

WEEKLY MENU

ISNS EY Snack and Lunch Menu June 8th – 12th 2026

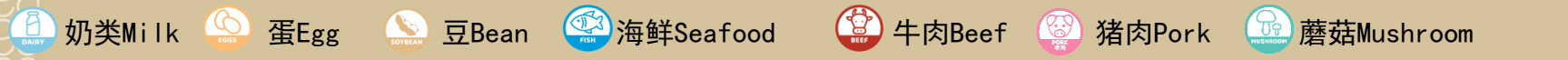










	Monday (6.8)	Tuesday (6.9)	Wednesday (6.10)	Thursday (6.11)	Friday (6.12)
上午茶点 Morning Snack	香菇菜包 Mushroom Vegetable Bun 酸奶 Yogurt 红心火龙果 橙子 Red Heart Pitaya Orange	水煮蛋 Boiled Egg 胡萝卜瘦肉粥 Lean Pork & Carrot Congee 圣女果 哈密瓜 Cherry Tomato Cantaloupe	蒸红薯 Steamed Sweet Potato 猪肉意面 Pork Pasta 西瓜 青提 Watermelon Green Grape	鸡蛋卷 Egg Roll 牛肉粥 Beef Congee 蓝莓 苹果 Blueberry Apple	蓝莓吐司 Blueberry Toast 酸奶 Yogurt 白心火龙果 红提 White Pitaya Red Grape
午餐 Lunch	凉瓜黄豆龙骨汤 Pork Bone Soup with Bitter Melon & Soybean 可乐鸡翅 Cola Braised Chicken Wings 番茄炒鸡蛋 Scrambled Egg with Tomato 清炒大白菜 Sautéed Chinese Cabbage 玉米饭 Corn Rice	绿豆糖水 Mung Bean Syrup Soup 萝卜牛腩 Braised Beef Brisket with Radish 芹菜香干肉片 Sautéed Pork Slices with Celery & Dried Tofu 白灼生菜 Blanched Lettuce 白米饭 Steamed White Rice	鲫鱼萝卜汤 Crucian Carp Soup with Radish 红烧肉 Braised Pork Belly 黄瓜炒鸡肉 Sautéed Chicken with Cucumber 清炒上海青 Sautéed Shanghai Greens 肉酱千层面 Lasagna with Meat Sauce	山药肉丸汤 Chinese Yam & Pork Meatball Soup 肉沫水蒸蛋 Steamed Egg with Minced Pork 清炒土豆丝 Sautéed Shredded Potato 清炒菜心 Sautéed Flowering Chinese Cabbage 牛肉披萨 Beef Pizza	红枣乌鸡汤 Black-bone Chicken Soup with Red Dates 广式叉烧 Cantonese Barbecued Pork 洋葱金针菇炒肥牛 Sautéed Beef with Onion & Enoki Mushroom 蒜蓉油麦菜 Garlic Lettuce 薄饼 Pancake
下午茶点 Afternoon Tea	可颂 Croissant 木瓜牛奶 Papaya Milk	椰蓉面包 Coconut Bread 牛奶 Milk	桂花糕 Osmanthus Cake 酸奶 Yogurt	菠萝派 Pineapple Pie 牛奶 Milk	柠檬曲奇饼干 Lemon Cookie 红豆椰奶 Red Bean Coconut Milk

营养分析 / Nutrition Facts

热量 Energy /kcal	839.8	885.0	879.2	896.7	922.8
蛋白 Protein /g	41.4	34.3	34.7	33.0	34.8
脂肪 Fat /g	27.3	33.5	32.4	32.5	30.5
碳水 Carbs /g	107.2	111.5	112.2	118.1	127.3

过敏源Allergen:



		Type	Monday (6.8)	Tuesday (6.9)	Wednesday (6.10)	Thursday (6.11)	Friday (6.12)
午餐 Lunch	汤 Soup		 凉瓜黄豆龙骨汤  Pork Bone Soup with Bitter Melon & Soybean	 绿豆糖水 Mung Bean Syrup Soup	 鲫鱼萝卜汤 Crucian Carp Soup with Radish	 山药肉丸汤 Chinese Yam & Pork Meatball Soup	红枣乌鸡汤 Black-bone Chicken Soup with Red Dates
	主菜 Entrees		可乐鸡翅 Cola Braised Chicken Wings 番茄炒鸡蛋 Scrambled Egg with Tomato 	 萝卜牛腩 Braised Beef Brisket with Radish  芹菜香干肉片  Sautéed Pork Slices with Celery & Dried Tofu	 红烧肉 Braised Pork Belly 黄瓜炒鸡肉 Sautéed Chicken with Cucumber	 肉沫水蒸蛋  Steamed Egg with Minced Pork 清炒土豆丝 Sautéed Shredded Potato	 广式叉烧 Cantonese Barbecued Pork 洋葱金针菇炒肥牛 Sautéed Beef with Onion & Enoki Mushroom 
	蔬菜 Veg		清炒大白菜 Sautéed Chinese Cabbage	白灼生菜 Blanched Lettuce	清炒上海青 Sautéed Shanghai Greens	清炒菜心 Sautéed Flowering Chinese Cabbage	蒜蓉油麦菜 Garlic Lettuce
	主食 Staple		玉米饭 Corn Rice	白米饭 Steamed White Rice	 肉酱千层面  Lasagna with Meat Sauce	 牛肉披萨  Beef Pizza	薄饼 Pancake
	水果 Fruit		西瓜 Watermelon	橙子 Orange	香蕉 Banana	苹果 Apple	橘子 Mandarin Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	494.1	552.7	603.7	548.3	573.5
蛋白 Protein /g	26.6	19.9	26.1	22.0	26.3
脂肪 Fat /g	16.6	20.0	28.3	15.7	22.6
碳水 Carbs /g	59.6	73.3	61.1	79.7	66.1

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 (6.8)	Tuesday (6.9)	Wednesday (6.10)	Thursday (6.11)	Friday (6.12)
中餐 Chinese	汤 Soup		 凉瓜黄豆龙骨汤  Pork Bone Soup with Bitter Melon & Soybean	 绿豆糖水 Mung Bean Syrup Soup	 鲫鱼萝卜汤 Crucian Carp Soup with Radish	 山药肉丸汤 Chinese Yam & Pork Meatball Soup	红枣乌鸡汤 Black-bone Chicken Soup with Red Dates
	主菜 Entrees		可乐鸡翅 Cola Braised Chicken Wings  蒜苔尖椒炒鱿鱼 (辣)  Spicy Squid Stir-fried with Garlic Scapes & Green Pepper 番茄炒鸡蛋  Scrambled Egg with Tomato	 萝卜牛腩 Braised Beef Brisket with Radish  芹菜香干肉片  Sautéed Pork Slices with Celery & Dried Tofu  莲藕毛豆炒鸡肉 Sautéed Chicken with Lotus Root & Edamame	 红烧肉 Braised Pork Belly  肉沫豆腐  Minced Pork with Tofu  宫保鸡丁 (辣) Spicy Kung Pao Chicken	 沙姜炒鸡 Sautéed Chicken with Sand Ginger  肉沫水蒸蛋  Steamed Egg with Minced Pork 清炒土豆丝	 广式叉烧 Cantonese Barbecued Pork  洋葱金针菇炒肥牛  Sautéed Beef with Onion & Enoki Mushroom  肉片茄子 Sautéed Eggplant with Pork Slices
	蔬菜 Veg		清炒大白菜 Sautéed Chinese Cabbage	白灼生菜 Blanched Lettuce	清炒上海青 Sautéed Shanghai Greens	清炒菜心 Sautéed Flowering Chinese Cabbage	蒜蓉油麦菜 Garlic Lettuce
	主食 Staple		玉米饭 Corn Rice	白米饭 Steamed White Rice	红薯饭 Sweet Potato Rice	白米饭 Steamed White Rice	三丝炒面  Stir-fried Noodles with Carrot, Cabbage and Egg
	水果 Fruit		西瓜 Watermelon	橙子 Orange	香蕉 Banana	苹果 Apple	橘子 Mandarin Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	737.0	811.0	816.1	716.1	840.9
蛋白 Protein /g	39.4	28.8	34.5	31.0	39.0
脂肪 Fat /g	22.9	23.0	31.4	14.6	35.6
碳水 Carbs /g	93.3	122.1	98.9	115.1	91.2

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

May 25th – 29th 2026



	Type	Monday (6.8)	Tuesday (6.9)	Wednesday (6.10)	Thursday (6.11)	Friday (6.12)
西餐 Western	汤 Soup	奶油南瓜汤 Creamy Pumpkin Soup	牛肉大酱汤 Beef Miso Soup	玉米鸡肉汤 Corn & Chicken Soup	番茄蔬菜汤 Tomato Vegetable Soup	土豆培根汤 Potato & Bacon Soup
	主菜 Entrees	德式猪肋排配蜂蜜芥末酱 German-style Pork Ribs with Honey Mustard Sauce 烤胡萝卜红腰豆配培根 Roasted Carrot & Red Kidney Bean with Bacon	盐葱酱猪排 Pork Chop with Scallion Salt Sauce 炒时蔬配海鲜 Sautéed Mixed Vegetables with Seafood	罗勒胡椒虾 Basil Pepper Prawns 杂菇甜豆炒肥牛 Sautéed Beef with Mixed Mushrooms & Sweet Peas	牛肉披萨 Beef Pizza 炒笋瓜配猪肉丁 Sautéed Zucchini with Diced Pork	鳕鱼排配番茄汁 Cod Fillet with Tomato Sauce 炒花菜配鸡腿肉 Sautéed Cauliflower with Diced Chicken Thigh
	配菜 Side Dish	洋葱炒菠菜 Sautéed Spinach with Onion	口蘑西兰花 Sautéed Broccoli with Button Mushroom	炒双色甘蓝 Sautéed Mixed Cabbages	炒什锦蔬菜 Sautéed Assorted Vegetables	泰式炒杂菜(辣) Spicy Thai Mixed Vegetables
	主食 Staple	法式焗土豆 Baked Potato au Gratin	蒸红薯 Steamed Sweet Potato	肉酱千层面 Lasagna with Meat Sauce	春卷 Spring Roll	白米饭 Steamed White Rice
	水果 Fruit	西瓜 Watermelon	橙子 Orange	香蕉 Banana	苹果 Apple	橘子 Mandarin Orange

营养分析 / Nutrition Facts

热量 Energy /kcal	706.4	721.3	812.6	812.2	711.6
蛋白 Protein /g	27.3	46.8	41.9	26.9	43.0
脂肪 Fat /g	22.0	21.8	25.1	33.0	13.1
碳水 Carbs /g	99.9	84.5	104.7	101.9	105.5

特色档 Special	酸汤肥牛米粉配鸡蛋 Sour Soup Beef Rice Noodles with Egg	云吞面配烤肠 Wonton Noodles with Sausage	清汤肥牛拉面配卤蛋 Beef Ramen in Clear Soup with Marinated Egg	红烧排骨河粉配鸡蛋 Braised Pork Rib Rice Noodles with Egg	照烧鸡排米粉配鸡蛋 Teriyaki Chicken Rice Noodles with Egg
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营养分析 / Nutrition Facts

热量 Energy /kcal	657.8	693.3	699.1	736.5	612.6
蛋白 Protein /g	27.9	26.6	43.0	28.9	32.5
脂肪 Fat /g	16.2	17.5	14.8	29.7	16.4
碳水 Carbs /g	100.1	107.2	98.5	88.4	83.7

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom