





































	Monday (3.2)	Tuesday (3.3)	Wednesday(3.4)	Thursday(3.5)	Friday(3.6)
上午茶点 Morning Snack	 酱肉包 Pork Bun  酸奶 Yogurt 橙子 苹果 Orange Apple	 黄油餐包 Butter Dinner Rolls  瘦肉香菇粥 Pork and Mushroom Congee 橘子 Tangerine	 糯米烧卖 Shaomai  酸奶 Yogurt 哈密瓜 蓝莓 Hami Melon Blueberry	 鸡蛋卷 Egg Rolls  牛肉青菜面 Noodles with Beef and Greens 火龙果 Dragon Fruit	 迷你鸡蛋三文治 Mini Egg Sandwich  酸奶 Yogurt 香蕉 Banana
午餐 Lunch	 山药丸子汤 Yam Meatball Soup  粤式蒸鱼 Cantonese-Style Steamed Fish  芹菜豆干炒牛肉 Stir-fried Beef with Celery & Dried Tofu  蚝油生菜 Lettuce in Oyster Sauce 玉米饭 Corn Rice	 红豆沙汤圆 Red Bean Paste Glutinous Rice Balls  萝卜炖牛腩 Braised Beef Brisket with Radish  土豆丝炒肉 Stir-Fried Shredded Pork with Potatoes 蒜蓉菜心 Chinese Cabbage with Minced Garlic 白米饭 Rice	 海带牛肉汤 Kelp Beef Soup  广式叉烧 Cantonese Char Siu  照烧鱼丸 Teriyaki Fish Balls 上海青 Stir - fried Shanghai Green  蛋炒饭 Egg Fried Rice	 虫草花鸡汤 Cordyceps Flower Chicken Soup  日式炸鱼排配塔塔汁 Japanese-Style Fried Fish Fillet with Tartar Sauce  青椒炒肉片 Stir-Fried Pork Slices with Cucumber 清炒春菜 Stir-fried Spring Vegetables 白米饭 Rice	 冬瓜薏米龙骨汤 Winter Melon, Coix Seed and Spare Rib Soup  牛肉披萨 Beef Pizza  番茄炒鸡蛋 Stir-Fried Tomatoes and Eggs 杭白菜 Stir - fried Shanghai Green 烤薯角 Roasted Potato Wedges
下午茶点 Afternoon Tea	 蓝莓松饼 Blueberry Muffins  芋头红豆奶 Taro and Red Bean Milk	 肠仔面包 Sausage Bread  牛奶 Milk	 南瓜蛋糕 Pumpkin Cake  苹果小米米糊 Apple and Millet Rice Paste	 菠萝派 Pineapple Pie  牛奶 Milk	 麻薯 Mochi 莲子雪梨汤 Lotus Seed and Pear Soup

营养分析 / Nutrition Facts

热量 Energy /kcal	777.4	843.1	900.3	884.6	857.4
蛋白 Protein /g	45.5	34.3	33.6	35.6	25.6
脂肪 Fat /g	21.2	23.1	33.8	35.0	28.7
碳水 Carbs /g	101.1	124.6	115.5	106.7	124.2

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 (3.2)	Tuesday (3.3)	Wednesday(3.4)	Thursday(3.5)	Friday(3.6)
午餐 Lunch	汤 Soup	山药丸子汤 Yam Meatball Soup	红豆沙汤圆 Red Bean Paste Glutinous Rice Balls	海带牛肉汤 Kelp Beef Soup	虫草花鸡汤 Cordyceps Flower Chicken Soup	冬瓜薏米龙骨汤 Winter Melon, Coix Seed and Spare Rib Soup
	主菜 Entrees	粤式蒸鱼 Cantonese-Style Steamed Fish 芹菜豆干炒牛肉 Stir-fried Beef with Celery & Dried Tofu	萝卜炖牛腩 Braised Beef Brisket with Radish 土豆丝炒肉 Stir-Fried Shredded Pork with Potatoes	广式叉烧 Cantonese Char Siu 照烧鱼丸 Teriyaki Fish Balls	日式炸鱼排配塔塔汁 Japanese-Style Fried Fish Fillet with Tartar Sauce 青瓜炒肉片 Stir-fried Pork Slices with Cucumber	牛肉披萨 Beef Pizza 番茄炒鸡蛋 Stir-Fried Tomatoes and Eggs
	蔬菜 Veg	蚝油生菜 Lettuce in Oyster Sauce	蒜蓉菜心 Chinese Cabbage with Minced Garlic	上海青 Stir - fried Shanghai Green	清炒春菜 Stir-fried Spring Vegetables	杭白菜 Stir - fried Shanghai Green
	主食 Staple	玉米饭 Corn Rice	白米饭 Rice	蛋炒饭 Egg Fried Rice	白米饭 Rice	烤薯角 Roasted Potato Wedges
	水果 Fruit	哈密瓜 Cantaloupe	橙子 Orange	苹果 Apple	香蕉 Banana	橘子 Tangerine

营养分析 / Nutrition Facts

热量 Energy /kcal	529.0	505.2	635.8	561.8	551.6
蛋白 Protein /g	35.1	19.1	24.2	27.6	18.7
脂肪 Fat /g	16.4	14.9	26.9	18.6	22.2
碳水 Carbs /g	60.4	73.5	74.4	71.1	69.4

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 (3.2)	Tuesday (3.3)	Wednesday(3.4)	Thursday(3.5)	Friday(3.6)
中餐 Chinese	汤 Soup	山药丸子汤 Yam Meatball Soup	红豆沙汤圆 Red Bean Paste Glutinous Rice Balls	海带牛肉汤 Kelp Beef Soup	虫草花鸡汤 Cordyceps Flower Chicken Soup	冬瓜薏米龙骨汤 Winter Melon, Coix Seed and Spare Rib Soup	
	主菜 Entrees	剁椒鱼块 Steamed Fish Cubes with Chopped Chili 芹菜豆干炒牛肉 Stir-fried Beef with Celery & Dried Tofu 肉沫水蒸蛋 Steamed Egg with Minced Pork	萝卜炖牛腩 Braised Beef Brisket with Radish 酸辣土豆丝 Shredded Potato with Sour & Spicy Sauce 香芋焖鸭 Braised Duck with Taro	广式叉烧 Cantonese Char Siu 西兰花炒牛肉 Stir-Fried Beef with Broccoli 肉沫豆腐 Tofu with Minced Pork	小酥肉 Crispy Fried Pork 青瓜炒肉片 Stir-fried Pork Slices with Cucumber 莲藕炒鸡肉 Stir-Fried Chicken with Lotus Root	盐焗鸡腿 Salt-Baked Chicken Legs 番茄炒鸡蛋 Stir-Fried Tomatoes and Eggs 白萝卜炒肉丝 Stir-Fried Shredded Pork with White Radish	
	蔬菜 Veg	蚝油生菜 Lettuce in Oyster Sauce	蒜蓉菜心 Chinese Cabbage with Minced Garlic	上海青 Stir - fried Shanghai Green	清炒春菜 Stir-fried Spring Vegetables	杭白菜 Stir - fried Shanghai Green	
	主食 Staple	玉米饭 Corn Rice	白米饭 Rice	蛋炒饭 Egg Fried Rice	白米饭 Rice	红薯饭 Sweet Potato Rice	
	水果 Fruit	哈密瓜 Cantaloupe	橙子 Orange	苹果 Apple	香蕉 Banana	橘子 Tangerine	

营养分析 / Nutrition Facts

热量 Energy /kcal	734.6	752.3	863.3	752.0	710.1
蛋白 Protein /g	35.2	27.3	34.9	34.1	31.8
脂肪 Fat /g	23.9	21.1	36.2	22.3	20.9
碳水 Carbs /g	94.7	113.4	99.5	103.8	98.8

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 MYP&DP&PYP Lunch Menu

## March 2<sup>nd</sup> - 6<sup>th</sup> 2026



	Type	Monday (3.2)	Tuesday (3.3)	Wednesday(3.4)	Thursday(3.5)	Friday(3.6)
西餐 Western	汤 Soup	奶油南瓜汤 Creamy Pumpkin Soup	豆腐泡菜汤 Tofu and Kimchi Soup	奶油蘑菇汤 Cream of Mushroom Soup	罗宋汤 Borscht	鱼丸青菜汤 Fish Ball & Vegetable Soup
	主菜 Entrees	BBQ烤肋排 BBQ Roasted Ribs 樱桃番茄鸡肉丁 Diced Chicken with Cherry Tomatoes	洋葱香草猪扒 Onion and Herb Pork Chop 炒年糕配鱼饼 Korean-Style Stir-Fried Rice Cakes with Fish Cakes	韩式鸡块 Korean Style Chicken 照烧鱼丸 Teriyaki Fish Balls	日式炸鱼排配塔塔汁 Japanese-Style Fried Fish Fillet with Tartar Sauce 金不换茄子炒牛肉沫 Stir-fried Eggplant with Minced Beef & Thai Basil	牛肉披萨 Beef Pizza 烤节瓜配培根 Roasted Zucchini with Bacon
	配菜 Side Dish	黄油西兰花 Buttered Broccoli	韩式炒杂菜 Korean-Style Stir-Fried Assorted Vegetables	烤什锦蔬菜 Roasted Mixed Vegetables	樱桃番茄配芦笋 Cherry Tomatoes with Asparagus	泰式蔬菜配虾片 Thai Style Vegetables with Prawn Crackers
	主食 Staple	黄油烤玉米 Butter-Roasted Corn	罗勒鸡肉炒饭 Basil Chicken Fried Rice	迷迭香烤小南瓜 Roasted Baby Pumpkin with Rosemary	黄油吐司 Butter Toast	烤薯角 Roasted Potato Wedges
	水果 Fruit	哈密瓜 Cantaloupe	橙子 Orange	苹果 Apple	香蕉 Banana	橘子 Tangerine

### 营养分析 / Nutrition Facts

热量 Energy /kcal	829.3	824.4	767.4	860.5	793.5
蛋白 Protein /g	30.5	30.2	25.6	31.7	33.9
脂肪 Fat /g	31.3	21.7	31.7	28.4	25.6
碳水 Carbs /g	106.5	127.0	95.1	119.4	106.9

特色档 Special	卤肉刀削面配鸡蛋 Braised Pork Sliced Noodles with Egg	红烧鸡腿煎蛋乌冬面 Braised Chicken Drumsticks with Fried Egg Udon Noodles	番茄肥牛配米粉鸡蛋 Tomato Beef with Rice Noodles & Egg	烤肠云吞面配煎蛋 Sausage Wonton Noodles with Fried Egg	兰州牛肉拉面配煎蛋 Lanzhou Beef Noodles with a Fried Egg
----------------	--	---	--	---	--

### 营养分析 / Nutrition Facts

热量 Energy /kcal	680.2	649.2	639.9	677.6	714.6
蛋白 Protein /g	30.2	36.7	24.0	27.6	43.1
脂肪 Fat /g	26.3	19.5	15.9	21.3	16.5
碳水 Carbs /g	80.7	81.8	100.2	93.8	98.6

过敏源Allergen:



奶类Milk



蛋Egg



豆Bean



海鲜Seafood



牛肉Beef



猪肉Pork



蘑菇Mushroom