

	Monday (4.27)	Tuesday (4.28)	Wednesday(4.29)	Thursday(4.30)	Friday(5.1)
上午茶点 Morning Snack	桂花糕 Osmanthus Cake 酸奶 Yogurt 红心火龙果 蓝莓 Red Pitaya Blueberries	美式炒蛋 Scrambled Eggs (American Style) 鸡肉青菜面 Chicken Noodle Soup with Vegetables 西瓜 青提 Watermelon & Green Grapes	蒸玉米 Steamed Corn 皮蛋瘦肉粥 Congee with Preserved Egg and Lean Pork 圣女果 哈密瓜 Cherry Tomatoes Hami Melon	水煮蛋 Boiled Egg 番茄猪肉通心粉 Macaroni with Tomato and Pork 橙子 苹果 Oranges Apples	Labor Day Holiday
午餐 Lunch	山药牛肉汤 Beef Soup with Chinese Yam 泰式猪肉 Thai-style Pork 肉沫煮冬瓜 Winter Melon Braised with Minced Pork 清炒杭白菜 Stir-fried Bok Choy 白米饭 Rice	蘑菇乌鸡汤 Black Chicken Soup with Mushrooms 红烧肉 Braised Pork Belly 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 蒜蓉油麦菜 Garlic Lettuce 白米饭 Rice	红枣雪梨汤 Red Date and Snow Pear Soup 中式卤牛肉 Chinese Braised Beef 莴笋炒肉 Stir-ried Pork with Asparagus 清炒上海青 Stir-fried Shanghai Green 白米饭 Rice	冬瓜薏米猪骨汤 Winter Melon & Barley Pork Bone Soup 粤式蒸鱼 Cantonese Style Steamed Fish 土豆丝炒肉 Stir-fried Pork with Shredded Potatoes 清炒菜心 Stir-fried Choy Sum 白米饭 Rice	
下午茶点 Afternoon Tea	蛋挞 Egg Tart 燕麦牛奶 Oat Milk	古早蛋糕 Traditional Sponge Cake 牛奶 Milk	紫薯面包卷 Purple Sweet Potato Bread Roll 酸奶 Yogurt	红豆糕 Red Bean Cake 牛奶 Milk	

营养分析 / Nutrition Facts

热量 Energy /kcal	811.0	843.3	800.2	942.4	
蛋白 Protein /g	35.8	29.9	41.2	47.3	
脂肪 Fat /g	21.7	31.5	21.5	29.0	
碳水 Carbs /g	118.1	110.1	110.5	123.0	

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 G1&G2 Lunch Menu April 27th to 30th 2026



		Type	Monday (4.27)	Tuesday (4.28)	Wednesday(4.29)	Thursday(4.30)	Friday(5.1)
午餐 Lunch	汤 Soup	山药牛肉汤 Beef Soup with Chinese Yam	蘑菇乌鸡汤 Black Chicken Soup with Mushrooms	红枣雪梨汤 Red Date and Snow Pear Soup	冬瓜薏米猪骨汤 Winter Melon & Barley Pork Bone Soup	Labor Day Holiday	
	主菜 Entrees	泰式猪肉 Thai-style Pork 肉沫煮冬瓜 Winter Melon Braised with Minced Pork	红烧肉 Braised Pork Belly 番茄炒鸡蛋 Scrambled Eggs with Tomatoes	中式卤牛肉 Chinese Braised Beef 莴笋炒肉 Stir-fried Pork with Asparagus Lettuce	粤式蒸鱼 Cantonese Style Steamed Fish 土豆丝炒肉 Stir-fried Pork with Shredded Potatoes		
	蔬菜 Veg	清炒杭白菜 Stir-fried Bok Choy	蒜蓉油麦菜 Garlic Lettuce	清炒上海青 Stir-fried Shanghai Green	清炒菜心 Stir-fried Choy Sum		
	主食 Staple	白米饭 Rice	白米饭 Rice	白米饭 Rice	白米饭 Rice		
	水果 Fruit	西瓜 Watermelon	橙子 Orange	苹果 Apple	香蕉 Banana		

营养分析 / Nutrition Facts

热量 Energy /kcal	492.1	528.7	477.9	519.8
蛋白 Protein /g	25.5	18.0	27.3	24.0
脂肪 Fat /g	14.9	21.6	11.9	14.1
碳水 Carbs /g	64.0	65.6	65.4	74.2

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 (4.27)	Tuesday (4.28)	Wednesday(4.29)	Thursday(4.30)	Friday(5.1)
中餐 Chinese	汤 Soup	山药牛肉汤 Beef Soup with Chinese Yam	蘑菇乌鸡汤 Black Chicken Soup with Mushrooms	红枣雪梨汤 Red Date and Snow Pear Soup	冬瓜薏米猪骨汤 Winter Melon & Barley Pork Bone Soup		Labor Day Holiday
	主菜Entrees	香菇蒸鸡 Steamed Chicken with Shiitake Mushrooms 孜然尖椒海鲜 (辣) Spicy Seafood with Cumin and Chili Peppers 肉沫煮冬瓜 Winter Melon Braised with Minced Pork	红烧肉 Braised Pork Belly 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 西芹香干炒肉 Stir-fried Pork with Celery and Dried Tofu	中式卤牛肉 Chinese Braised Beef 莴笋炒肉 Stir-fried Pork with Asparagus 酸汤肉沫豆腐 (辣) Spicy Sour Soup with Minced Pork and Tofu	粤式蒸鱼 Cantonese Style Steamed Fish 西兰花炒鸡肉 Stir-fried Chicken with Broccoli 土豆丝炒肉 Stir-fried Pork with Shredded Potatoes		
	蔬菜 Veg	清炒杭白菜 Stir-fried Bok Choy	蒜蓉油麦菜 Garlic Lettuce	清炒上海青 Stir-fried Shanghai Green	清炒菜心 Stir-fried Choy Sum		
	主食 Staple	广式腊味饭 Cantonese Waxed Meat Rice	白米饭 Rice	白米饭 Rice	红薯米饭 Sweet Potato Rice		
	水果 Fruit	西瓜 Watermelon	橙子 Orange	苹果 Apple	香蕉 Banana		

营养分析 / Nutrition Facts

热量 Energy /kcal	727.2	840.5	727.6	827.1
蛋白 Protein /g	36.4	33.2	41.2	38.1
脂肪 Fat /g	17.7	32.4	17.5	23.3
碳水 Carbs /g	105.6	104.0	101.3	116.2

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 27th to 30th 2026



	Type	Monday (4.27)	Tuesday (4.28)	Wednesday(4.29)	Thursday(4.30)	Friday(5.1)
西餐 Western	汤 Soup	土豆奶油鸡肉汤 Creamy Chicken and Potato Soup	西兰花奶油汤 Creamy Broccoli Soup	菠菜鹰嘴豆汤 Spinach and Chickpea Soup	奶油蘑菇汤 Cream of Mushroom Soup	Labor Day Holiday
	主菜 Entrees	泰式猪肉 Thai-style Pork 胡萝卜青豆烤牛肉 Roast Beef with Carrots and Green Peas	塔塔汁配鳕鱼 Cod Fish with Tartar Sauce 小南瓜配烤肠 Pumpkin with Grilled Sausages	西班牙番茄炖鸡 Spanish Chicken Stew with Tomatoes 西班牙土豆牛肉鸡蛋饼 Spanish Tortilla with Potato, Beef and Egg	香菇罗勒排骨 Pork Ribs with Shiitake Mushrooms and Basil 牛肉沫芝士焗玉米片 Baked Nachos with Minced Beef and Cheese	
	配菜 Side Dish	烤时蔬 Roasted Seasonal Vegetables	炒什锦蔬菜 Stir-fried Mixed Vegetables	西班牙蒜香花菜 Spanish Garlic Cauliflower	烤蜜豆配迷你胡萝卜 Roasted Sweet Beans with Mini Carrots	
	主食 Staple	白米饭 Rice	黄油吐司 Butter Toast	西班牙海鲜饭 Paella	薯条 French Fries	
	水果 Fruit	西瓜 Watermelon	橙子 Orange	苹果 Apple	香蕉 Banana	

营养分析 / Nutrition Facts

热量 Energy /kcal	762.1	773.1	787.3	891.3	
蛋白 Protein /g	31.0	40.7	33.9	29.5	
脂肪 Fat /g	17.7	18.1	18.5	41.5	
碳水 Carbs /g	119.6	111.8	121.2	100.0	
特色档 Special	兰州牛肉拉面配鸡蛋 Lanzhou Beef Noodles with Egg	酸汤肥牛配米粉鸡蛋 Sour Soup Beef with Rice Noodles and Egg	云吞面配烤肠 Wonton Noodles with Grilled Sausage	番茄鸡扒河粉配油豆腐 Chicken Chop and Fried Tofu	Labor Day Holiday

营养分析 / Nutrition Facts

热量 Energy /kcal	688.8	657.8	750.4	703.5	
蛋白 Protein /g	42.4	27.9	28.4	32.8	
脂肪 Fat /g	14.2	16.2	17.5	23.2	
碳水 Carbs /g	97.9	100.1	119.7	90.8	

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom