

WEEKLY
MENUISNS EY Snack and Lunch Menu
Sep 14th -18th 2026eat
by sodexo

	Monday (9.14)	Tuesday (9.15)	Wednesday (9.16)	Thursday (9.17)	Friday (9.18)
上午茶点 Morning Snack	 鸡蛋卷 Egg Roll  酸奶 Yoghurt 红心火龙果 橙子 Dragon Fruit, Orange	香菇菜包 Mushroom and Vegetable Bun 胡萝卜瘦肉粥 Pork Congee with Carrot 圣女果 哈密瓜 Cherry Tomato, Honeydew	 水煮蛋 Boiled Egg 鸡肉通心粉 Chicken Pasta 西瓜 青提 Water Melon, Grape	蒸红薯 Steamed Sweet Potato 牛肉粥 Pork Congee 蓝莓 苹果 Blueberry, Apple	  蓝莓吐司 Blueberry Toast 牛奶 Milk 白心火龙果 红提 Dragon Fruit, Grape
午餐 Lunch	 黄豆海带丝龙骨汤 Pork Bone Soup with Soy Bean and Kelp 虫草花蒸鸡 Steamed Chicken with Caterpillar Fungus  白菜花炒海鲜 Stir-fried Seafood with Cauliflower 清炒奶白菜 Stir-fried Greens 白米饭 Rice	红萝卜茅根竹蔗水 Sugarcane Sweet Drink with Carrot  红烧肉 Braised Pork  番茄炒鸡蛋 Stir-fried Egg with Tomato 清炒上海青 Stir-fried Greens  肉酱千层面 Lasagna	 鲫鱼萝卜汤 Fish Soup with Raddish  南乳汁牛腩 Braised Beef with Preserved Red Soy Sauce  芹菜香干炒肉丝 Stir-fried Bean Curd with Celery and Pork  白灼生菜 Lettuce 白米饭 Rice	红枣乌鸡汤 Black Chicken Soup with Red Dates  豉汁肉片蒸香芋 Steamed Pork and Taro   肉沫水蒸蛋 Steamed Egg with Meat  蒜蓉娃娃菜 Baby Cabbage  奶油蘑菇意面 Spaghetti with Creamy Mushroom 	 丝瓜肉片汤 Pork Soup with Luffa  粤式蒸鱼 Cantonese Steamed Fish  冬瓜烧肉沫 Braised Winter Melon with Pork 清炒菜心 Choy Sum 白米饭 Rice
下午茶点 Afternoon Tea	  岩烧吐司 Cheesy Toast  玉米片牛奶 Milk with Corn Flake	  古法蛋糕 Sponge Cake  酸奶 Yoghurt	  菠萝包 Pineapple Bun  牛奶 Milk	  法包 Bun  酸奶 Yoghurt	  原味松饼 Muffin  香芋椰奶 Coconut Milk with Taro

营养分析 / Nutrition Facts

热量 Energy /kcal	842.7	860.5	818.0	818.2	814.8
蛋白 Protein /g	30.0	33.0	37.8	35.2	32.6
脂肪 Fat /g	33.4	31.4	30.5	30.9	22.0
碳水 Carbs /g	105.5	111.4	98.0	99.7	121.8

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 Sep 14th -18th 2026



		Type	Monday (9. 14)	Tuesday (9. 15)	Wednesday (9. 16)	Thursday (9. 17)	Friday (9. 18)
午餐 Lunch	汤 Soup		 黄豆海带丝龙骨汤 Pork Bone Soup with Soy Bean and Kelp	红萝卜茅根竹蔗水 Sugarcane Sweet Drink with Carrot	 鲫鱼萝卜汤 Fish Soup with Raddish	红枣乌鸡汤 Black Chicken Soup with Red Dates	 丝瓜肉片汤 Pork Soup with Luffa
	主菜Entrees		虫草花蒸鸡 Steamed Chicken with Caterpillar Fungus  白菜花炒海鲜 Stir-fried Seafood with Cauliflower	 红烧肉 Braised Pork  番茄炒鸡蛋 Stir-fired Egg with Tomato	 南乳汁牛腩 Braised Beef with Preserved Red Soy Sauce  芹菜香干炒肉丝 Stir-fried Bean Curd with Celery and Pork 	 豉汁蒸排骨香芋 Steamed Pork Ribs and Taro 肉沫水蒸蛋 Steamed Egg with Meat 	 粤式蒸鱼 Cantonese Steamed Fish  冬瓜烧肉沫 Braised Winter Melon with Pork
	蔬菜 Veg		清炒奶白菜 Stir-fried Greens	清炒上海青 Stir-fried Greens	白灼生菜 Lettuce	蒜蓉娃娃菜 Baby Cabbage	清炒菜心 Choy Sum
	主食 Staple		白米饭 Rice	 肉酱千层面 Lasagna	白米饭 Rice	 奶油蘑菇意面 Spaghetti with Creamy Mushroom 	白米饭 Rice
	水果 Fruit		西瓜 watermelon	苹果 Apple	橙子 Orange	橘子 Mandarin	香蕉 Banana

营养分析 / Nutrition Facts

热量 Energy /kcal	519.0	562.7	501.9	604.4	535.4
蛋白 Protein /g	28.6	28.1	24.5	29.7	24.6
脂肪 Fat /g	16.8	12.5	18.8	28.9	22.5
碳水 Carbs /g	63.4	84.4	58.7	56.4	58.5

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猪肉Pork



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WEEKLY MENU

ISNS MYP&DP&PYP Lunch Menu

Sep 14th -18th 2026



	Type	Monday (9. 14)	Tuesday (9. 15)	Wednesday (9. 16)	Thursday (9. 17)	Friday (9. 18)
中餐 Chinese	汤 Soup	 黄豆海带丝龙骨汤 Bone Soup with Soy Bean and Kelp	红萝卜茅根竹蔗水 Sugarcane Sweet Drink with Carrot	 鲫鱼萝卜汤 Fish Soup with Raddish	红枣乌鸡汤 Black Chicken Soup with Red Dates	 丝瓜肉片汤 Pork Soup with Luffa
	主菜Entrees	虫草花蒸鸡 Steamed Chicken with Caterpillar Fungus  白菜花炒海鲜 Stir-fried Seafood with Cauliflower  牛肉沫茄子 Stir-fried Eggplant with Beef	 红烧肉 Braised Pork  番茄炒鸡蛋 Stir-fried Egg with Tomato 宫保鸡丁 Kung Pao Chicken	 南乳汁牛腩 Braised Beef with Preserved Red Soy Sauce  芹菜香干炒肉丝 Stir-fried Bean Curd with Celery and Pork 清炒土豆丝 Stir-fried Potatoes	 豉汁蒸排骨香芋 Steamed Pork Ribs and Taro  莴笋炒牛肉 Stir-fried Beef with Lettuce Asparagus 肉沫水蒸蛋 Steamed Egg with Meat	 粤式蒸鱼 Cantonese Steamed Fish  水煮肉片(辣) Braised Mushroom and 冬瓜烧肉沫 Braised Winter Melon with Pork
	蔬菜 Veg	清炒奶白菜 Stir-fried Greens	清炒上海青 Stir-fried Greens	白灼生菜 Lettuce	蒜蓉娃娃菜 Baby Cabbage	清炒菜心 Choy Sum
	主食 Staple	白米饭 Rice	红薯饭 Rice with Sweet Potatoes	白米饭 Rice	玉米饭 Corn Rice	白米饭 Rice
	水果 Fruit	西瓜 watermelon	苹果 Apple	橙子 Orange	橘子 Mandarin	香蕉 Banana
营养分析 / Nutrition Facts						
热量 Energy /kcal		796.0	830.0	805.5	879.8	770.8
蛋白 Protein /g		37.5	31.7	40.8	39.3	35.9
脂肪 Fat /g		21.5	19.9	28.2	34.7	23.4
碳水 Carbs /g		113.1	131.1	97.2	102.7	104.2

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ISNS MYP&DP&PYP Lunch Menu

Sep 14th –18th 2026



	Type	Monday (9. 14)	Tuesday (9. 15)	Wednesday (9. 16)	Thursday (9. 17)	Friday (9. 18) 泰国美食节 Thailand Cuisine Festival
西餐 Western	汤 Soup	蘑菇鸡肉汤 Chicken Mushroom Soup	鹰嘴豆奶油汤 Chick Pea Cream Soup	番茄土豆牛肉汤 Beef Soup with Tomato & Potato	玉米浓汤 Corn Cream Soup	冬阴功海鲜汤 Tom Yum Seafood Soup
	主菜 Entrees	古巴猪肉 Cuban Pork 咖喱鱼丸 Curry Fish Balls	口蘑蒜香大虾 Shrimp with Mushroom 胡萝卜玉米笋配猪肉丁 Stir-fried Baby Corn with Carrot and Pork	瑞士鸡翅 Swiss Chicken Wings 黄油培根蜜豆 Bacon and Sweet Pea	匈牙利炖牛肉 Hungarian Beef Stew 蜂蜜南瓜配烤肠 Roasted Pumpkin and Peas with Sausage	泰式香茅鸡排 That Chicken Steak with Lemon Grass 泰式肉沫配虾片 Thai Minced Pork with Shrimp Crisp
	配菜 Side Dish	菠菜 Spinach	口蘑西兰花 Broccoli and Mushroom	黄油胡萝卜 Carrot	节瓜彩椒 Zucchini with Bell Pepper	蒜蓉通菜 Garlic Water Spinach
	主食 Staple	迷迭香烤小土豆 Roasted Potatoes with Rosemary	肉酱千层面 Lasagna	口袋饼 Pita Bread	奶油蘑菇意面 Spaghetti with Creamy Mushroom	泰式炒河粉 Pad Thai
	水果 Fruit	西瓜 watermelon	苹果 Apple	橙子 Orange	橘子 Mandarin	香蕉 Banana

营养分析 / Nutrition Facts

热量 Energy /kcal	879.1	866.2	737.6	732.5	815.3
蛋白 Protein /g	39.4	53.9	34.2	39.0	32.2
脂肪 Fat /g	21.3	22.9	22.4	20.5	33.5
碳水 Carbs /g	879.1	866.2	737.6	732.5	815.3

特色档 Special	红烧牛肉面配鸡蛋 Noodles with Braised Beef and Egg	猪扒芝士焗饭 Baked Rice with Cheese Pork Chop	肉酱热干面配鸡蛋 Noodles with Meat Sauce and Egg	鸡排芝士汉堡配薯条 Chicken Cheese Burger with French Fries	葱油拌面配煎蛋 Noodles with Scallion Oil and Fried Egg
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营养分析 / Nutrition Facts

热量 Energy /kcal	736.5	775.4	620.3	699.3	681.3
蛋白 Protein /g	28.9	26.1	23.5	28.2	36.4
脂肪 Fat /g	29.7	36.3	14.8	17.7	14.7
碳水 Carbs /g	88.4	86.1	98.1	106.8	100.9

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猪肉Pork



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