



		Type	Monday (6.15)	Tuesday (6.16)	Wednesday (6.17)	Thursday (6.18)	Friday (6.19)
午餐 Lunch	汤 Soup	海带牛肉汤 Kelp Beef Soup	丝瓜肉片汤 Luffa Sliced Pork Soup	绿豆汤 Mung Bean Soup	Summer Vacation		
	主菜Entrees	红烧肉 Braised Pork 番茄炒鸡蛋 Scrambled Eggs with Tomato	普罗旺斯炖牛肉 Provençal Braised Beef 肉沫豆腐 Minced Pork with Tofu 	粤式蒸鱼 Cantonese Steamed Fish 莲藕炒肉 Sliced Lotus Root with Pork 			
	蔬菜 Veg	清炒上海青 Sautéed Shanghai Greens	蒜蓉油麦菜 Garlic Lettuce	清炒生菜 Sautéed Lettuce			
	主食 Staple	薯条 / 白米饭 French Fries/ Steamed Rice	白米饭 Steamed Rice	粽子 / 白米饭 Zongzi / Steamed Rice			
	水果 Fruit	橙子 Orange	西瓜 Watermelon	苹果 Apple			

### 营养分析 / Nutrition Facts

热量 Energy /kcal	550.6	463.6	494.7		
蛋白 Protein /g	19.5	19.8	24.3		
脂肪 Fat /g	21.9	14.6	9.6		
碳水 Carbs /g	68.9	63.2	77.9		

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

## June 15<sup>th</sup> – 18<sup>th</sup> 2026



		Type	Monday (6. 15)	Tuesday (6. 16)	Wednesday (6. 17)	Thursday (6. 18)	Friday (6. 19)
中餐 Chinese	汤 Soup	海带牛肉汤 Kelp Beef Soup	丝瓜肉片汤 Luffa Sliced Pork Soup	绿豆汤 Mung Bean Soup	Summer Vacation		
	主菜Entrees	红烧肉 Braised Pork 西葫芦丝炒肉 Shredded Zucchini with Pork 番茄炒鸡蛋 Scrambled Eggs with Tomato	虫草花蒸鸡 Steamed Chicken with Cordyceps Flowers 回锅牛肉 (辣) Sichuan Twice-Cooked Beef (Spicy) 肉沫豆腐 Minced Pork with Tofu	粤式蒸鱼 Cantonese Steamed Fish 酸辣土豆丝 (辣) Spicy & Sour Shredded Potatoes 莲藕炒鱿鱼 Squid with Sliced Lotus Root			
	蔬菜 Veg	清炒上海青 Sautéed Shanghai Greens	蒜蓉油麦菜 Garlic Lettuce	清炒生菜 Sautéed Lettuce			
	主食 Staple	白米饭 Steamed Rice	三丝炒面 Stir-Fried Noodles with Egg and Shredded Vegetables	粽子 / 白米饭 Zongzi / Steamed White Rice			
	水果 Fruit	橙子 Orange	西瓜 Watermelon	苹果 Apple			

### 营养分析 / Nutrition Facts

热量 Energy /kcal	827.2	836.8	776.5		
蛋白 Protein /g	30.3	37.0	40.0		
脂肪 Fat /g	29.4	38.0	13.7		
碳水 Carbs /g	110.5	86.8	123.2		

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

## June 15<sup>th</sup> – 18<sup>th</sup> 2026



		Type	Monday (6.15)	Tuesday (6.16)	Wednesday (6.17)	Thursday (6.18)	Friday (6.19)
西餐 Western	汤 Soup	奶油南瓜汤 Creamy Pumpkin Soup	奶油玉米汤 Creamy Corn Soup	奶油蘑菇汤 Creamy Mushroom Soup	Summer Vacation		
	主菜 Entrees	水牛城鸡翅 Buffalo Chicken Wings 韩式炒年糕配鱼饼 Korean Stir-fried Rice Cakes with Fish Cakes	普罗旺斯炖牛肉 Provençal Braised Beef 咖喱鱼丸 Curry Fish Balls	香草奶酪酿猪里脊 Herbed Cheese Stuffed Pork Loin 樱桃番茄配鸡排 Chicken with Cherry Tomatoes			
	配菜 Side Dish	什锦蔬菜 Mixed Vegetable	洋葱炒菠菜 Sautéed Spinach with Onion	黄油西兰花 Butter Broccoli			
	主食 Staple	薯条 French Fries	白米饭 Steamed Rice	白米饭 Steamed Rice			
	水果 Fruit	橙子 Orange	西瓜 Watermelon	苹果 Apple			

### 营养分析 / Nutrition Facts

热量 Energy /kcal	896.1	789.3	879.9		
蛋白 Protein /g	21.7	33.3	42.9		
脂肪 Fat /g	39.9	23.3	32.1		
碳水 Carbs /g	112.6	111.6	104.9		

特色档 Special	牛肉热干面配鸡蛋 Beef Hot Dry Noodles with Egg	重庆小面配煎蛋 Chongqing Noodles with Fried Egg	番茄鸡扒米线配油豆腐 Tomato Rice Noodles with Chicken Steak and Fried Tofu Puffs	Summer Vacation	
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### 营养分析 / Nutrition Facts

热量 Energy /kcal	658.6	719.0	674.4		
蛋白 Protein /g	40.6	29.2	24.4		
脂肪 Fat /g	17.2	21.4	19.4		
碳水 Carbs /g	85.4	102.3	100.5		

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom