

# WEEKLY MENU



# ISNS EY Snack and Lunch Menu March 9th – 13th 2026



	Monday (3.9)	Tuesday (3.10)	Wednesday(3.11)	Thursday(3.12)	Friday(3.13)
上午茶点 Morning Snack	蒸红薯 Steamed Sweet Potato 酸奶 Yogurt 红心火龙果 蓝莓 Red Pitaya Blueberry	鸡蛋卷 Egg Roll 牛肉青菜面 Beef & Greens Noodles 橘子 Tangerine	香菇菜包 Mushroom & Vegetable Bun 酸奶 Yogurt 橙子 苹果 Orange Apple	蛋挞 Egg Tart 瘦肉粥 Lean Pork Congee 圣女果 Cherry Tomato	豆沙包 Red Bean Bun 酸奶 Yogurt 火龙果 红提 Pitaya Red Grape
午餐 Lunch	鲫鱼山药百合汤 Crucian Carp, Yam & Lily Bulb Soup 红烧肉 Braised Pork Belly 肉沫水蒸蛋 Steamed Egg with Minced Meat 清炒杭白菜 Stir-Fried Hangzhou Cabbage 玉米饭 Corn Rice	青菜豆腐肉片汤 Greens, Tofu & Minced Pork Soup 可乐鸡翅根 Coke Chicken Wings 蒜苗胡萝卜炒肉 Stir-Fried Pork with Garlic Sprouts & Carrots 蒜蓉油麦菜 Garlic Lettuce 番茄蝴蝶面 Tomato Butterfly Pasta	菌菇牛肉汤 Mushroom & Beef Soup 芝士酱猪扒 Pork Chop with Cheese Sauce 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 清炒上海青 Stir-Fried Shanghai Green 白米饭 Rice	木瓜牛奶糖水 Papaya Milk Sweet Soup 蔬菜配烤牛肉 Vegetables with Roasted Beef 茄子肉片煲 Eggplant & Sliced Pork Pot 清炒春菜 Stir-Fried Spring Greens 猪丼饭 Pork Donburi	椰子鸡汤 Coconut Chicken Soup 芒果酱配煎鱼柳 Fried Fish Fillet with Mango Sauce 菜花炒肉 Stir-Fried Cauliflower with Pork 白灼生菜 Boiled Lettuce 广式腊味饭 Cantonese Waxed Meat Rice
下午茶点 Afternoon Tea	提子蛋糕 Grape Cake 燕麦牛奶 Oat Milk	红豆糕 Red Bean Cake 牛奶 Milk	草莓甜甜圈 Strawberry Donut 紫薯玉米糊 Purple Sweet Potato & Corn Paste	菠菜面包 Spinach Bread 牛奶 Milk	蔓越莓面包 Cranberry Bread 雪梨糖水 Snow Pear Sweet Soup

### 营养分析 / Nutrition Facts

热量 Energy /kcal	789.0	877.3	810.0	872.2	884.8
蛋白 Protein /g	29.2	36.0	32.7	34.9	37.4
脂肪 Fat /g	28.9	36.0	24.1	30.3	21.4
碳水 Carbs /g	103.1	102.2	115.5	114.9	135.6

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

		Monday (3.9)	Tuesday (3.10)	Wednesday(3.11)	Thursday(3.12)	Friday(3.13)
午餐 Lunch	汤 Soup	鲫鱼山药百合汤 Crucian Carp, Yam & Lily Bulb Soup	青菜豆腐肉片汤 Greens, Tofu & Sliced Pork Soup	菌菇牛肉汤 Mushroom & Beef Soup	木瓜牛奶糖水 Papaya Milk Sweet Soup	椰子鸡汤 Coconut Chicken Soup
	主菜 Entrees	红烧肉 Braised Pork Belly 肉沫水蒸蛋 Steamed Egg with Minced Meat	可乐鸡翅根 Coke Chicken Wings 蒜苗胡萝卜炒肉 Stir-Fried Pork with Garlic Sprouts & Carrots 	芝士酱猪扒 Pork Chop with Cheese Sauce 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 	蔬菜配烤牛肉 Vegetables with Roasted Beef 茄子肉片煲 Eggplant & Sliced Pork Pot 	芒果酱配煎鱼柳 Fried Fish Fillet with Mango Sauce 菜花炒肉 Stir-Fried Cauliflower with Pork 
	蔬菜 Veg	清炒杭白菜 Stir-Fried Hangzhou Cabbage	蒜蓉油麦菜 Garlic Lettuce	清炒上海青 Stir-Fried Shanghai Green	清炒春菜 Stir-Fried Spring Greens	白灼生菜 Boiled Lettuce
	主食 Staple	玉米饭 Corn Rice	番茄蝴蝶面 Tomato Butterfly Pasta	白米饭 Rice	猪井饭 Pork Donburi	广式腊味饭 Cantonese Waxed Meat Rice
	水果 Fruit	橘子 Tangerine	苹果 Apple	火龙果 Pitaya	香蕉 Banana	橙子 Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	517.9	566.9	522.1	566.7	579.1
蛋白 Protein /g	18.4	25.5	22.0	21.3	28.9
脂肪 Fat /g	22.6	23.0	19.2	16.7	18.0
碳水 Carbs /g	60.2	64.5	65.4	82.9	75.4

过敏源Allergen:



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蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

