猪肉Pork 菠萝Pineapple 芒果Mango

ISNS MYP&DP&PYP Lunch Menu





Nov 2022



Type		Monday	Tuesday	Wednesday	Thursday	Friday
中餐 Chinese 第二周 Week 2	汤 Soup	酸菜咸骨汤  Bone soup with Sauerkraut	枸杞叶猪肝汤  Pig Liver soup with Chinese Wolfberry leaves	绿豆海带猪骨汤  Green Bean and Kelp with Pig Bone Soup	粉葛煲猪骨  Kudzu&Bone Soup	虫草花煲乌鸡  Cordyceps Flowers and Chicken Soup
	荤菜 Entrees	三杯鸡  Braised Sanbei Chicken 清蒸三色蛋  Steam eggs 云耳荷兰豆炒腊肉  Fried Cured Meat with Black Fungus and Beans	卤水拼盘  Braised Meat Platter 黄瓜炒肉片  Stir-fried Meat with Cucumber 麻婆豆腐  Braise Tofu	叉烧  BBQ Pork 芹菜炒鱼滑  Stir-fried Fish with Celery 番茄炒蛋  Fried Tomato with Eggs	盐焗鸡腿  Stewed Chicken in Salt 三锦炒莴笋丝 Asparagus lettuce Slice 红烧猪手  Braised Pig feet in Soy Sauce	土豆烧牛肉  Braised Beef with Potato 红烧茄子 Braised Eggplants 青椒炒卤肉  Fried Braised Meat with Green Pepper
	蔬菜 Veg	蒜汁奶白菜 Cabbage with Garlic Sauce	上海青 Green	胡萝卜丝炒包菜 Fried Cabbage and Carrot	娃娃菜 Baby Cabbage	蒜炒青瓜 Fried Cucumber
	主食 Staple Food	白米饭 Steamed Rice	三丝炒面 Chow Mein with Shredded Vegetables	白米饭 Steamed Rice	玉米蒸饭 Steamed Corn Rice	白米饭 Steamed Rice
	水果 Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit

营养分析 / Nutrition Facts








热量 Energy /kcal	799.4	806.1	780.2	848.0	797.4
蛋白 Protein /g	29.6	33.7	38.5	38.5	46.2
脂肪 Fat /g	29.2	31.3	24.2	32.1	26.5
碳水 Carbs /g	104.5	97.5	102.0	101.2	93.5

过敏源:  奶类Milk  蛋Egg  大豆Bean  海鲜Seafood  牛肉Beef  猪肉Pork  菠萝Pineapple  芒果Mango

ISNS MYP&DP&PYP Lunch Menu







Nov 2022



		Type	Monday	Tuesday	Wednesday	Thursday	Friday
西餐 Western 第二周 Week 2	汤 Soup		香浓菜花汤 Cauliflower Soup	香浓玉米汤 Sweet Corn Soup	意大利蔬菜汤 Vegetable Soup	南瓜汤  Pumpkin soup	培根土豆汤  Bacon and potato soup
	葷菜 Entrees		吉列猪扒  Gillet Pork Chop 火腿烩三角豆 	香橙鸭胸 Duck breast with Orange 虾仁芝士土豆球 Potato Ball with Shrimp and Cheese 	意大利披萨 Italian Pizza 炸鸡块 Deep-fried Chicken Nuggets	匈牙利烩牛腩  Braised Beef Brisket 咖喱角 Samosa	法式煎龙利鱼  French Style Fried Sole Fish 白汁鸡胸肉 Fried Okra with chicken
	蔬菜 Veg		樱桃番茄扒苜蓿 Grilled Vegetables with Cherry Tomatoes	泰式素炒 Thai-style Vegetarian	西兰花 Broccoli	菜花 Stewed Cauliflower with Butter	蒜香菠菜 Garlic Spinach
	主食 Staple Food		茄汁牛油意面 Spaghetti in Butter and Tomato Sauce	印尼炒饭 Indonesian Fried Rice	薯条 French Fries	黄油意粉 Butter Pasta	西式炒饭 Western style fried rice
	水果 Fruit		水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit

营养分析 / Nutrition Facts

热量 Energy /kcal	795.7	742.2	799.8	818.8	768.9
蛋白 Protein /g	35.8	21.3	32.5	35.3	29.9
脂肪 Fat /g	26.1	28.9	30.0	32.1	27.8
碳水 Carbs /g	104.3	99.4	100.0	97.2	99.8

过敏源:  奶类Milk  蛋Egg  大豆Bean  海鲜Seafood  牛肉Beef  猪肉Pork  菠萝Pineapple  芒果Mango

ISNS MYP&DP&PYP Lunch Menu

Nov 2022



		Type	Monday	Tuesday	Wednesday	Thursday	Friday
中餐 Chinese 第三周 Week 3	汤 Soup		香芋西米露 Sweet Taro and Sago	玉米羹 Corn Soup	胡萝卜玉米煲猪骨 Carrot and corn with pig bone Soup	节瓜柴鱼煲猪骨 Hairy Squash and Dried Cod with Pig Bone Soup	虫草花煲鸡 Cordyceps Flowers and Chicken Soup
	荤菜 Entrees		紫苏焖鸭 Fried Duck with perilla 榄菜肉碎焗豆角 Stir-fried Minced Meat with Olives and Sauteed beans 清蒸皖鱼 Steamed Fish	酱香牛腩 Braised Beef with Soy Sauce 豉汁蒸排骨 Steam Ribs with Fermented Soybean Sauce 香辣土豆丝 Spicy Potatoes 红烧豆腐 Stewed Tofu	虾仁鸡粒炒杂锦 Stir-fried Chicken with Shrimp 肉丝香菇蒸茄子 Steamed Eggplant with Pork and Mushrooms 海鲜炒青瓜 Fried Seafood with Cucumber	秘制鸡腿 Stewed Chicken legs 椒盐龙利鱼 Basa Fish with Salt and Pepper 番茄炒蛋 Fried Eggs with Tomato	酸辣牛肉烩菇 Sour and Spicy Beef with Mushrooms 红烧肉 Braised Pork in Brown Sauce 荷兰豆蒜薹炒腊肉 Fried Cured meat with Suanmiao and Snow peas
	蔬菜 Veg		蚝油生菜 Lettuce with Oyster Sauce	蒜蓉炒娃娃菜 Cabbage with Garlic	蒜香猪肉炒菜心 Fried Pork with Choy Sum	蒜蓉炒白菜 Garlic Chinese cabbage	清炒上海青 Stir-fried Shanghai Greens
	主食 Staple Food		蒸米饭 Steamed Rice	蒸米饭 Steamed Rice	蒸米饭 Steamed Rice	糙米饭 Mixed Rice	蒸米饭 Steamed Rice
	水果 Fruit		水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit

营养分析 / Nutrition Facts










热量 Energy /kcal	721.3	783.0	764.2	733.4	737.0
蛋白 Protein /g	29.4	32.3	38.5	33.8	27.3
脂肪 Fat /g	19.6	33.6	22.9	25.6	24.0
碳水 Carbs /g	106.8	87.8	101.0	92.0	102.9

过敏源: 奶类Milk 蛋Egg 大豆Bean 海鲜Seafood 牛肉Beef 猪肉Pork 菠萝Pineapple 芒果Mango









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		Type	Monday	Tuesday	Wednesday	Thursday	Friday
西餐 Western 第三周 Week 3	汤 Soup		奶油西兰花汤  Cream Broccoli Soup	罗宋汤 Borsch	白汁蘑菇汤  Cream Mushroom Soup	南瓜汤 Pumpkin soup	培根土豆汤  Bacon Potato Soup
	荤菜 Entrees		咖喱牛腩  Curry Beef 蘑菇焗蛋  Fried Mushroom with Eggs	BBQ烤鸡 BBQ Roast Chicken	鸡肉汉堡  Chicken Burger 烤香肠  Grilled Sausages	香烤猪前腿  Roast Pig Leg 紫薯泥 Mashed Sweet Potatoes	日式鸡扒 Japanese Chicken 香肠扒蘑菇 Braised sausage with Mushroom
	蔬菜 Veg		蒜蓉牛油水浸西兰花 Broccoli with Garlic and Butter	巴伐利亚农夫之梦混合蔬菜 Grilled Mix Vegetable with Cheese and Chopped Tomato Dressing	西兰花 Broccoli	扒圣女果 Fried Tomato	牛油煎番茄 Fried tomatoes in butter
	主食 Staple Food		咖喱炒饭 Curry Rice	培根炒蝴蝶面  Farfalle with Bacon	薯条 French fries	青酱意面 Pasta Pesto	牛油洋葱红米饭 Red rice with butter and onions
	水果 Fruit		水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit
	营养分析 / Nutrition Facts						

热量 Energy /kcal	801.2	806.8	859.0	784.2	780.3
蛋白 Protein /g	33.1	42.3	35.1	36.1	30.0
脂肪 Fat /g	33.6	35.8	35.2	33.7	28.4
碳水 Carbs /g	91.6	79.0	100.0	84.3	101.2

过敏源:  奶类Milk  蛋Egg  大豆Bean  海鲜Seafood  牛肉Beef  猪肉Pork  菠萝Pineapple  芒果Mango

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Nov 2022



Type		Monday	Tuesday	Wednesday	Thursday	Friday
中餐 Chinese 第四周 Week 4	汤 Soup	苦瓜黄豆排骨汤 Pork Rib with Soybean and Bitter Gourd	雪耳雪梨煲猪骨 Tremella and pear with pig bone soup	玉米胡萝卜煲猪骨 Corn and carrot with pig bone soup	霸王花煲龙骨 Pork Soup with Bawang flower	淮山莲藕煲老鸡汤 Chicken Soup with Lotus and Chinese Yam
	荤菜 Entrees	卤鸡 Pot-stewed Chicken 莴笋炒牛柳 Fried Beef with Lettuce 芹菜茶树菇烧肉 Fried Pork with celery and Mushroom	洋葱蒜苗爆炒鸭肉 Fried Duck with Onion Garlic Suanmiao 土豆丝炒肉 Fried Potato with Meat 红烧日本豆腐 Braised Japanese Tofu	客家焖豆腐 Slimmer Tofu 云南小瓜炒咸肉 Stir-fried Salty Meat with Zucchini 玉米蒸肉饼 Steamed Meat with Corn	沙姜牛肉 Braised Beef with Ginger 菜脯火腿煎炒鸡蛋 Stir-fried Egg with Ham 丝瓜炒肉片 Fried pork with Loofah	清蒸排骨 Steamed Pork Rib 家常酸菜鱼 Boiled Fish with Pickled Cabbage and Chili 清炒莴笋丝 Fried lettuce with fungus
	蔬菜 Veg	蒜子炒菜心 Fried vegetable heart with garlic	蒜蓉炒菜心 Fried Choy Sum with Garlic	蒜蓉白菜 Chinese cabbage with garlic	蒜蓉炒菠菜 Fried Water spinach with garlic	清炒娃娃菜 Fried Cabbage
	主食 Staple Food	蒸米饭 Steamed Rice	红薯饭 Steamed Sweet Potato Rice	蒸米饭 Steamed Rice	蒸米饭 Steamed Rice	蒸米饭 Steamed Rice
	水果 Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit

营养分析 / Nutrition Facts

热量 Energy /kcal	793.5	830.3	744.6	832.3	757.8
蛋白 Protein /g	28.7	35.5	22.8	33.1	27.6
脂肪 Fat /g	24.6	28.3	23.5	31.1	20.3
碳水 Carbs /g	114.2	108.4	110.4	105.0	116.2

过敏源: 奶类Milk 蛋Egg 大豆Bean 海鲜Seafood 牛肉Beef 猪肉Pork 菠萝Pineapple 芒果Mango

ISNS MYP&DP&PYP Lunch Menu

Nov 2022



		Type	Monday	Tuesday	Wednesday	Thursday	Friday
西餐 Western 第四周 Week 4	汤 Soup		南瓜汤 Pumpkin soup	菠菜汤 Spinach soup	奶油蘑菇汤 Creamy and mushroom soup	玉米汤	开胃番茄汤 Tomato soup
	荤菜 Entrees		烤猪柳 Roasted Pork 罗勒叶鸡蛋卷 Egg Roll with Basil	香草焗龙利鱼 Baked Fish with Herbs 川香鸡柳 Spicy Chicken	BBQ排骨 BBQ spareribs 酥炸春卷 Crispy Spring Roll	美式烤风味去骨鸡腿 Roast Chicken Drumstick 肉酱烤土豆 Grilled Potato with Meat Sauce	黑椒牛柳 Sauteed Beef with Black Pepper 酸梅圣女果 Cherry tomato
	蔬菜 Veg		番茄烩土豆 Stewed Potato with Tomato	胡萝卜西兰花 Carrot and Broccoli	扒时蔬 Grilled Vegetables	胡萝卜青瓜 Carrot and Cucumber	煎焗西葫芦 Fried Marrow
	主食 Staple Food		鸡肉炒蝴蝶面 Chicken Farfalle	玉米粒蒸米饭 Steamed Rice with corn	煎饺 Fried dumplings	日式乌冬面 Udon Noodles	青酱意面 Spaghetti Pesto
	水果 Fruit		水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit

营养分析 / Nutrition Facts

热量 Energy /kcal	813.7	777.6	815.6	729.7	742.7
蛋白 Protein /g	34.8	28.1	32.5	22.4	27.0
脂肪 Fat /g	27.7	24.1	30.5	23.0	19.9
碳水 Carbs /g	106.3	112.0	102.9	108.2	113.9

过敏源: 奶类Milk 蛋Egg 大豆Bean 海鲜Seafood 牛肉Beef 猪肉Pork 菠萝Pineapple 芒果Mango