

	Monday (1.26)	Tuesday (1.27)	Wednesday(1.28)	Thursday(1.29)	Friday(1.30)
上午茶点 Morning Snack	 酱肉包 Pork Buns  酸奶 Yogurt 红心火龙果 蓝莓 Red Dragon Fruit Blueberry	菠菜炒蛋  Stir-fried Spinach with Eggs 牛肉胡萝卜粥  Beef and Carrot Congee 香蕉 Banana	葱花卷 Steamed Scallion Roll  酸奶 Yogurt 圣女果 橙子 Cherry Tomatoes Orange	 水煮蛋 Boiled Egg 肉丝青菜面  Shredded Pork and Greens Noodles 橘子 Tangerine	蒸玉米 Steamed Corn  酸奶 Yogurt 青提 苹果 Green Grape Apple
午餐 Lunch	 腊八粥 Laba Congee 沙姜炒鸡 Stir-fried Chicken with Sand Ginger  虾仁青豆水蒸蛋   Steamed Egg with Shrimp and Green Peas 蒜蓉菜心 Stir-fried Choy Sum with Garlic 白米饭 Steamed Rice	 牛肉冬瓜汤 Beef with Wax Gourd Soup  红烧肉 Red Braised Pork Belly  肉沫豆腐  Minced Pork with Tofu 清炒杭白菜  Stir-fried Napa Cabbage 白米饭 Steamed Rice	 虫草花龙骨汤 Cordyceps Flower with Spare Rib Soup  红洋葱烧汁猪扒  Pork Chop with Red Onion Gravy 青瓜炒鸡蛋  Stir-fried Cucumber with Eggs 清炒上海青 Stir-fried Shanghai Bok Choy 红薯饭 Sweet Potato Rice	 绿豆糖水 Mung Bean Sweet Soup  法式香酥鱼块  French Style Crispy Fish  冬瓜炒肉片 Stir-fried Wax Gourd with Pork Slices 清炒春菜 Stir-fried Choy Sum 蛋炒饭  Egg Fried Rice	山药乌鸡汤 Chinese Yam with Silkie Chicken Soup  广式叉烧 Cantonese Char Siu 西兰花炒鸡肉 Stir-fried Chicken with Broccoli 清炒生菜 Stir-fried Lettuce 玉米饭 Corn Rice
下午茶点 Afternoon Tea	  芝士蛋挞 Cheese Egg Tart  玉米片牛奶 Corn Flakes with Milk	  虎皮蛋糕 Tiger Skin Roll  牛奶 Milk	  菠菜面包卷 Spinach Bread Roll 胡萝卜玉米糊 Carrot with Corn Mash	  奥利奥面包 Oreo Bread  牛奶 Milk	  水果小披萨 Mini Fruit Pizza 小吊梨汤 Snow Pear Soup

营养分析 / Nutrition Facts

热量 Energy /kcal	825.7	825.9	853.6	882.6	808.6
蛋白 Protein /g	40.2	28.2	39.7	32.9	31.3
脂肪 Fat /g	25.7	35.8	31.4	30.9	27.4
碳水 Carbs /g	108.4	97.8	103.0	118.2	109.1



		Type	Monday (1.26)	Tuesday (1.27)	Wednesday(1.28)	Thursday(1.29)	Friday(1.30)
午餐 Lunch	汤 Soup	腊八粥 Laba Congee	牛肉冬瓜汤 Beef with Wax Gourd Soup	虫草花龙骨汤 Cordyceps Flower with Spare Rib Soup	绿豆糖水 Mung Bean Sweet Soup	山药乌鸡汤 Chinese Yam with Silkie Chicken Soup	
	主菜 Entrees	沙姜炒鸡 Stir-fried Chicken with Sand Ginger 虾仁青豆水蒸蛋 Steamed Egg with Shrimp and Green Peas 	红烧肉 Red Braised Pork Belly 肉沫豆腐 Minced Pork with Tofu 	红洋葱烧汁猪扒 Pork Chop with Red Onion Gravy 青瓜炒鸡蛋 Stir-fried Cucumber with Eggs 	法式香酥鱼块 French Style Crispy Fish Fillet 冬瓜炒肉片 Stir-fried Wax Gourd with Pork Slices 	广式叉烧 Cantonese Char Siu 西兰花炒鸡肉 Stir-fried Chicken with Broccoli	
	蔬菜 Veg	蒜蓉菜心 Stir-fried Choy Sum with Garlic	清炒杭白菜 Stir-fried Napa Cabbage	清炒上海青 Stir-fried Shanghai Bok Choy	清炒春菜 Stir-fried Choy Sum	清炒生菜 Stir-fried Lettuce	
	主食 Staple	白米饭 Steamed Rice	白米饭 Steamed Rice	红薯饭 Sweet Potato Rice	蛋炒饭 Egg Fried Rice	玉米饭 Corn Rice	
	水果 Fruit	苹果 Apple	橘子 Tangerine	橙子 Orange	香蕉 Banana	圣女果 Cherry Tomatoes	

营养分析 / Nutrition Facts

热量 Energy /kcal	526.4	552.5	583.0	598.5	557.0
蛋白 Protein /g	28.6	19.6	28.1	19.5	23.5
脂肪 Fat /g	14.1	22.5	25.7	18.5	23.7
碳水 Carbs /g	71.2	68.0	59.8	88.5	62.4

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

# WEEKLY MENU



# ISNS MYP&DP&PYP Lunch Menu January 26<sup>th</sup> - 30<sup>th</sup> 2026



		Type	Monday (1.26)	Tuesday (1.27)	Wednesday(1.28)	Thursday(1.29)	Friday(1.30)
中餐 Chinese	汤 Soup	腊八粥 Laba Congee	牛肉冬瓜汤 Beef with Wax Gourd Soup	虫草花龙骨汤 Cordyceps Flower with Spare Rib Soup	绿豆糖水 Mung Bean Sweet Soup	山药乌鸡汤 Chinese Yam with Silkie Chicken Soup	
	主菜 Entrees	沙姜炒鸡 Stir-fried Chicken with Sand Ginger 洋葱莴笋炒肉片 Stir-fried Pork with Onion and Asparagus Lettuce 虾仁青豆水蒸蛋 Steamed Egg with Shrimp and Green Peas 	红烧肉 Braised Pork Belly 麻婆豆腐 (辣) Mapo Tofu 菌菇三杯鸡 Three-Cup Chicken with Mushrooms	水煮鱼 (辣) Sichuan Boiled Fish (Spicy) 孜然土豆片炒五花肉 Stir-fried Pork Belly with Cumin Potatoes 青瓜炒鸡蛋 Stir-fried Cucumber with Eggs	干锅鸭 (辣) Dry Pot Duck (Spicy) 韭黄炒牛肉 Stir-fried Beef with Chives 冬瓜炒肉片 Stir-fried Wax Gourd with Pork Slices 	广式叉烧 Cantonese Char Siu 西兰花炒鸡肉 Stir-fried Chicken with Broccoli 京酱肉丝 Shredded Pork in Sweet Bean Sauce 	
	蔬菜 Veg	蒜蓉菜心 Stir-fried Choy Sum with Garlic	清炒杭白菜 Stir-fried Napa Cabbage	清炒上海青 Stir-fried Shanghai Bok Choy	清炒春菜 Stir-fried Choy Sum	清炒生菜 Stir-fried Lettuce	
	主食 Staple	白米饭 Steamed Rice	白米饭 Steamed Rice	红薯饭 Sweet Potato Rice	蛋炒饭 Egg Fried Rice 	玉米饭 Corn Rice	
	水果 Fruit	苹果 Apple	橘子 Tangerine	橙子 Orange	香蕉 Banana	圣女果 Cherry Tomatoes	
	营养分析 / Nutrition Facts						
热量 Energy /kcal		806.5	800.2	839.0	812.4	799.4	
蛋白 Protein /g		39.3	36.8	49.0	26.9	37.6	
脂肪 Fat /g		18.2	31.6	27.7	21.5	29.2	
碳水 Carbs /g		121.4	92.2	98.4	127.9	96.5	

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

# WEEKLY MENU



# ISNS MYP&DP&PYP Lunch Menu January 26<sup>th</sup> - 30<sup>th</sup> 2026



		Type	Monday (1.26)	Tuesday (1.27)	Wednesday(1.28)	Thursday(1.29)	Friday(1.30)
西餐 Western	汤 Soup	奶油玉米汤 Cream of Corn Soup	奶油西蓝花汤 Cream of Broccoli Soup	胡萝卜鸡肉浓汤 Creamy Chicken and Carrot Soup	罗宋汤 Borscht	蟹柳浓汤 Creamy Crab Stick Soup	
	主菜 Entrees	芝士排骨 Cheese Ribs 金不换牛肉沫茄子 Stir-fried Eggplant with Minced Beef and Thai Basil	卡律奶油鸡 Creamy Curry Chicken 韩式辣炒鱿鱼 Korean Spicy Stir-fried Squid	红洋葱烧汁猪扒 Pork Chop with Red Onion Gravy 樱桃番茄烤牛肉丁 Roasted Beef Dice with Cherry Tomatoes	法式香酥鱼块 French Style Crispy Fish Fillet 蒜香口蘑鸡扒 Garlic Mushroom Chicken Chop	牛肉披萨 Beef Pizza 香肠芝士焗蛋 Baked Egg with Sausage and Cheese	
	配菜 Side Dish	炒什锦蔬菜 Stir-fried Mixed Vegetables	胡萝卜配蜜豆 Carrots with Honey Beans	黄油西兰花 Buttered Broccoli	炒节瓜配芦笋 Stir-fried Zucchini with Asparagus	炒双色甘蓝 Stir-fried Shredded Cabbage	
	主食 Staple	蜂蜜小南瓜 Honey Glazed Mini Pumpkin	黄油吐司条 Buttered Toast Sticks	墨西哥玉米 Mexican Corn	白米饭 Steamed Rice	蒸红薯 Steamed Sweet Potato	
	水果 Fruit	苹果 Apple	橘子 Tangerine	橙子 Orange	香蕉 Banana	圣女果 Cherry Tomatoes	

### 营养分析 / Nutrition Facts

热量 Energy /kcal	838.5	894.9	725.1	813.7	750.6
蛋白 Protein /g	18.3	41.4	27.2	37.7	26.4
脂肪 Fat /g	35.4	26.6	22.7	29.0	19.5
碳水 Carbs /g	111.7	122.5	103.1	100.5	117.4

特色档 Special	红烧鱼丸拉面配油豆腐 braised Fish Ball Ramen with Fried Tofu Puffs	酸汤肥牛米粉配煎蛋 Sour Soup Beef Rice Noodles with Fried Egg	番茄鸡扒刀削面配卤蛋 Chicken Cutlet Tomato Sliced Noodles with Marinated Egg	猪肉丸米粉配煎蛋 Pork Ball Rice Noodles with Fried Egg	兰州牛肉拉面配卤蛋 Lanzhou Beef Noodles with Marinated Egg
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### 营养分析 / Nutrition Facts

热量 Energy /kcal	749.2	683.6	633.7	647.5	699.1
蛋白 Protein /g	31.7	28.6	32.2	22.2	43.0
脂肪 Fat /g	19.3	18.5	17.2	16.8	14.8
碳水 Carbs /g	112.1	100.7	87.5	101.9	98.5

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom