

WEEKLY
MENUISNS EY Snack and Lunch Menu
October 12th -16th 2026

Type	Monday (星期一) 2026/10/12	Tuesday (星期二) 2026/10/13	Wednesday (星期三) 2026/10/14	Thursday (星期四) 2026/10/15	Thursday (星期五) 2026/10/16
	香菇菜包 Vegetable and Mushroom Bun 酸奶 Yoghurt 香蕉 Banana	水煮蛋 Boiled Egg 胡萝卜瘦肉粥 Pork Congee with Carrot 圣女果 哈密瓜 Cherry Tomato, Honeydew	鸡蛋卷 Egg Roll 鸡肉通心粉 Chicken Pasta 西瓜 青提 Watermelon, Grapes	蒸红薯 Sweet Potato 牛肉粥 Beef Congee 蓝莓 苹果 Blueberry, Apple	蓝莓吐司 Blueberry Toast 牛奶 Milk 白心火龙果 红提 Pitaya, Grapes
	红枣雪梨汤 Sweet Soup with Red Dates and Pear 姜葱鸡 Steamed Chicken with Ginger and Scallion 莲藕炒鱿鱼 Stir-fried Squid with Lotus Root 清炒杭白菜 Stir-fried Greens 玉米饭 Rice with Corn	薏米龙骨汤 Pork Bone Soup with Barley 粤式蒸鱼 Cantonese Steamed Fish 莴笋炒肉片 Stir-fried Pork with Lettuce Asparagus 蒜蓉上海青 Stir-fried Greens 白米饭 Rice	萝卜牛肉汤 Beef Soup with Raddish 卤水猪展配豆泡 Marinated Pork with Bean Curd 豇豆炒牛肉沫 Stir-fried Beef with Long Beans 清炒娃娃菜 Baby Cabbage 红薯饭 Rice with Sweet Potato	山药龙骨汤 Pork Bone Soup with Yam 可乐鸡翅 Cola Chicken Wings 玉米炒鸡蛋 Stir-fried Egg with Corn 白灼生菜 Lettuce 白米饭 Rice	虫草花乌鸡汤 Chicken Soup with Caterpillar Fungus 杂蔬虾仁 Shrimp with Vegetables 冬瓜焖腩肉 Braised Pork with Winter Melon 清炒菜心 Choy Sum 胡萝卜米饭 Steamed Rice with Carrot
	黄油吐司 Butter Toast 玉米片牛奶 Milk with Corn Flake	古法蛋糕 Sponge Cake 酸奶 Yoghurt	玉米 Corn 牛奶 Milk	法包 French Bun 酸奶 Yoghurt	原味松饼 Pancake 香芋椰奶 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 12th -16th 2026

午餐 Lunch	Type	Monday (星期一) 2026/10/12	Tuesday (星期二) 2026/10/13	Wednesday (星期三) 2026/10/14	Thursday (星期四) 2026/10/15	Thursday (星期五) 2026/10/16
	汤 Soup	红枣雪梨汤 Sweet Soup with Red Dates and Pear	 薏米龙骨汤 Pork Bone Soup with Barley	 萝卜牛肉汤 Beef Soup with Raddish	 山药龙骨汤 Pork Bone Soup with Yam	虫草花乌鸡汤 Chicken Soup with Caterpillar Fungus
	主菜 Entrees	姜葱鸡 Steamed Chicken with Ginger and Scallion	 粤式蒸鱼 Cantonese Steamed Fish	 卤水猪展配豆泡  Marinated Pork with Bean Curd	可乐鸡翅 Cola Chicken Wings	 杂蔬虾仁 Shrimp with Vegetables
		 莲藕炒鱿鱼 Stir-fried Squid with Lotus Root	 莴笋炒肉片 tir-fried Pork with Lettuce Asparagu	 豇豆炒牛肉沫 Stir-fried Beef with Long Beans	 玉米炒鸡蛋 Stir-fried Egg with Corn	 冬瓜焖腩肉 Braised Pork with Winter Melon
	蔬菜 Veg	清炒杭白菜 Stir-fried Greens	蒜蓉上海青 Stir-fried Greens	清炒娃娃菜 Baby Cabbage	白灼生菜 Lettuce	清炒菜心 Choy Sum
	主食 Staple	玉米饭 Rice with Corn	白米饭 Rice	红薯饭 Rice with Sweet Potato	白米饭 Rice	胡萝卜米饭 Steamed Rice with Carrot
	水果 Fruit	香梨 Pear	圣女果 Cherry Tomato	苹果 Apple	橘子 Mandarine	香蕉 Banana

营养分析 / Nutrition Facts

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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 12th -16th 2026

中餐 Chinese	Type	Monday (星期一) 2026/10/12	Tuesday (星期二) 2026/10/13	Wednesday (星期三) 2026/10/14	Thursday (星期四) 2026/10/15	Thursday (星期五) 2026/10/16	
	汤 Soup	红枣雪梨汤 Sweet Soup with Red Dates and Pear	 薏米龙骨汤 Pork Bone Soup with Barley	 萝卜牛肉汤 Beef Soup with Raddish	 山药龙骨汤 Pork Bone Soup with Yam	虫草花乌鸡汤 Chicken Soup with Caterpillar Fungus	
	主菜 Entrees	姜葱鸡 Steamed Chicken with Ginger and Scallion  肉沫水蒸蛋  Steamed Egg with Minced Pork  莲藕尖椒鱿鱼 (辣)  Stir-fried Squid with Lotus Root (Spicy)	 酸菜鱼 Braised Fish with Pickles 莴笋炒肉片  Stir-fried Pork with Lettuce Asparagus 葱烧鸡肉丁 Braised Chicken with Scallion	 卤水猪展配豆泡  Marinated Pork with Bean Curd  花菜炒肉 Stir-fried Pork with Cauliflower  豇豆炒牛肉沫 (辣)  Stir-fried Beef with Long Beans (Spicy)	可乐鸡翅 Cola Chicken Wings 玉米炒鸡蛋  Stir-fried Egg with Corn  麻婆豆腐 (辣)   Mapo Tofu (Spicy)	干锅鸭 Grilled Duck 酸辣土豆丝 (辣)  Stir-fried Potatoes (Spicy)  冬瓜焖腩肉 Braised Pork with Winter Melon	
		蔬菜 Veg	清炒杭白菜 Stir-fried Greens	蒜蓉上海青 Stir-fried Greens	清炒娃娃菜 Baby Cabbage	白灼生菜 Lettuce	清炒菜心 Choy Sum
		主食 Staple	玉米饭 Rice with Corn	白米饭 Rice	红薯饭 Rice with Sweet Potato	白米饭 Rice	胡萝卜米饭 Steamed Rice with Carrot
	水果 Fruit	香梨 Pear	圣女果 Cherry Tomato	苹果 Apple	橘子 Mandarine	香蕉 Banana	

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海鲜Seafood



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猪肉Pork



蘑菇Mushroom

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西餐 Western	Type	Monday (星期一) 2026/10/12	Tuesday (星期二) 2026/10/13	Wednesday (星期三) 希腊美食节 Greek Cuisine Festival 2026/10/14	Thursday (星期四) 2026/10/15	Thursday (星期五) 2026/10/16
	汤 Soup	意式蔬菜汤 Minestrone	奶油玉米汤 Corn Cream Soup	希腊柠檬鸡汤 Greek Lemon Chicken Soup	南瓜奶油汤 Pumpkin Cream Soup	奶油蘑菇汤 Mushroom Cream Soup
	主菜 Entrees	BBQ烤肋排 BBQ Pork Ribs 樱桃番茄配虾 Cherry Tomato with Shrimp	匈牙利炖牛肉 Hungarian Beef Stew 杏鲍菇扒培根 Grilled Mushroom and Bacon	希腊柠檬烤鸡肉 Greek Roasted Chicken with Lemon 希腊肉酱芝士茄子 Greek Gravy Cheese Eggplant	蒜香猪扒 Garlic Pork Chop 咖喱鱼丸 Curry Fish Ball	泰式咖喱虾 Thai Curry Shrimp 普罗旺斯蔬菜配香肠 Vegetable Stew with Sausage
	配菜 Side Dish	黄油炒菠菜 Spinach	烤蔬菜 Roasted Vegetables	希腊柠檬烤土豆 Roasted Potatoes	芝士焗西兰花 Grilled Broccoli with Cheese	烤花菜配甜椒 Roasted Cauliflower with Bell
	主食 Staple	肉酱意大利面 Spaghetti Bolognese	蜂蜜烤小南瓜 Roasted Pumpkin	黄油吐司 Toast	奶香土豆泥 Mashed Potatoes	口袋饼 Pita Bread
	水果 Fruit	香梨 Pear	圣女果 Cherry Tomato	苹果 Apple	橘子 Mandarine	香蕉 Banana

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特色档/面档 Special/Noodle	酸汤肥牛米粉配煎蛋 Rice Noodles with Beef Rolls and Egg	鸡扒芝士焗饭 Baked Rice with Chicken and Cheese	兰州牛肉拉面配鸡蛋 Noodle with Meat Paste and Egg	夏威夷披萨 Hawaiian Pizza	臊子面配卤蛋 Noodles with Mixed Toppings and Egg

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