

WEEKLY
MENU →ISNS EY Snack and Lunch Menu
October 26th -30th 2026

午餐 Lunch	Type	Monday (星期一) 2026/10/26	Tuesday (星期二) 2026/10/27	Wednesday (星期三) 2026/10/28	Thursday (星期四) 2026/10/29	Thursday (星期五) 2026/10/30
	上午茶点 Morning Snack	蒸红薯 Sweet Potato 酸奶 Yoghurt 白心火龙果 红提 Pitaya, Grapes	水煮蛋 Boiled Egg 猪肉番茄通心粉 Pasta with Pork and Tomato 圣女果 哈密瓜 Cherry Tomato, Honeydew	鸡蛋炒玉米 Stir-fried Egg with Corn 胡萝卜瘦肉粥 Pork Congee with Carrot 红心火龙果 Pitaya	蒸香芋 Taro 香菇鸡肉粥 Chicken Congee with Mushroom 苹果 Apple	红豆包 Red Bean Bun 牛奶 Milk 西瓜 Watermelon
	主菜 Entrees	冬瓜龙骨汤 Pork Bone Soup with Winter Melon 番茄汁配鱼排 Fish Fillet with Tomato Sauce 口蘑芦笋炒牛肉 Stir-fried Beef with Mushroom and Asparagus 清炒杭白菜 Stir-fried Greens 玉米饭 Rice with Corn	山药鸡汤 Chicken Soup with Yam 爱尔兰炖牛腩 Irish Beef Stew 五彩鸡丝 Stir-fried Chicken with Mixed Vegetables 蒜蓉上海青 Stir-fried Greens 白米饭 Rice	绿豆糖水 Mung Bean Sweet Soup 红烧肉 Braised Pork 宫爆鸡丁 Kungpao Chicken 清炒娃娃菜 Baby Cabbage 香芋饭 Rice with Taro	胡萝卜玉米龙骨汤 Pork Bone Soup with Carrot and Corn 粤式蒸鱼 Steamed Fish 清炒土豆丝 Stir-fried Potatoes 白灼生菜 Lettuce 白米饭 Rice	黄豆凉瓜龙骨汤 Pork Bone Soup with Beans and Bitter Melon 红烧鸡小腿 Braised Chicken 肉酱薯条 French Fries with Gravy 清炒菜心 Choy Sum 胡萝卜米饭 Steamed Rice with Carrot
	下午茶点 Afternoon Tea	提子面包 Raisin Bread 红豆椰奶 Coconut Milk with Red Bean	芝士松饼 Pancake with Cheese 酸奶 Yoghurt	草莓酱苏打饼干 Strawberry Jam Biscuit 牛奶 Milk	虎皮蛋糕 Sponge Cake 酸奶 Yoghurt	蛋挞 Egg Tart 燕麦牛奶 Milk with Oat

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 26th -30th 2026

午餐 Lunch	Type	Monday (星期一) 2026/10/26	Tuesday (星期二) 2026/10/27	Wednesday (星期三) 2026/10/28	Thursday (星期四) 2026/10/29	Thursday (星期五) 2026/10/30
	汤 Soup	 冬瓜龙骨汤 Pork Bone Soup with Winter Melon	山药鸡汤 Chicken Soup with Yam	绿豆糖水 Mung Bean Sweet Soup	 胡萝卜玉米龙骨汤 Pork Bone Soup with Carrot and Corn	 黄豆凉瓜龙骨汤 Pork Bone Soup with Beans and Bitter Melon
	主菜 Entrees	 番茄汁配鱼排 Fish Fillet with Tomato Sauce  口蘑芦笋炒牛肉  Stir-fried Beef with Mushroom and Asparagus	 爱尔兰炖牛腩 Irish Beef Stew 五彩鸡丝 Stir-fried Chicken with Mixed Vegetables	 红烧肉 Braised Pork 宫爆鸡丁 Kungpao Chicken	 粤式蒸鱼 Steamed Fish 清炒土豆丝 Stir-fried Potatoes	红烧鸡小腿 Braised Chicken  肉酱薯条 French Fries with Gravy
	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	香芋饭 Rice with Taro	白米饭 Rice	胡萝卜米饭 Steamed Rice with Carrot
	水果 Fruit	橘子 Mandarine	苹果 Apple	橙子 Orange	香蕉 Banana	梨 Pear

