

# WEEKLY MENU



# ISNS EY Snack and Lunch Menu April 20<sup>th</sup> to 24<sup>th</sup> 2026



	Monday (4.20)	Tuesday (4.21)	Wednesday(4.22)	Thursday(4.23)	Friday(4.24)
上午茶点 Morning Snack	蒸玉米 Steamed Corn 酸奶 Yogurt 红心火龙果 橙子 Red Pitaya Orange	水煮蛋 Boiled Egg 胡萝卜瘦肉粥 Carrot & Lean Pork Congee 圣女果 哈密瓜 Cherry Tomatoes Hami Melon	鸡蛋卷 Egg Roll 牛肉青菜面 Beef Noodle Soup with Vegetables 西瓜 青提 Watermelon Green Grapes	蒸南瓜 Steamed Pumpkin 牛肉粥 Beef Congee 蓝莓 苹果 Blueberries Apple	
午餐 Lunch	胡萝卜玉米龙骨汤 Carrot & Corn Pork Bone Soup 粤式蒸鱼 Cantonese Steamed Fish 番茄炒鸡蛋 Scrambled Eggs with Tomato 白灼生菜 Poached Lettuce 日式猪丼饭 Japanese Pork Donburi	鲫鱼山药汤 Crucian Carp & Yam Soup 萝卜牛腩 Braised Beef Brisket with Radish 土豆丝炒肉 Stir-fried Shredded Potatoes with Pork 清炒上海青 Stir-fried Shanghai Green 白米饭 Rice	虫草花鸡汤 Cordyceps Flower Chicken Soup 菠萝配烤牛肉 Roast Beef with Mango Sauce 香菇肉沫豆腐 Tofu with Minced Pork & Shiitake Mushrooms 清炒菜心 Stir-fried Choy Sum 椰香米饭 Coconut Rice	甘蔗马蹄糖水 Sugar Cane & Water Chestnut Sweet Soup 芝士菠菜焗鱼柳 Baked Fish Fillet with Spinach & Cheese 娃娃菜煮豆腐肉片 Baby Bok Choy with Fried Tofu & Pork Slices 蒜蓉油麦菜 Garlic Lettuce 番茄通心面 Tomato Macaroni	PTCs/SLCs
下午茶点 Afternoon Tea	青提面包 Green Grape Bread 南瓜红枣炖奶 Stewed Milk with Pumpkin & Red Dates	草莓松饼 Strawberry Pancake 牛奶 Milk	原味麻薯 Original Mochi 酸奶 Yogurt	菠菜蛋糕 Spinach Cake 牛奶 Milk	

### 营养分析 / Nutrition Facts

热量 Energy /kcal	820.4	831.0	892.8	754.1	
蛋白 Protein /g	39.5	38.4	31.5	28.7	
脂肪 Fat /g	21.9	31.1	32.0	25.2	
碳水 Carbs /g	116.4	99.3	119.6	103.2	

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom

		Type	Monday (4.20)	Tuesday (4.21)	Wednesday(4.22)	Thursday(4.23)	Friday(4.24)
午餐 Lunch	汤 Soup		胡萝卜玉米龙骨汤 Carrot & Corn Pork Bone Soup 	鲫鱼山药汤 Crucian Carp & Yam Soup	虫草花鸡汤 Cordyceps Flower Chicken Soup	甘蔗马蹄糖水 Sugar Cane & Water Chestnut Sweet Soup	PTCs/SLCs
	主菜 Entrees		粤式蒸鱼 Cantonese Steamed Fish 番茄炒鸡蛋 Scrambled Eggs with Tomato	萝卜牛腩 Braised Beef Brisket with Radish 土豆丝炒肉 Stir-fried Shredded Potatoes with Pork	菠萝配烤牛肉 Roast Beef with Mango Sauce 香菇肉沫豆腐 Tofu with Minced Pork & Shiitake Mushrooms 	芝士菠菜焗鱼柳 Baked Fish Fillet with Spinach & Cheese 娃娃菜煮油豆腐肉片 Baby Bok Choy with Fried Tofu & Pork Slices	
	蔬菜 Veg		白灼生菜 Poached Lettuce	清炒上海青 Stir-fried Shanghai Green	清炒菜心 Stir-fried Choy Sum	蒜蓉油麦菜 Garlic Lettuce	
	主食 Staple		日式猪丼饭 Japanese Pork Donburi	白米饭 Rice	椰香米饭 Coconut Rice	番茄通心面 Tomato Macaroni	
	水果 Fruit		西瓜 Watermelon	苹果 Apple	香蕉 Banana	橙子 Orange	

营养分析 / Nutrition Facts

热量 Energy /kcal	520.7	510.9	599.2	471.6
蛋白 Protein /g	27.7	23.4	23.1	18.8
脂肪 Fat /g	15.0	18.9	20.3	15.6
碳水 Carbs /g	68.7	61.8	81.0	63.9

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

## April 20<sup>th</sup> to 24<sup>th</sup> 2026



		Type	Monday (4.20)	Tuesday (4.21)	Wednesday(4.22)	Thursday(4.23)	Friday(4.24)
中餐 Chinese	汤 Soup		胡萝卜玉米龙骨汤 Carrot & Corn Pork Bone Soup 	鲫鱼山药汤 Crucian Carp & Yam Soup	虫草花鸡汤 Cordyceps Flower Chicken Soup	甘蔗马蹄糖水 Sugar Cane & Water Chestnut Sweet Soup	PTCs/SLCs
	主菜 Entrees		水煮鱼 (辣) Boiled Fish (Spicy) 莲藕炒牛肉 Stir-Fried Beef with Lotus Root 番茄炒鸡蛋 Scrambled Eggs with Tomato	萝卜牛腩 Braised Beef Brisket with Radish 酸辣海带丝炒肉 (辣) Stir-Fried Pork with Spicy Sour Kelp Strips (Spicy) 土豆丝炒肉 Stir-fried Shredded Potatoes with Pork 	回锅肉 (辣) Stir-fried Pork with Chili Peppers (Spicy) 莴笋炒鸡肉 Stir-Fried Chicken with Asparagus Lettuce 香菇肉沫豆腐 Tofu with Minced Pork & Shiitake Mushrooms	新疆大盘鸡 (辣) Xinjiang Big Plate Chicken (Spicy) 清炒土豆丝 Stir-Fried Shredded Potatoes 娃娃菜煮油豆腐肉片 Baby Bok Choy with Fried Tofu & Pork Slices 	
	蔬菜 Veg		白灼生菜 Poached Lettuce	清炒上海青 Stir-fried Shanghai Green	清炒菜心 Stir-fried Choy Sum	蒜蓉油麦菜 Garlic Lettuce	
	主食 Staple		白米饭 Rice	白米饭 Rice	椰香米饭 Coconut Rice	白米饭 Rice	
	水果 Fruit		西瓜 Watermelon	苹果 Apple	香蕉 Banana	橙子 Orange	

### 营养分析 / Nutrition Facts

热量 Energy /kcal	764.2	811.1	832.2	771.8
蛋白 Protein /g	35.2	34.3	29.3	28.1
脂肪 Fat /g	19.6	25.2	26.2	24.8
碳水 Carbs /g	111.7	111.9	119.9	109.1

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



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# ISNS MYP&DP&PYP Lunch Menu

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	Type	Monday (4.20)	Tuesday (4.21)	Wednesday(4.22)	Thursday(4.23)	Friday(4.24)
西餐 Western	汤 Soup	罗宋汤 Borscht	玉米鸡肉汤 Corn Chicken Soup	奶油南瓜汤 Creamy Pumpkin Soup	西兰花培根汤 Broccoli & Bacon Soup	PTCs/SLCs
	主菜 Entrees	塔塔酱鸡扒 Chicken Cutlet with Tartar Sauce 烤节瓜鹰嘴豆配猪肉丁 Roasted Zucchini & Chickpeas with Diced Pork	古巴烤猪肉 Cuban Roasted Pork 茄汁鱼丸 Fish Balls in Tomato Sauce	菠萝配烤牛肉 Roast Beef with Mango Sauce 金不换肉沫茄子 Eggplant with Minced Pork & Thai Basil	芝士菠菜焗鱼柳 Baked Fish Fillet with Spinach & Cheese 蒜香菌菇炒牛肉 Stir-Fried Beef with Mushrooms & Garlic	
	配菜 Side Dish	芥末秋葵 Okra with Mustard	炒双色甘蓝 Stir-Fried Two-Tone Kale	口蘑西兰花 Stir-Fried Broccoli with Mushrooms	水果黄瓜炒彩椒 Stir-Fried Cucumber with Bell Peppers	
	主食 Staple	日式猪丼饭 Japanese Pork Donburi	蜂蜜烤玉米 Honey Roasted Corn	蒸红薯 Steamed Sweet Potato	番茄通心面 Tomato Macaroni	
	水果 Fruit	西瓜 Watermelon	苹果 Apple	香蕉 Banana	橙子 Orange	

### 营养分析 / Nutrition Facts

热量 Energy /kcal	800.1	835.2	724.8	761.6
蛋白 Protein /g	33.3	38.3	43.7	35.0
脂肪 Fat /g	22.3	34.3	17.8	22.4
碳水 Carbs /g	116.5	93.4	97.4	105.0

特色档 Special	酸汤肥牛汤面配鸡蛋 Sour Soup Beef Noodles with Egg	云吞面配烤肠 Wonton Noodles with Grilled Sausage	番茄鸡扒米粉配煎蛋 Tomato Chicken Cutlet Rice Noodles with Fried Egg	排骨河粉配鸡蛋 Rice Noodles with Ribs & Egg	PTCs/SLCs
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### 营养分析 / Nutrition Facts

热量 Energy /kcal	670.9	750.4	665.7	736.5
蛋白 Protein /g	35.7	28.4	24.7	28.9
脂肪 Fat /g	14.1	17.5	18.2	29.7
碳水 Carbs /g	100.4	119.7	100.9	88.4

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom