

WEEKLY  
MENUISNS EY Snack and Lunch Menu  
October 5th -9th 2026eat  
by sodexo

| 午餐<br>Lunch            | Type                     | Monday (星期一)<br>2026/10/5                                                                                                                                                   | Tuesday (星期二)<br>2026/10/6                                                                                                                     | Wednesday (星期三)<br>2026/10/7                                                                                                                           | Thursday (星期四)<br>2026/10/8                                                                                                                                                    | Thursday (星期五)<br>2026/10/9                                                                                                                          |
|------------------------|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
|                        | 上午茶点<br>Morning<br>Snack | 香菇菜包<br>Vegetable and Mushroom Bun<br>酸奶<br>Yoghurt<br>香蕉<br>Banana                                                                                                         | 水煮蛋<br>Boiled Egg<br>胡萝卜瘦肉粥<br>Pork Congee with Carrot<br>圣女果 哈密瓜<br>Cherry Tomato, Honeydew                                                   | 蒸红薯<br>Sweet Potato<br>鸡肉通心粉<br>Chicken Pasta<br>西瓜 青提<br>Watermelon, Grapes                                                                           | 鸡蛋卷<br>Egg Roll<br>牛肉粥<br>Beef Congee<br>蓝莓 苹果<br>Blueberry, Apple                                                                                                             | 蓝莓吐司<br>Blueberry Toast<br>牛奶<br>Milk<br>白心火龙果 红提<br>Pitaya, Grapes                                                                                  |
|                        | 主菜<br>Entrees            | 黄豆凉瓜龙骨汤<br>Pork Bone Soup with Beans and Bitter Melon<br>沙姜蒸鸡<br>Steamed Chicken with Ginger<br>红烧豆腐<br>Braised Tofu<br>清炒杭白菜<br>Stir-fried Greens<br>玉米饭<br>Rice with Corn | 鲫鱼豆腐汤<br>Fish Soup with Tofu<br>卤水猪扒<br>Marinade Pork Chop<br>番茄炒鸡蛋<br>Stir-fried Egg with Tomato<br>蒜蓉上海青<br>Stir-fried Greens<br>白米饭<br>Rice | 罗宋汤<br>Borscht<br>香煎鱼柳配柠檬牛油汁<br>Grilled Fish with Lemon Butter Sauce<br>煎香肠<br>Sausage<br>清炒娃娃菜<br>Baby Cabbage<br>肉汁土豆泥<br>Mashed Potatoes with Gravy | 虫草花红枣乌鸡汤<br>Chicken Soup with Caterpillar Fungus and Red Dates<br>萝卜牛腩<br>Braised Beef with Raddish<br>肉沫水蒸蛋<br>Steamed Egg with Minced Pork<br>白灼生菜<br>Lettuce<br>白米饭<br>Rice | 苹果瘦肉汤<br>Pork Soup with Apple<br>粤式蒸鱼<br>Steamed Fish<br>胡萝卜牛肉条<br>Roasted Carrot with Beef<br>清炒菜心<br>Choy Sum<br>胡萝卜米饭<br>Steamed Rice with Carrot |
|                        | 下午茶点<br>Afternoon<br>Tea | 岩烧吐司<br>Cheesy Toast<br>玉米片牛奶<br>Milk with Corn Flake                                                                                                                       | 古法蛋糕<br>Sponge Cake<br>酸奶<br>Yoghurt                                                                                                           | 菠萝包<br>Pineapple Bun<br>牛奶<br>Milk                                                                                                                     | 法包<br>French Bun<br>酸奶<br>Yoghurt                                                                                                                                              | 原味松饼<br>Pancake<br>香芋椰奶<br>Coconut Milk with Taro                                                                                                    |
| 营养分析 / Nutrition Facts |                          |                                                                                                                                                                             |                                                                                                                                                |                                                                                                                                                        |                                                                                                                                                                                |                                                                                                                                                      |
| 热量 Energy /kcal        |                          | 714.50                                                                                                                                                                      | 802.60                                                                                                                                         | 827.20                                                                                                                                                 | 797.30                                                                                                                                                                         | 802.50                                                                                                                                               |
| 蛋白 Protein /g          |                          | 35.50                                                                                                                                                                       | 31.60                                                                                                                                          | 30.90                                                                                                                                                  | 43.90                                                                                                                                                                          | 39.00                                                                                                                                                |
| 脂肪 Fat /g              |                          | 21.30                                                                                                                                                                       | 18.00                                                                                                                                          | 26.50                                                                                                                                                  | 18.90                                                                                                                                                                          | 29.90                                                                                                                                                |
| 碳水 Carbs /g            |                          | 95.20                                                                                                                                                                       | 128.50                                                                                                                                         | 116.30                                                                                                                                                 | 112.80                                                                                                                                                                         | 94.40                                                                                                                                                |

过敏源Allergen:



奶类Milk



蛋Egg



大豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

WEEKLY  
MENU →ISNS G1&G2 Lunch Menu  
October 5th -9th 2026

| 午餐<br>Lunch            | Type          | Monday (星期一)<br>2026/10/5                             | Tuesday (星期二)<br>2026/10/6          | Wednesday (星期三)<br>2026/10/7                       | Thursday (星期四)<br>2026/10/8                                    | Thursday (星期五)<br>2026/10/9        |
|------------------------|---------------|-------------------------------------------------------|-------------------------------------|----------------------------------------------------|----------------------------------------------------------------|------------------------------------|
|                        | 汤<br>Soup     | 黄豆凉瓜龙骨汤<br>Pork Bone Soup with Beans and Bitter Melon | 鲫鱼豆腐汤<br>Fish Soup with Tofu        | 罗宋汤<br>Borscht                                     | 虫草花红枣乌鸡汤<br>Chicken Soup with Caterpillar Fungus and Red Dates | 苹果瘦肉汤<br>Pork Soup with Apple      |
|                        | 主菜<br>Entrees | 沙姜蒸鸡<br>Steamed Chicken with Ginger                   | 卤水猪扒<br>Marinade Pork Chop          | 香煎鱼柳配柠檬牛油汁<br>Grilled Fish with Lemon Butter Sauce | 萝卜牛腩<br>Braised Beef with Raddish                              | 粤式蒸鱼<br>Steamed Fish               |
|                        |               | 红烧豆腐<br>Braised Tofu                                  | 番茄炒鸡蛋<br>Stir-fried Egg with Tomato | 煎香肠<br>Sausage                                     | 肉沫水蒸蛋<br>Steamed Egg with Minced Pork                          | 胡萝卜牛肉条<br>Roasted Carrot with Beef |
|                        | 蔬菜<br>Veg     | 清炒杭白菜<br>Stir-fried Greens                            | 蒜蓉上海青<br>Stir-fried Greens          | 清炒娃娃菜<br>Baby Cabbage                              | 白灼生菜<br>Lettuce                                                | 清炒菜心<br>Choy Sum                   |
|                        | 主食<br>Staple  | 玉米饭<br>Rice with Corn                                 | 白米饭<br>Rice                         | 肉汁土豆泥<br>Mashed Potatoes with Gravy                | 白米饭<br>Rice                                                    | 胡萝卜米饭<br>Steamed Rice with Carrot  |
|                        | 水果<br>Fruit   | 香蕉<br>Banana                                          | 圣女果<br>Cherry Tomato                | 西瓜<br>Watermelon                                   | 苹果<br>Apple                                                    | 橘子<br>Mandarine                    |
| 营养分析 / Nutrition Facts |               |                                                       |                                     |                                                    |                                                                |                                    |
| 热量 Energy /kcal        |               | 714. 50                                               | 802. 60                             | 827. 20                                            | 797. 30                                                        | 802. 50                            |
| 蛋白 Protein /g          |               | 35. 50                                                | 31. 60                              | 30. 90                                             | 43. 90                                                         | 39. 00                             |
| 脂肪 Fat /g              |               | 21. 30                                                | 18. 00                              | 26. 50                                             | 18. 90                                                         | 29. 90                             |
| 碳水 Carbs /g            |               | 95. 20                                                | 128. 50                             | 116. 30                                            | 112. 80                                                        | 94. 40                             |

过敏源Allergen:



奶类Milk



蛋Egg



大豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

WEEKLY  
MENU →ISNS MYP&DP&PYP Lunch Menu  
October 5th -9th 2026

|               | Type          | Monday (星期一)<br>2026/10/5                             | Tuesday (星期二)<br>2026/10/6            | Wednesday (星期三)<br>2026/10/7                      | Thursday (星期四)<br>2026/10/8                                    | Thursday (星期五)<br>2026/10/9                     |
|---------------|---------------|-------------------------------------------------------|---------------------------------------|---------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------|
| 中餐<br>Chinese | 汤<br>Soup     | 黄豆凉瓜龙骨汤<br>Pork Bone Soup with Beans and Bitter Melon | 鲫鱼豆腐汤<br>Fish Soup with Tofu          | 番茄土豆排骨汤<br>Pork Bone Soup with Tomato and Potato  | 虫草花红枣乌鸡汤<br>Chicken Soup with Caterpillar Fungus and Red Dates | 苹果瘦肉汤<br>Pork Soup with Apple                   |
|               | 主菜<br>Entrees | 沙姜蒸鸡<br>Steamed Chicken with Ginger                   | 水煮肉片（辣）<br>Braised Spicy Pork (Spicy) | 卤鸭腿配豆干<br>Marinated Duck Drumstick with Bean Curd | 萝卜牛腩<br>Braised Beef with Raddish                              | 粤式蒸鱼<br>Steamed Fish                            |
|               |               | 洋葱尖椒炒鱿鱼（辣）<br>Stir-fried Squid with Chilli (Spicy)    | 番茄炒鸡蛋<br>Stir-fried Egg with Tomato   | 辣椒炒牛肉（辣）<br>Stir-fried Beef with Chilli           | 肉沫水蒸蛋<br>Steamed Egg with Minced Pork                          | 青椒五花肉（辣）<br>Stir-fried Pork with Chilli (Spicy) |
|               |               | 红烧豆腐<br>Braised Tofu                                  | 宫保鸡丁<br>Kung Pao Chicken              | 红烧茄子<br>Braised Eggplant                          | 五彩鸡丁<br>Stir-fried Chicken with Mixed Vegetables               | 清炒土豆丝<br>Stir-fried Potatoes                    |
|               | 蔬菜<br>Veg     | 清炒杭白菜<br>Stir-fried Greens                            | 蒜蓉上海青<br>Stir-fried Greens            | 清炒娃娃菜<br>Baby Cabbage                             | 白灼生菜<br>Lettuce                                                | 清炒菜心<br>Choy Sum                                |
|               | 主食<br>Staple  | 玉米饭<br>Rice with Corn                                 | 白米饭<br>Rice                           | 红薯饭<br>Rice with Sweet Potato                     | 白米饭<br>Rice                                                    | 胡萝卜米饭<br>Steamed Rice with Carrot               |
| 水果<br>Fruit   | 香蕉<br>Banana  | 圣女果<br>Cherry Tomato                                  | 西瓜<br>Watermelon                      | 苹果<br>Apple                                       | 橘子<br>Mandarine                                                |                                                 |

## 营养分析 / Nutrition Facts

|                 |        |        |        |        |        |
|-----------------|--------|--------|--------|--------|--------|
| 热量 Energy /kcal | 714.50 | 802.60 | 827.20 | 797.30 | 802.50 |
| 蛋白 Protein /g   | 35.50  | 31.60  | 30.90  | 43.90  | 39.00  |
| 脂肪 Fat /g       | 21.30  | 18.00  | 26.50  | 18.90  | 29.90  |
| 碳水 Carbs /g     | 95.20  | 128.50 | 116.30 | 112.80 | 94.40  |

