

International School of Nanshan Shenzhen
Early Year Lunch, Jan of 2022



SNACK
TIME

by *sodexo*

	Monday	Tuesday	Wednesday	Thursday	Friday
第一周 Week1	酱焖牛腩 Braised Beef Tenderloin with Brown Sauce 肉丝豆角炒茄子 Stir-fried Eggplant with Shredded Pork and Beans 蒜汁奶白菜 Cabbage with Garlic Sauce	虫草花焖鸡 Stewed Chicken with Cordyceps Flower 番茄炒蛋 Fried Tomato with Eggs 白灼菜心 Poached Choy Sum	BBQ排骨 BBQ Pork Ribs 土耳其烤土豆 Roasted Potato in Turkish Style 煎饺 Fried Dumplings 扒时蔬 Grilled Vegetables	美式烤风味去骨鸡腿 Roasted Boneless Chicken Leg in American Style 咖喱鱼蛋 Curry Fish Ball 胡萝卜西兰花 Grilled Broccoli with Carrot 青酱意面 Pesto Pasta	清蒸龙利鱼 Steamed Sole Fish 木耳丝炒莴笋丝 Stir-fried Fungus and Asparagus Lettuce 苋菜 Amaranth
Nutrition Facts	Calories: 330 kcal Proteins: 10.4 g Fats: 4.5 g Carbs: 64.1 g	Calories: 250.1 kcal Proteins: 15.5 g Fats: 13.9 g Carbs: 17.2 g	Calories: 217 kcal Proteins: 4.7 g Fats: 5.6 g Carbs: 38.1 g	Calories: 221.5 kcal Proteins: 8.3 g Fats: 5.2 g Carbs: 37.4 g	Calories: 397.6 kcal Proteins: 11.2 g Fats: 10.3 g Carbs: 66.9 g
第二周 Week 2	煎鸡扒香草烧汁 Grilled Chicken Steak with Gravy Sauce 香肠扒双色花菜 Grilled Sausage with Broccoli & Cauliflower 香草焗迷你土豆 Roasted Potato with Herb 番茄意粉 Spaghetti with Tomato Sauce	豉油鸡 Soy Sauce Chicken 麻婆豆腐 Sautéed Tofu in Hot and Spicy Sauce 香菇扒菜胆 Grilled Vegetable With Mushroom 干炒牛河 Stir-fried Rice Noodles with Beef	柠檬汁配香煎鱼块 Fried Fish Fillet with Lemon Sauce 法式焗香肠 Baked Sausage in French Style 炒洋葱芦笋蘑菇 Stir-fried Onion, Asparagus and Mushroom 牛油意面 Butter Pasta	法国蔬菜炖牛腩 Stewed Beef Tenderloin with Vegetable 美式烤鸡翅根 Roasted Chicken Wing in American Style 黄油通心粉 Butter Macaroni 西兰花 Grilled Broccoli	榨菜蒸花腩 Steamed Pork Belly with Pickle 番茄炒蛋 Stir-Fried Eggs and Tomatoes and Lily 上海青 Green Vegetable
Nutrition Facts	Calories: 278.9 kcal Proteins: 9.5 g Fats: 8.6 g Carbs: 37.1 g	Calories: 265.7 kcal Proteins: 10.9 g Fats: 11.5 g Carbs: 30.9 g	Calories: 269.6 kcal Proteins: 6.0 g Fats: 14.8 g Carbs: 29.6 g	Calories: 311.9 kcal Proteins: 4.5 g Fats: 3.6 g Carbs: 66.9 g	Calories: 225.2 kcal Proteins: 4.4 g Fats: 12.1 g Carbs: 24.8 g

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第三周 Week 3	清汤牛腩煲 Stewed Beef Brisket 肉碎炒土豆丝 Stir-Fried Potato with Minced Pork 萝卜丝炒京包菜 Fried Cabbage with Carrot	香草汁配鸡扒 Chicken Steak with Herb Sauce 茄汁素春卷 Veg Spring Rolls with Tomato Sauce 黄油烤胡萝卜西兰花 Grilled Carrot & Broccoli with Butter 肉酱千层面 Lasagna	酥炸鸡翅 Crispy Fried Chicken Wing 炸薯条 French Fries 汉堡 Hamburg 牛油西兰花 Butter Broccoli	红烧日本豆腐 Braised Japanese Tofu 梅菜蒸肉饼 Steamed Pork with Preserved Vegetables 蒜蓉炒白菜 Fried Cabbage with Garlic	日式烧汁烤沙巴鱼 Grilled Fish with Teriyaki Sauce 咖喱鱼蛋 Curry Fish Balls 肉酱意面 Spaghetti Bolognese 黄油胡萝卜扒双花 Fried Carrot with Broccoli and Cauliflower
Nutrition Facts	Calories: 330 kcal Proteins: 10.4 g Fats: 4.5 g Carbs: 64.1 g	Calories: 250.1 kcal Proteins: 15.5 g Fats: 13.9 g Carbs: 17.2 g	Calories: 217 kcal Proteins: 4.7 g Fats: 5.6 g Carbs: 38.1 g	Calories: 221.5 kcal Proteins: 8.3 g Fats: 5.2 g Carbs: 37.4 g	Calories: 397.6 kcal Proteins: 11.2 g Fats: 10.3 g Carbs: 66.9 g
第四周 Week 4	冬菇烧鸡 Roasted Chicken with Mushroom 牛肉肠炒玉米粒 Stir-fried Beef Sausage with Corn 蒜蓉西洋菜 Garlic Sprouts Watercress	黑椒鸡扒 Chicken Steak with Black Pepper Sauce 春卷 Spring Roll 牛油焗双花 Baked Butter Cauliflower and Broccoli 海鲜炒饭 Seafood Fried Rice	秘制叉烧 BBQ Pork 番茄炒蛋 Stir-Fried Eggs and Tomatoes 蒜蓉菜心 Garlic Choy Sum	香煎巴沙鱼 Pan-Fried Basa Fish 奥尔良烤鸡 Roasted Orleans Chicken 扒时蔬 Grilled Vegetables 牛油芝士意面 Pasta with Butter & Cheese 泰式煎饺 Thai Style Fried Dumpling 汤圆 Tang-yuan	美式芥末焗猪柳 Baked Pork Tenderloin with Mustard in American Style 意式烩牛肉 Italian Beef Stew 西兰花 Broccoli 香草火腿烤土豆 Roasted Potatoes with Ham and Herb
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