

# WEEKLY MENU

# ISNS EY Snack and Lunch Menu

## May 11<sup>th</sup> -15<sup>th</sup> 2026



	Monday (5.11)	Tuesday (5.12)	Wednesday (5.13)	Thursday (5.14)	Friday (5.15)
上午茶点 Morning Snack	叉烧包 Barbecued Pork Bun 酸奶 Yogurt 圣女果 白心火龙果 Cherry Tomatoes White-Fleshed Pitaya	鸡蛋卷 Egg Roll 胡萝卜瘦肉粥 Carrot & Lean Pork Congee 西瓜 Watermelon	水煮蛋 Boiled Egg 猪肉蝴蝶粉 Pork Butterfly Noodles 苹果 Apple	蒸玉米 Steamed Corn 牛肉粥 Beef Congee 蓝莓 红心火龙果 Blueberry Red-Fleshed Pitaya	美式炒蛋 Scrambled Eggs 酸奶 Yogurt 哈密瓜 红提 Hami Melon Red Grapes
午餐 Lunch	胡萝卜海鲜豆腐汤 Carrot Seafood Tofu Soup 可乐鸡翅根 Cola Braised Chicken Drumettes 番茄炒鸡蛋 Scrambled Eggs with Tomatoes 清炒杭白菜 Sautéed Hang Cabbage 日式牛丼饭 Japanese Beef Donburi	黄豆凉瓜龙骨汤 Soybean Bitter Melon Pork Bone Soup 萝卜牛腩 Braised Beef Brisket with Radish 肉沫豆腐 Minced Pork with Tofu 清炒上海青 Sautéed Shanghai Greens 白米饭 Rice	无花果马蹄糖水 Fig and Water Chestnut Syrup 红烧肉 Dessert Braised Pork in Brown Sauce 莴笋炒鸡肉 Stir-Fried Chicken with Asparagus Lettuce 白灼生菜 Blanched Lettuce 椰香米饭 Coconut Flavored Rice	虫草花鸡汤 Cordyceps Flower Chicken Soup 粤式蒸鱼 Cantonese Steamed Fish 娃娃菜煮豆腐肉片 Bok Choy with Fried Tofu Puffs and Pork Slices 蒜蓉油麦菜 Garlic Lettuce 白米饭 Rice	菠菜牛肉汤 Spinach and Beef Soup 番茄汁猪排 Pork Chop in Tomato Sauce 肉沫水蒸蛋 Steamed Egg with Minced Pork 清炒时蔬 Sautéed Choy Sum 肉酱意面 Meat Sauce Spaghetti
下午茶点 Afternoon Tea	椰蓉面包 Coconut Bread 燕麦牛奶 Oatmeal Milk	卡仕达面包 Custard Bread 牛奶 Milk	原味曲奇 Original Flavor Cookie 酸奶 Yogurt	红豆派 Red Bean Pie 牛奶 Milk	蔓越莓蛋糕 Cranberry Cake 香芋椰奶 Taro Coconut Milk

### 营养分析 / Nutrition Facts

热量 Energy /kcal	896.5	822.0	931.9	797.5	852.2
蛋白 Protein /g	45.0	36.5	27.9	38.8	35.2
脂肪 Fat /g	27.6	33.1	35.4	20.7	34.6
碳水 Carbs /g	117.1	94.4	125.4	114.0	99.9

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 (5.11)	Tuesday (5.12)	Wednesday (5.13)	Thursday (5.14)	Friday (5.15)				
午餐 Lunch	汤 Soup	 	 胡萝卜海鲜豆腐汤 Carrot Seafood Tofu Soup	 	黄豆凉瓜龙骨汤 Soybean Bitter Melon Pork Bone Soup	无花果马蹄糖水 Fig and Water Chestnut Syrup Dessert		虫草花鸡汤 Cordyceps Flower Chicken Soup		菠菜牛肉汤 Spinach and Beef Soup	
	主菜 Entrees		可乐鸡翅根 Cola Braised Chicken Drumettes 番茄炒鸡蛋 Scrambled Eggs with Tomatoes		萝卜牛腩 Braised Beef Brisket with Radish 肉沫豆腐 Minced Pork with Tofu		红烧肉 Braised Pork in Brown Sauce 莴笋炒鸡肉 Stir-Fried Chicken with Asparagus Lettuce		粤式蒸鱼 Cantonese Steamed Fish 娃娃菜煮油豆腐肉片 Bok Choy with Fried Tofu Puffs and Pork Slices		番茄汁猪排 Pork Chop in Tomato Sauce 肉沫水蒸蛋 Steamed Egg with Minced Pork
	蔬菜 Veg		清炒杭白菜 Sautéed Hang Cabbage	清炒上海青 Sautéed Shanghai Greens	白灼生菜 Blanched Lettuce	蒜蓉油麦菜 Garlic Lettuce	清炒菜心 Sautéed Choy Sum				
	主食 Staple		日式牛丼饭 Japanese Beef Donburi	白米饭 Rice	椰香米饭 Coconut Flavored Rice	白米饭 Rice		肉酱意面 Meat Sauce Spaghetti			
	水果 Fruit		西瓜 Watermelon	苹果 Apple	橘子 Orange	香蕉 Banana	橙子 Orange				

营养分析 / Nutrition Facts

热量 Energy /kcal	575.6	509.1	550.7	502.5	523.5
蛋白 Protein /g	32.5	21.8	16.7	27.8	23.8
脂肪 Fat /g	20.1	18.5	21.4	12.6	23.2
碳水 Carbs /g	66.1	63.8	72.8	69.4	54.8

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 (5. 11)	Tuesday (5. 12)	Wednesday (5. 13)	Thursday (5. 14)	Friday (5. 15)
中餐 Chinese	汤 Soup	  胡萝卜海鲜豆腐汤 Carrot Seafood Tofu Soup	  黄豆凉瓜龙骨汤 Soybean Bitter Melon Pork Bone Soup	无花果马蹄糖水 Fig and Water Chestnut Syrup Dessert	虫草花鸡汤 Cordyceps Flower Chicken Soup	 菠菜牛肉汤 Spinach and Beef Soup	
	主菜 Entrees	  可乐鸡翅根 Cola Braised Chicken Drumettes   西葫芦杏鲍菇炒五花肉 (辣) Spicy Stir-Fried Pork Belly with Zucchini and King Oyster Mushroom  番茄炒鸡蛋 Scrambled Eggs with Tomatoes	 萝卜牛腩 Braised Beef Brisket with Radish   肉沫豆腐 Minced Pork with Tofu  酸辣土豆丝 (辣) Spicy & Sour Shredded Potatoes	 红烧肉 Braised Pork in Brown Sauce   莴笋炒鸡肉 Stir-Fried Chicken with Asparagus Lettuce   青椒丝炒肉 (辣) Spicy Stir-Fried Pork with Green Pepper Shreds	 粤式蒸鱼 Cantonese Steamed Fish   花菜炒鸡肉 Stir-Fried Chicken with Cauliflower   娃娃菜煮油豆腐肉片 Bok Choy with Fried Tofu Puffs and Pork Slices	 盐焗鸡腿 Salt-Baked Chicken Drumstick  肉沫水蒸蛋 Steamed Egg with Minced Pork  毛豆莲藕炒牛肉 (辣) Spicy Stir-Fried Beef with Edamame and Lotus Root  	
	蔬菜 Veg	清炒杭白菜 Sautéed Hang Cabbage	清炒上海青 Sautéed Shanghai Greens	白灼生菜 Blanched Lettuce	蒜蓉油麦菜 Garlic Lettuce	清炒菜心 Sautéed Choy Sum	
	主食 Staple	白米饭 Rice	白米饭 Rice	椰香米饭 Coconut Flavored Rice	白米饭 Rice	白米饭 Rice	
	水果 Fruit	西瓜 Watermelon	苹果 Apple	橘子 Orange	香蕉 Banana	橙子 Orange	

营养分析 / Nutrition Facts

热量 Energy /kcal	866.0	804.6	795.2	781.2	741.2
蛋白 Protein /g	40.3	31.7	25.8	47.0	37.0
脂肪 Fat /g	34.0	24.4	28.3	17.3	18.6
碳水 Carbs /g	99.7	114.6	109.4	109.5	106.6

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

## May 11<sup>th</sup> - 15<sup>th</sup> 2026



	Type	Monday (5.11)	Tuesday (5.12)	Wednesday (5.13)	Thursday (5.14)	Friday (5.15)
西餐 Western	汤 Soup	罗宋汤 Borscht	奶油南瓜汤 Creamy Pumpkin Soup	玉米鸡肉汤 Corn and Chicken Soup	西兰花培根汤 Broccoli and Bacon Soup	奶油玉米汤 Creamy Corn Soup
	主菜 Entrees	BBQ 酱烤猪肋排 BBQ Roasted Pork Ribs 烤花菜红腰豆配鸡肉丁 Roasted Cauliflower and Red Kidney Beans with Diced Chicken	薄荷酱鸡排 Mint Sauce Chicken Chop 照烧鱼丸 Teriyaki Fish Balls	炸鱼配塔塔汁 Fried Fish with Tartar Sauce 金不换肉沫茄子 Minced Pork Eggplant with Basil	牛肉披萨 Beef Pizza 蒜香菌菇配猪肉丁 Garlic Mushrooms with Diced Pork	番茄汁猪排 Pork Chop in Tomato Sauce 烤南瓜配鸡腿肉 Roasted Pumpkin with Chicken Thigh Meat
	配菜 Side Dish	炒双色甘蓝 Stir-Fried Mixed Purple & Green Cabbage	黄油西兰花 Butter Broccoli	芥末秋葵 Mustard Okra	水果黄瓜炒彩椒 Stir-Fried Bell Peppers with Mini Cucumber	炒什锦蔬菜 Stir-Fried Mixed Vegetables
	主食 Staple	日式牛丼饭 Japanese Beef Donburi	蜂蜜烤玉米 Honey Roasted Corn	蒸红薯 Steamed Sweet Potato	卡真土豆 Cajun Potatoes	肉酱意面 Meat Sauce Spaghetti
	水果 Fruit	西瓜 Watermelon	苹果 Apple	橘子 Orange	香蕉 Banana	橙子 Orange

### 营养分析 / Nutrition Facts

热量 Energy /kcal	838.2	824.0	768.9	812.0	745.4
蛋白 Protein /g	36.3	31.9	28.8	30.6	28.6
脂肪 Fat /g	28.2	27.7	29.6	18.9	27.7
碳水 Carbs /g	109.9	111.8	96.7	129.9	95.4

特色档 Special	清汤肥牛拉面配鸡蛋 Clear Soup Beef Noodles with Egg	云吞面配烤肠 Wonton Noodles with Sausage	酸汤肥牛米粉配卤蛋 Sour Soup Beef Rice Noodles with Marinated Egg	猪肉丸河粉配鸡蛋 Pork Ball Rice Noodles with Egg	新疆大盘鸡拌面配鸡蛋 Xinjiang Big Plate Chicken Noodles with Egg
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### 营养分析 / Nutrition Facts

热量 Energy /kcal	688.8	750.4	630.6	633.6	674.5
蛋白 Protein /g	42.4	28.4	24.2	28.8	33.6
脂肪 Fat /g	14.2	17.5	15.5	15.2	14.2
碳水 Carbs /g	97.9	119.7	98.7	95.4	102.9

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom