

WEEKLY
MENU →ISNS EY Snack and Lunch Menu
October 19th -23th 2026

Type	Monday（星期一） 2026/10/19	Tuesday（星期二） 2026/10/20	Wednesday（星期三） 2026/10/21	Thursday（星期四） 2026/10/22	Thursday（星期五） 2026/10/23
上午茶点 Morning Snack	PD Day	PD Day	 豆沙包 Red Bean Bun 南瓜小米粥 Millet Pumpkin Congee 哈密瓜 Honeydew	 鸡蛋卷 Egg Roll  瘦肉粥 Pork Congee 苹果 Apple	香菇菜包 Vegetable and Mushroom Bun  牛奶 Milk 桔子 红提 Mandarin, Grapes
主菜 Entrees			 奶油蘑菇汤  牛奶 Mushroom Cream Soup  蔬菜配烤牛肉 Roasted Beef with Vegetable 番茄炒鸡蛋  Scrambled Egg with Tomato 清炒上海青 Stir-fried Greens 红薯饭 Rice with Sweet Potato	 鲫鱼山药百合汤 Fish Soup with Yam 卤水鸡腿 Marinade Chicken  娃娃菜豆腐肉沫煲  Tofu Stew with Pork 清炒菜心 Choy Sum 白米饭 Rice	椰子鸡汤 Chicken Soup with Coconut  红烧猪排 Braised Pork  香芹炒海鲜 Stir-fried Seafood with Celery 白灼生菜 Lettuce 胡萝卜米饭 Steamed Rice with Carrot
下午茶点 Afternoon Tea			 草莓甜甜圈  Strawberry Donut  牛奶 Milk	 菠菜面包  Spinach Bread  酸奶 Yoghurt	 绿豆糕 Mung Bean Cake  木瓜牛奶 Papaya Milk
营养分析 / Nutrition Facts					
热量Energy /kcal			827. 20	797. 30	802. 50
蛋白 Protein /g			30. 90	43. 90	39. 00
脂肪 Fat /g			26. 50	18. 90	29. 90
碳水 Carbs /g			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 19th -23th 2026



午餐 Lunch	Type	Monday (星期一) 2026/10/19	Tuesday (星期二) 2026/10/20	Wednesday (星期三) 2026/10/21	Thursday (星期四) 2026/10/22	Thursday (星期五) 2026/10/23
	汤 Soup	PD Day	PD Day	 奶油蘑菇汤  Mushroom Cream Soup	 鲫鱼山药百合汤 Fish Soup with Yam	椰子鸡汤 Chicken Soup with Coconut
	主菜 Entrees			 蔬菜配烤牛肉 Roasted Beef with Vegetable 番茄炒鸡蛋  Scrambled Egg with Tomato	卤水鸡腿 Marinade Chicken Drumstick  娃娃菜豆腐肉沫煲  Tofu Stew with Pork	 红烧猪排 Braised Pork  香芹炒海鲜 Stir-fried Seafood with Celery
	蔬菜 Veg			清炒上海青 Stir-fried Greens	清炒菜心 Choy Sum	白灼生菜 Lettuce
	主食 Staple			红薯饭 Rice with Sweet Potato	白米饭 Rice	胡萝卜米饭 Steamed Rice with Carrot
	水果 Fruit			苹果 Apple	香蕉 Banana	橙子 Orange
	营养分析 / Nutrition Facts					
热量 Energy /kcal			827. 20	797. 30	802. 50	
蛋白 Protein /g			30. 90	43. 90	39. 00	
脂肪 Fat /g			26. 50	18. 90	29. 90	
碳水 Carbs /g			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 19th –23th 2026



中餐 Chinese	Type	Monday (星期一) 2026/10/19	Tuesday (星期二) 2026/10/20	Wednesday (星期三) 2026/10/21	Thursday (星期四) 2026/10/22	Thursday (星期五) 2026/10/23	
	汤 Soup	PD Day	PD Day	 木瓜牛奶糖水 Beef Soup with Raddish	 鲫鱼山药百合汤 Fish Soup with Yam	椰子鸡汤 Chicken Soup with Coconut	
	主菜 Entrees			 椒盐海鲜 Pepper Salt Seafood	卤水鸡腿 Marinate Chicken Drumstick	 红烧排骨 Braised Pork Ribs	
				番茄炒鸡蛋  Scrambled Egg with Tomato	 辣椒炒肉 (辣)  Stir-fried Pork with Chilli (Spicy)	 香芹海鲜炒尖椒 (辣)  Stir-fried Seafood with Chilli (Spicy)	
				孜然洋葱土豆五花肉  Stir-fried Pork with Potatoes and Onion	 娃娃菜豆腐肉沫煲  Tofu Stew with Pork	清炒土豆丝 Stir-fried Potatoes	
				蔬菜 Veg	清炒上海青 Stir-fried Greens	清炒菜心 Choy Sum	白灼生菜 Lettuce
				主食 Staple	红薯饭 Rice with Sweet Potato	白米饭 Rice	胡萝卜米饭 Steamed Rice with Carrot
水果 Fruit	苹果 Apple	香蕉 Banana	橙子 Orange				
营养分析 / Nutrition Facts							
热量 Energy /kcal			827. 20	797. 30	802. 50		
蛋白 Protein /g			30. 90	43. 90	39. 00		
脂肪 Fat /g			26. 50	18. 90	29. 90		
碳水 Carbs /g			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
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西餐 Western	Type	Monday (星期一) 2026/10/19	Tuesday (星期二) 2026/10/20	Wednesday (星期三) 2026/10/21	Thursday (星期四) 2026/10/22	Thursday (星期五) 2026/10/23
	汤 Soup	PD Day	PD Day	奶油胡萝卜汤  Carrot Cream Soup	 奶油蘑菇汤  Mushroom Cream Soup	意式蔬菜汤 Minestrone
	主菜 Entrees			 蔬菜配烤牛肉 Roasted Beef with Vegetable  炒杂菇配鸡腿肉 Stir-fried Mushroom with Chicken	 芝士酱猪扒  Pork Chop with Cheese Sauce  胡萝卜蜜豆培根 Carrot, Sweet Peas and Bacon	香草烤鸡扒 Roasted Chicken with Herbs  黄油蒜香黑椒肥牛  Beef with Black Pepper Sauce
	配菜 Side Dish			 香菇西兰花 Broccoli, Mushroom	蒜香甘蓝 Garlic Cabbage	烤西葫芦 Zucchini
	主食 Staple			蒜香法棍  Garlic Baguette	番茄罗勒意面 Pasta in Tomato Sauce	 口袋饼  Pita Bread
	水果 Fruit			苹果 Apple	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal			827. 20	797. 30	802. 50
蛋白 Protein /g			30. 90	43. 90	39. 00
脂肪 Fat /g			26. 50	18. 90	29. 90
碳水 Carbs /g			116. 30	112. 80	94. 40

特色档/面档 Special/Noodle	PD Day	PD Day	 云吞面	鸡肉披萨 	 武汉肉沫热干面
			Wonton Noodles	Chicken Pizza	Noodles with Minced Pork

营养分析 / Nutrition Facts

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过敏源Allergen:



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蛋Egg



大豆Bean



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蘑菇Mushroom