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 26th –30th 2026

中餐 Chinese	Type	Monday (星期一) 2026/10/26	Tuesday (星期二) 2026/10/27	Wednesday (星期三) 2026/10/28	Thursday (星期四) 2026/10/29	Thursday (星期五) 2026/10/30
	汤 Soup	冬瓜龙骨汤 Pork Bone Soup with Winter Melon	山药鸡汤 Chicken Soup with Yam	绿豆糖水 Mung Bean Sweet Soup	胡萝卜玉米龙骨汤 Pork Bone Soup with Carrot and Corn	黄豆凉瓜龙骨汤 Pork Bone Soup with Beans and Bitter Melon
	主菜 Entrees	新疆大盘鸡(辣) Xinjiang Stir-fried Chicken	辣椒炒肉(辣) Stir-fried Pork with Chilli	红烧肉 Braised Pork	酸菜鱼 Braised Fish with Pickles	红烧鸡小腿 Braised Chicken
		肉沫水蒸蛋 Steamed Egg with Minced Pork	五彩鸡丝 Stir-fried Chicken with Mixed Vegetables	包菜粉丝炒肉 Stir-fried Pork with Cabbage	清炒土豆丝 Stir-fried Potatoes	莴笋丝炒肉丝 Stir-fried Pork with Lettuce
		花菜炒五花肉 Stir-fried Pork with Cauliflower	番茄炒鸡蛋 Stir-fried Egg with Tomato	宫爆鸡丁 Kungpao Chicken	麻婆豆腐(辣) Braised Tofu with Minced Pork	洋葱彩椒炒牛肉 Stir-fried Beef with Onion
	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	香芋饭 Rice with Taro	白米饭 Rice	胡萝卜米饭 Steamed Rice with Carrot
水果 Fruit	橘子 Mandarine	苹果 Apple	橙子 Orange	香蕉 Banana	西瓜 Watermelon	

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海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

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October 26th -30th 2026

西餐 Western	Type	Monday (星期一) 2026/10/26	Tuesday (星期二) 2026/10/27	Wednesday (星期三) 2026/10/28	Thursday (星期四) 2026/10/29	Thursday (星期五) 2026/10/30
	汤 Soup	奶油南瓜汤	西兰花汤	蘑菇奶油汤	番茄海鲜汤 Tomato Seafood Soup	玉米汤
	主菜 Entrees	番茄汁配鱼排 Fish Fillet with Tomato Sauce	爱尔兰炖牛腩 Irish Beef Stew	香烤虾配玉米 Roasted Shrimp with Corn	法式烤鸡扒 French Style Roasted Chicken	BBQ烤猪肋排 BBQ Roasted Pork Ribs
		口蘑芦笋炒牛肉 Stir-fried Beef with Mushroom and Asparagus	咖喱鱼丸 Curry Fish Ball	胡萝卜蜜豆配猪肉丁 Carrot Peas with Dice Pork	节瓜配培根 Zucchini with Bacon	肉酱薯条 French Fries with Gravy
	配菜 Side	什锦蔬菜 Mixed Vegetable	樱桃番茄 Cherry Tomato	普罗旺斯炖菜 Ratatouille	烤花菜 Grilled Cauliflower	黄油西兰花 Broccoli
	主食 Staple	芝士焗弯通意粉 Cheese Macaroni	黄油吐司 Toast	迷迭香烤小南瓜 Roasted Pumpkin	口袋饼 Pita Bread	番茄鸡肉酱意粉 Spaghetti Bolognese with Minced Chicken
水果 Fruit		橘子 Mandarine	苹果 Apple	橙子 Orange	香蕉 Banana	西瓜 Watermelon

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特色档/面档 Special/Noodle	猪肉丸肉片河粉 Rice Noodles with Pork and Pork Balls	培根烤肠披萨 Bacon Sausage Pizza	酸汤肥牛河粉配鸡蛋 Rice Noodles with Beef Roll and Egg	猪排芝士焗饭 Baked Rice with Pork Chop and Cheese	重庆小面配鸡蛋 Chongqing Noodles with Egg
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