# WEEKLY MENU



# ISNS MYP&DP&PYP Lunch Menu

## March 9<sup>th</sup> – 13<sup>th</sup> 2026



		Type	Monday (3.9)	Tuesday (3.10)	Wednesday(3.11)	Thursday(3.12)	Friday(3.13)
中餐 Chinese	汤 Soup	鲫鱼山药百合汤 Crucian Carp, Yam & Lily Bulb Soup	青菜豆腐肉片汤 Greens, Tofu & Sliced Pork Soup	菌菇牛肉汤 Mushroom & Beef Soup	木瓜牛奶糖水 Papaya Milk Sweet Soup	椰子鸡汤 Coconut Chicken Soup	
	主菜 Entrees	红烧肉 Braised Pork Belly 莲藕兰豆炒牛肉 Stir-Fried Beef with Lotus Root & Snow Peas 肉沫水蒸蛋 Steamed Egg with Minced Meat	可乐鸡翅根 Coke Chicken Wings 牛肉沫蒸南瓜 Steamed Pumpkin with Minced Beef 蒜苗胡萝卜炒肉 Stir-Fried Pork with Garlic Sprouts & Carrots	酸汤鱼柳 (辣) Sour Soup Fish Fillet (Spicy) 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 娃娃菜煮油豆腐肉片 Braised Baby Cabbage with Fried Tofu Puffs & Sliced Pork	沙姜鸭 Sand Ginger Duck 茄子肉片煲 Eggplant & Sliced Pork Pot 香芹海鲜炒尖椒(辣) Stir-Fried Seafood with Celery & Chili (Spicy)	红枣焖牛腩 Braised Beef Brisket with Red Dates 菜花炒肉 Stir-Fried Cauliflower with Pork 清炒土豆丝 (不辣) Stir-Fried Shredded Potatoes (Non-spicy)	
	蔬菜 Veg	杭白菜 Stir-Fried Hangzhou Cabbage	蒜蓉油麦菜 Garlic Lettuce	清炒上海青 Stir-Fried Shanghai Green	清炒春菜 Stir-Fried Spring Greens	白灼生菜 Boiled Lettuce	
	主食 Staple	玉米饭 Corn Rice	白米饭 Rice	白米饭 Rice	白米饭 Rice	广式腊味饭 Cantonese Waxed Meat Rice	
	水果 Fruit	橘子 Tangerine	苹果 Apple	火龙果 Pitaya	香蕉 Banana	橙子 Orange	

### 营养分析 / Nutrition Facts

热量 Energy /kcal	764.8	771.8	764.2	797.4	851.3
蛋白 Protein /g	30.2	33.4	33.7	37.0	35.1
脂肪 Fat /g	28.1	22.4	22.9	18.5	29.8
碳水 Carbs /g	97.7	109.3	105.9	120.7	110.5

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

## March 9<sup>th</sup> – 13<sup>th</sup> 2026



	Type	Monday (3.9)	Tuesday (3.10)	Wednesday(3.11)	Thursday(3.12)	Friday(3.13)
西餐 Western	汤 Soup	奶油蘑菇汤 Cream of Mushroom Soup	牛肉大酱汤 Beef Soybean Paste Soup	玉米虾仁汤 Corn & Shrimp Soup	土豆培根汤 Potato & Bacon Soup	奶油菠菜汤 Cream of Spinach Soup
	主菜 Entrees	香茅酱焗鸡扒 Baked Chicken Chop with Lemongrass Sauce 时蔬配海鲜 Seasonal Vegetables with Seafood	墨西哥风味大虾 Mexican Style Prawns 炒年糕配培根 Stir-Fried Rice Cakes with Bacon	芝士酱猪扒 Pork Chop with Cheese Sauce 咖喱牛腩 Curry Beef Brisket	蔬菜配烤牛肉 Vegetables with Roasted Beef 炒杂菇配鸡腿肉 Stir-Fried Mixed Mushrooms with Chicken Thigh	芒果酱配煎鱼柳 Fried Fish Fillet with Mango Sauce 烤樱桃番茄配猪肉丁 Roasted Cherry Tomatoes with Diced Pork
	配菜 Side Dish	韩式炒杂菜 Korean Stir-Fried Mixed Vegetables	炒什锦蔬菜 Stir-Fried Mixed Vegetables	芥末酱秋葵 Okra with Mustard Sauce	炒双色甘蓝 Stir-Fried Two-Tone Cabbage	香菇西兰花 Broccoli with Mushrooms
	主食 Staple	烤薯角 Roasted Potato Wedges	番茄蝴蝶面 Tomato Butterfly Pasta	蒸红薯 Steamed Sweet Potato	猪井饭 Pork Donburi	南瓜派 Pumpkin Pie
	水果 Fruit	橘子 Tangerine	苹果 Apple	火龙果 Pitaya	香蕉 Banana	橙子 Orange

### 营养分析 / Nutrition Facts

热量 Energy /kcal	740.3	785.7	779.1	791.6	830.8
蛋白 Protein /g	35.1	34.1	26.8	35.6	29.9
脂肪 Fat /g	25.8	19.3	30.4	20.0	35.6
碳水 Carbs /g	92.0	118.9	99.7	117.2	97.6

特色档 Special	兰州牛肉拉面配油豆腐 Lanzhou Beef Noodle with Fried Tofu Puffs	云吞面配烤肠 Wonton Noodles with Sausage	酸菜肥牛汤面配鸡蛋 Sauerkraut Beef Noodle Soup with Egg	猪扒鸡蛋刀削面 Pork Chop & Egg Slice Noodles	番茄鸡扒米粉配煎蛋 Tomato Chicken Chop Rice Noodles with Fried Egg
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### 营养分析 / Nutrition Facts

热量 Energy /kcal	739.8	677.6	670.9	721.7	654.7
蛋白 Protein /g	44.8	27.6	35.7	29.7	25.7
脂肪 Fat /g	17.7	21.3	14.1	26.8	19.1
碳水 Carbs /g	100.3	93.8	100.4	90.4	94.9

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom