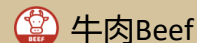
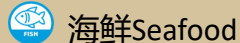


WEEKLY
MENUISNS EY Snack and Lunch Menu
September 22nd - 26th 2025

	Monday (9.22)	Tuesday (9.23)	Wednesday(9.24)	Thursday(9.25)	Friday(9.26)
上午茶点 Morning Snack	小可颂 Mini Croissants 酸奶 Yogurt 红心火龙果 蓝莓 Dragon Fruit Blueberries	水煮蛋 Boiled Eggs 牛肉胡萝卜粥 Beef and Carrot Congee 西瓜 青提 Watermelon Green Grapes	菠萝包 Pineapple Bun 酸奶 Yogurt 圣女果 哈密瓜 Cherry Tomatoes Melon	蒸玉米 Steamed Corn 肉丝青菜面 Stir-Fried Noodles with Shredded Pork and Greens 橙子 苹果 Oranges Apples	鸡蛋卷 Egg Rolls 酸奶 Yogurt 西瓜 红提 Watermelon Red Grapes
午餐 Lunch	胡萝卜牛肉汤 Beef and Carrot Soup 韩式烤猪肉 Korean-Style Grilled Pork 牛肉沫水蒸蛋 Steamed Tofu with Minced Beef 杭白菜 Stir-Fried Chinese Cabbage 猪丼饭 Pork Bowl	玉米龙骨汤 Corn and Pork Spare Rib Soup 莳萝汁煎鱼柳 Pan-Fried Fish with Dill Sauce 白萝卜丝炒肉 Stir-Fried Shredded Pork with White Radish 蒜蓉菜心 Stir-Fried Cabbage with Garlic 牛肉干层面 Beef Lasagna 	山药肉丸汤 Chinese Yam and Meatball Soup 土豆烧牛腩 Braised Beef Brisket with Potatoes 香干西芹炒肉 Stir-Fried Pork with Celery and Dried Tofu 大白菜 Stir-Fried Cabbage 白米饭 Rice 	虫草花乌鸡汤 Chicken Soup with Cordyceps Flowers 法式苹果炖猪扒 French-Style Braised Pork with Apples 土豆丝炒鸡肉 Stir-Fried Shredded Chicken with Potatoes 清炒春菜 Stir-Fried Spring Greens 红薯饭 Sweet Potato Rice	银耳雪梨汤 White Fungus and Pear Soup 咕噜肉 Sweet and Sour Pork 芦笋杏鲍菇炒牛肉 Stir-Fried Beef with Asparagus and Mushrooms 蚝油芥菜 Stir-Fried Mustard Greens with Oyster Sauce 白米饭 Rice
下午茶点 Afternoon Tea	豆沙面包 Red Bean Paste Bread 木瓜牛奶 Papaya Milk	菠菜蛋糕 Spinach Cake 牛奶 Milk	火龙果蛋挞 Dragon Fruit Egg Tarts 紫薯小米糊 Purple Sweet Potato and Millet Puree	草莓酱桂花糕 Strawberry Jam and Osmanthus Cake 牛奶 Milk	牛奶云朵面包 Milk Cloud Bread 红豆莲子糖水 Red Bean and Lotus Seed Sweet Soup
营养分析 / Nutrition Facts					
热量 Energy /kcal	911.2	923.4	947.6	924.5	979.3
蛋白 Protein /g	31.0	48.3	33.0	33.2	32.8
脂肪 Fat /g	30.4	37.2	27.3	26.5	28.0
碳水 Carbs /g	128.4	98.8	142.5	138.2	148.9

过敏源Allergen:



WEEKLY
MENU →ISNS G1&G2 Lunch Menu
September 22nd - 26th 2025

午餐 Lunch	Type	Monday (9.22)	Tuesday (9.23)	Wednesday(9.24)	Thursday(9.25)	Friday(9.26)
	汤 Soup	 胡萝卜牛肉汤 Beef and Carrot Soup	 玉米龙骨汤 Corn and Pork Spare Rib Soup	 山药肉丸汤 Chinese Yam and Meatball Soup	虫草花乌鸡汤 Chicken Soup with Cordyceps Flowers	银耳雪梨汤 White Fungus and Pear Soup
	主菜 Entrees	 韩式烤猪肉 Korean-Style Grilled Pork  牛肉沫水蒸蛋 Steamed Tofu with Minced Beef 	 莳萝汁煎鱼柳 Pan-Fried Fish Fillet with Dill Sauce  白萝卜丝炒肉 Stir-Fried Shredded Pork with White Radish	 土豆烧牛腩 Braised Beef Brisket with Potatoes  香干西芹炒肉  Stir-Fried Pork with Celery and Dried Tofu	 法式苹果炖猪扒 French-Style Braised Pork with Apples 土豆丝炒鸡肉 Stir-Fried Shredded Chicken with Potatoes	 咕嚕肉 Sweet and Sour Pork  芦笋杏鲍菇炒牛肉 Stir-Fried Beef with Asparagus and Mushrooms
	蔬菜 Veg	杭白菜 Stir-Fried Chinese Cabbage	蒜蓉菜心 Stir-Fried Flowering Cabbage with Garlic	大白菜 Stir-Fried Cabbage	清炒春菜 Stir-Fried Spring Greens	 蚝油芥菜 Stir-Fried Mustard Greens with Oyster Sauce
	主食 Staple	 猪丼饭 Pork Bowl	 牛肉千层面  Beef Lasagna	白米饭 Rice	红薯饭 Sweet Potato Rice	白米饭 Rice
	水果 Fruit	橙子 Orange	西瓜 Watermelon	苹果 Apple	香蕉 Banana	西瓜 Watermelon

营养分析 / Nutrition Facts

热量 Energy /kcal	552.1	601.3	539.7	537.3	529.7
蛋白 Protein /g	19.7	33.8	23.0	20.5	20.0
脂肪 Fat /g	23.2	22.3	13.8	15.0	17.4
碳水 Carbs /g	66.2	66.4	80.9	80.1	73.2

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork

WEEKLY
MENUISNS MYP&DP&PYP Lunch Menu
September 22nd - 26th 2025eat
by sodexo

	Type	Monday (9.22)	Tuesday (9.23)	Wednesday(9.24)	Thursday(9.25)	Friday(9.26)
中餐 Chinese	汤 Soup	 胡萝卜牛肉汤 Beef and Carrot Soup	 玉米龙骨汤 Corn and Pork Spare Rib Soup	 山药肉丸汤 Chinese Yam and Meatball Soup	虫草花乌鸡汤 Chicken Soup with Cordyceps Flowers	银耳雪梨汤 White Fungus and Pear Soup
	主菜 Entrees	姜葱炒鸡 Stir-Fried Chicken with Ginger and Scallions  莲藕炒肉 Stir-Fried Pork with Lotus Root  牛肉沫水蒸蛋 Steamed Tofu with Minced Beef 	潮汕卤水鹅配豆干 Chaoshan-Style Braised Goose with Dried Tofu  白萝卜丝炒肉 Stir-Fried Shredded Pork with White Radish  豆豉菜花炒鸡肉 Stir-Fried Chicken with Cauliflower and Fermented Black Beans	 土豆烧牛腩 Braised Beef Brisket with Potatoes  番茄炒鸡蛋 Stir-Fried Tomatoes with Eggs  香干西芹炒肉 Stir-Fried Pork with Celery and Dried Tofu	 川味水煮鱼 Sichuan-Style Boiled Fish in Spicy Broth  肉末豆腐 Stir-Fried Minced Pork with Egg 土豆丝炒鸡肉 Stir-Fried Shredded Chicken with Potatoes	 咕嚕肉 Sweet and Sour Pork  芦笋杏鲍菇炒牛肉 Stir-Fried Beef with Asparagus and Mushrooms 莴笋丝炒肉 Stir-Fried Shredded Lettuce Stem with Pork 
	蔬菜 Veg	杭白菜 Stir-Fried Chinese Cabbage	蒜蓉菜心 Stir-Fried Flowering Cabbage with Garlic	大白菜 Stir-Fried Cabbage	清炒春菜 Stir-Fried Spring Greens	 蚝油芥菜 Stir-Fried Mustard Greens with Oyster Sauce
	主食 Staple	白米饭 Rice	燕麦米饭 Oatmeal Rice	白米饭 Rice	红薯饭 Sweet Potato Rice	白米饭 Rice
	水果 Fruit	橙子 Orange	西瓜 Watermelon	苹果 Apple	香蕉 Banana	西瓜 Watermelon
营养分析 / Nutrition Facts						
热量 Energy /kcal		828.0	803.6	711.3	792.6	771.5
蛋白 Protein /g		38.0	47.6	28.6	35.7	29.7
脂肪 Fat /g		27.8	18.9	16.8	20.8	21.4
碳水 Carbs /g		106.4	110.7	111.4	110.0	104.1

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork

WEEKLY
MENUISNS MYP&DP&PYP Lunch Menu
September 22nd - 26th 2025

	Type	Monday (9.22)	Tuesday (9.23)	Wednesday(9.24)	Thursday(9.25)	Friday(9.26)
西餐 Western	汤 Soup	玉米浓汤 Cream of Corn Soup	牛肉蔬菜汤 Beef and Vegetable Soup	奶油青豆汤 Creamed Green Pea Soup	奶油蘑菇汤 Cream of Mushroom Soup	南瓜培根汤 Pumpkin and Bacon Soup
	主菜 Entrees	韩式烤猪肉 Korean-Style Grilled Pork 照烧鱼丸 Teriyaki Fish Balls	苣荬汁煎鱼柳 Pan-Fried Fish Fillet with Dill Sauce 金不换肉沫茄子 Stir-Fried Minced Pork with Eggplant and Thai Basil	香草柠檬鸡扒 Herb and Lemon Grilled Chicken Chop 炒年糕配鱼豆腐 Stir-Fried Rice Cakes with Fish Tofu	法式苹果炖猪扒 French-Style Braised Pork with Apples 烤蔬菜配牛肉 Roasted Vegetables with Beef	卡真蔬菜大虾 Cajun Shrimp with Mixed Vegetables 黄油彩椒配烤鸡肉 Roasted Chicken with Butter and Bell Peppers
	配菜 Side Dish	清炒西兰花 Stir-Fried Broccoli	烤蘑菇配芦笋 Roasted Mushrooms with Asparagus	烤节瓜配樱桃番茄 Roasted Zucchini with Cherry Tomatoes	韩式炒杂菜 Korean-Style Japchae	炒双色甘蓝 Stir-Fried Red and Green Cabbage
	主食 Staple	猪丼饭 Pork Bowl	牛肉千层面 Beef Lasagna	迷迭香烤小南瓜 Rosemary-Roasted Pumpkin	黄油烤玉米 Butter-Roasted Corn	烤薯角 Roasted Potato Wedges
	水果 Fruit	橙子 Orange	西瓜 Watermelon	苹果 Apple	香蕉 Banana	西瓜 Watermelon

营养分析 / Nutrition Facts

热量 Energy /kcal	825.7	883.2	771.0	827.3	767.9
蛋白 Protein /g	31.7	46.9	23.6	38.1	43.1
脂肪 Fat /g	29.2	33.0	28.3	25.4	25.8
碳水 Carbs /g	109.0	99.6	105.3	111.5	90.8

特色档 Special	重庆小面配卤蛋 (辣Spicy) Noodle Soup with Minced Pork and Marinated Egg	红烧鸡腿乌冬面配卤蛋 Braised Chicken Drumstick Udon Noodles with Marinated Egg	卤肉刀削面配煎蛋 Noodles with Braised Pork and Marinated Egg	兰州牛肉拉面配卤蛋 Lanzhou Beef Noodle Soup with Marinated Egg	红烧大排面配煎蛋 Braised Pork Chop Noodle Soup with Fried Egg
----------------	---	---	--	---	---

营养分析 / Nutrition Facts

热量 Energy /kcal	750.1	702.7	724.0	699.1	801.1
蛋白 Protein /g	33.0	44.4	33.4	43.0	34.5
脂肪 Fat /g	32.0	20.3	30.7	14.8	30.5
碳水 Carbs /g	82.6	85.7	78.6	98.5	97.2

过敏源Allergen:

奶类Milk

蛋Egg

豆Bean

海鲜Seafood

牛肉Beef

猪肉Pork