过敏源Allergen:



奶类Milk



蛋Egg



大豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

WEEKLY  
MENU →ISNS MYP&DP&PYP Lunch Menu  
October 5th -9th 2026

| 西餐<br>Western | Type          | Monday (星期一)<br>2026/10/5                                                                                                                                                                 | Tuesday (星期二)<br>2026/10/6                                                                                                                                                                                    | Wednesday (星期三)<br>2026/10/7                                                                                                                                                                                                 | Thursday (星期四)<br>2026/10/8                                                                                                                                                                                                       | Thursday (星期五)<br>2026/10/9                                                                                                    |
|---------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
|               | 汤<br>Soup     | 鹰嘴豆奶油汤 <br>Chick Pea Cream Soup                                                                          | 南瓜奶油汤 <br>Pumpkin Cream Soup                                                                                                 | 罗宋汤<br>Borscht                                                                                                                                                                                                               | 胡萝卜奶油汤 <br>Carrot Cream Soup                                                                                                                   | 菠菜奶油汤 <br>Spinach Cream Soup                |
|               | 主菜<br>Entrees |  卡真蜂蜜猪扒<br>Cajun Honey Pork Chop                                                                         |  口蘑蒜香大虾 <br>Shrimp with Mushroom and Garlic |  香煎鱼柳配柠檬牛油汁 <br>Grilled Fish with Lemon Butter<br>Sauce |  慢烤鸡扒奶油蘑菇酱 <br>Roasted Chicken with Cream Mushroom<br>Sauce |  猪肉丁樱桃番茄<br>Roasted Pork with Cherry Tomato |
|               |               |  西式滑蛋 <br>Scrambled Egg | 烤西葫芦配牛肉 <br>Roasted Zucchini with Beef                                                                                       | 煎香肠<br>Sausage                                                                                                                                                                                                               |  咖喱鱼蛋 <br>Curry Fish Ball                                   | 胡萝卜牛肉条 <br>Roasted Carrot with Beef         |
|               | 配菜<br>Side    |  芝士焗西兰花<br>Baked Broccoli with Cheese                                                                    | 炒混合蔬菜<br>Mixed Vegetable                                                                                                                                                                                      | 烤双花<br>Roasted Cauliflower and Broccoli                                                                                                                                                                                      | 扒杂菇<br>Grilled Mushroom                                                                                                                                                                                                           | 烤节瓜<br>Zucchini                                                                                                                |
|               | 主食<br>Staple  |  黄油烤玉米<br>Roasted Corn with Butter                                                                       |  培根奶油蝴蝶面 <br>Pasta with Bacon Cream Sauce   |  肉汁土豆泥 <br>Mashed Potatoes with Gravy                  |  肉酱千层面 <br>Lasagna                                          | 口袋饼<br>Pita Bread                                                                                                              |
|               | 水果<br>Fruit   | 香蕉<br>Banana                                                                                                                                                                              | 圣女果<br>Cherry Tomato                                                                                                                                                                                          | 西瓜<br>Watermelon                                                                                                                                                                                                             | 苹果<br>Apple                                                                                                                                                                                                                       | 橘子<br>Mandarine                                                                                                                |

## 营养分析 / Nutrition Facts

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| 特色档/面档<br>Special/Noodle |  越南牛肉粉 |  台式卤肉饭配卤蛋 |  炸酱面配鸡蛋  |  培根杂蔬披萨 | 番茄鸡蛋面  |
|--------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
|                          | Vietnamese Rice Noodles with Beef                                                       | Taiwanese Braised Minced Pork Rice with Egg                                                | Noodle with Meat Paste and Egg                                                                                                                                                 | Bacon Vegetables Pizza                                                                     | Noodles with Tomato and Egg                                                               |

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蘑菇Mushroom