

ISNS MYP&DP&PYP Lunch Menu

Jan 2022

Type	Monday	Tuesday	Wednesday	Thursday	Friday
第一周 Week 1st	Western 西式 黑椒鸡扒 Chicken Steak with Black Pepper Sauce 酥炸手指鱼 Fried Fish Finger 胡萝卜扒双菇 Grilled Mushrooms with Carrots 黑椒汁炒乌冬面 Stir-fried Udon with Black Pepper Sauce	香草猪柳扒时蔬 Grilled Pork Chop With Vegetable 牛肉酱 Beef Bolognese 蜂蜜烤南瓜 Roasted Pumpkin with Honey 牛油意粉 Butter Pasta	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	黑椒牛仔骨 Beef Ribs with Black Pepper Sauce 泰式鸡球 (小食) Thai Chicken Ball 煎焗西葫芦 Grilled Zucchini 蔬菜炒螺丝粉 Fried Fusilli with Vegetables
	Nutrition Facts Calories: 518.2 kcal Proteins: 25.3 g Fats: 23.1 g Carbs: 51.9 g	Calories: 456.6 kcal Proteins: 25.8 g Fats: 18.9 g Carbs: 45.3 g	Calories: 489.5 kcal Proteins: 23.2 g Fats: 19.5 g Carbs: 55.7 g	Calories: 595.8 kcal Proteins: 28.1 g Fats: 23.9 g Carbs: 65.3 g	Calories: 476.4 kcal Proteins: 25.6 g Fats: 19.3 g Carbs: 49.7 g
	Chinese 中式 酱焖牛腩 Braised Beef Tenderloin with Brown Sauce 肉碎蒸鸡蛋 Steamed Eggs with Minced Meat 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 木耳炒鲜鱿 Stir-Fried Squid with Fungus 三丝炒面 Chow Mein with Shredded Vegetables 白灼菜心 Poached Choy Sum	干锅辣子鸡 Spicy Chicken 青瓜炒肉片 Stir-fried Pork with Cucumber 水煮牛肉丸 Poached Beef Balls 蒜蓉白菜 Chinese Cabbage with Garlic	东坡肉 Braised Dongpo Pork 香辣虾 Spicy Shrimp 丝瓜炒肉片 Stir-fried Pork with Loofa 蒜蓉炒通心菜 Fried Water Spinach with Garlic	清蒸龙利鱼 Steamed Sole Fish 蚝油焖香菇 Braised Mushroom in Oyster Sauce 木耳丝炒莴笋丝 Stir-fried Fungus and Asparagus 生菜 Lettuce 苋菜 Amaranth
	Nutrition Facts Calories: 517.8 kcal Proteins: 30.5 g Fats: 20.6 g Carbs: 55.2 g	Calories: 437.6 kcal Proteins: 23.3 g Fats: 13.9 g Carbs: 57.7 g	Calories: 488.7 kcal Proteins: 28.3 g Fats: 19.6 g Carbs: 52.7 g	Calories: 474.1 kcal Proteins: 33.7 g Fats: 17.0 g Carbs: 49.3 g	Calories: 641.3 kcal Proteins: 22.7 g Fats: 37.4 g Carbs: 55.8 g

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Type	Monday	Tuesday	Wednesday	Thursday	Friday
Soup 汤	罗宋汤 Borsch 胡萝卜马蹄粉葛煲猪骨 Pork Bone Soup with Carrot, Water Chestnut and Kudzu	土豆汤 Potato Soup 玉米番茄胡萝卜煲猪骨 Pork Bone Soup with Corn, Tomato and Carrot	奶油蘑菇汤 Cream Mushroom Soup 茶树菇老鸭汤 Mushroom with Duck Soup	玉米火腿青豆汤 Green Bean Soup with Corn and Ham 猪肝枸杞叶汤 Pig Liver with Wolfberry Leaf Soup	咸蛋肉片芥菜汤 Shepherd's Purse with Salted Eggs and Meat Soup 开胃番茄汤 Tomato Soup
Nutrition Facts	Calories: 54.1 kcal Proteins: 5.2 g Fats: 2.4 g Carbs: 8.3 g	Calories: 57.6 kcal Proteins: 6.4 g Fats: 1.7 g Carbs: 7.6 g	Calories: 38.5 kcal Proteins: 1.0g Fats: 2.1 g Carbs: 5.2 g	Calories: 46.2 kcal Proteins: 2.3 g Fats: 3.1 g Carbs: 7.4 g	Calories: 31.4 kcal Proteins: 0.9 g Fats: 1.4 g Carbs: 4.8 g
Fruit 水果	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit
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*Nutritional analysis is according to the standard send meal quantity to calculated:
Soup-120g, Grains-120g, Main course-120g, Half meat (Chinese)-120g,
Vegetable-120g, Fruits-120g

营养分析按照标准发餐量进行计算：
汤-120g, 主食120g, 主菜120g, 小荤(中餐)120g, 素菜120g, 水果120g

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Type	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2nd 第二周	Western 西式 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	香煎猪扒 Grilled Pork Chop 蘑菇焗蛋 Baked Mushroom & Egg 扒时蔬 Grilled Vegetables 菌菇牛肉炒饭 Fried Rice with Mushroom & 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	香草烤鸭腿 Roasted Duck Leg with Herb 肉酱烤南瓜 Roasted Pumpkin with Meat Paste 香草汁熟时蔬沙拉 Veg Salad with Herb Sauce 培根芝士土豆泥 Mashed Potato With Bacon & Cheese
	Nutrition Facts Calories: 381.3 kcal Proteins: 35.9 g Fats: 13.2 g Carbs: 30.4 g	Calories: 453.5 kcal Proteins: 19.6 g Fats: 15.2 g Carbs: 59.1 g	Calories: 547.2 kcal Proteins: 27.0 g Fats: 21.5 g Carbs: 61.0 g	Calories: 428.6 kcal Proteins: 32.4 g Fats: 18.3 g Carbs: 32.5 g	Calories: 439.4 kcal Proteins: 45.2 g Fats: 11.9 g Carbs: 36.9 g
	Chinese 中式 港式叉烧 BBQ Pork 红焖钳鱼 Braised Catfish with Brown Sauce 青瓜炒肉片 Stir-Fried Pork with Cucumber 胡萝卜炒包菜 Stir-Fried Cabbage With Carrots	豉油鸡 Soy Sauce Chicken 清蒸龙利鱼 Steamed Sole Fish 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	香辣牛肉 Sautéed Beef with Chili Sauce 七彩肉丝 Stir-fried Pork with Shredded Vegetable 红烧茄子 Braised Eggplant 炸蒜猪肉渣炒菜心 Stir-fried Choy Sum with Garlic and Pork	卤肉、卤蛋 Braised Pork and Egg 腊味炒蒜心 Stir-fried Choy Sum with Cured Meat 豉汁焖南瓜 Braised Pumpkin With Black Bean Sauce 蒜蓉炒白菜 Garlic Chinese cabbage	榨菜蒸花腩 Steamed Pork Belly with Pickle 番茄炒蛋 Stir-Fried Eggs and Tomatoes 西芹百合炒海鲜 Stir-fried Seafood with Celery and Lily 上海青 Green Vegetable
	Nutrition Facts Calories: 528.3 kcal Proteins: 34.6 g Fats: 24.0 g Carbs: 46.8 g	Calories: 741.6 kcal Proteins: 28.2 g Fats: 47.8 g Carbs: 50.4 g	Calories: 526.7 kcal Proteins: 35.3 g Fats: 21.0 g Carbs: 53.8 g	Calories: 430.4 kcal Proteins: 35.4 g Fats: 12.8 g Carbs: 46.7g	Calories: 663.4 kcal Proteins: 29.3 g Fats: 51.5 g Carbs: 50.2 g

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Type	Monday	Tuesday	Wednesday	Thursday	Friday
Soup 汤	白洋葱番茄汤 Onion and Tomato Soup 节瓜柴鱼猪骨汤 Hairy Gourd and Bonito with Pork Bone Soup	培根土豆汤 Bacon & Potato Soup 木瓜胡萝卜煲鲫鱼汤 Crucian Soup with Papaya and Carrot	白汁蘑菇汤 Cream Mushroom Soup 冬瓜薏米煲猪骨 Pork Bone Soup with Winter Melon and Coix Seed	培根菠菜汤 Bacon & Spinach Soup 虫草花煲乌鸡 Cordyceps Flowers and Black Chicken Soup	香浓玉米汤 Cream Corn Soup 胡萝卜玉米煲鸡 Chicken Soup with Carrots and Corn
Nutrition Facts	Calories: 58.9 kcal Proteins: 2.9 g Fats: 3.2 g Carbs: 4.8 g	Calories: 56.1 kcal Proteins: 6.7 g Fats: 1.4 g Carbs: 4.4 g	Calories: 60.1 kcal Proteins: 2.7 g Fats: 1.7 g Carbs: 8.8 g	Calories: 81.7 kcal Proteins: 5.3 g Fats: 5.8 g Carbs: 2.7 g	Calories: 57.8 kcal Proteins: 1.1 g Fats: 4.2 g Carbs: 4.8 g
Fruit 水果	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit
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Week
2nd
第二周

*Nutritional analysis is according to the standard send meal quantity to calculated:
Soup-120g, Grains-120g, Main course-120g, Half meat (Chinese)-120g,
Vegetable-120g, Fruits-120g

营养分析按照标准发餐量进行计算：
汤-120g, 主食120g, 主菜120g, 小荤(中餐)120g, 素菜120g, 水果120g

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Type	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3rd 第三周	Western 西式 法式焗猪柳 Baked Pork Tenderloin with Cheese 水波蛋 Poached Egg 蒜香蘑菇扒白花菜 Grilled Cauliflower & Mushrooms with Garlic 德式香肠炒饭 Fried Rice with German Sausage	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	法式烩牛腩 Braised Beef Brisket in French Style 黑椒芦笋培根卷 Asparagus & Bacon Roll with Black Pepper 牛油什菇 Roasted Mushroom with Butter 意大利面 Spaghetti	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: 381.3 kcal Proteins: 35.9 g Fats: 13.2 g Carbs: 30.4 g	Calories: 453.5 kcal Proteins: 19.6 g Fats: 15.2 g Carbs: 59.1 g	Calories: 547.2 kcal Proteins: 27.0 g Fats: 21.5 g Carbs: 61.0 g	Calories: 428.6 kcal Proteins: 32.4 g Fats: 18.3 g Carbs: 32.5 g	Calories: 439.4 kcal Proteins: 45.2 g Fats: 11.9 g Carbs: 36.9 g
	Chinese 中式 清汤牛腩煲 Stewed Beef Brisket 肉碎炒土豆丝 Stir-Fried Potato with Minced Pork 豉椒炒鲜鱿 Steamed Squid with Soy Sauce 萝卜丝炒京包菜 Fried Cabbage with Carrot	广式烤鸭 Roasted Duck in Cantonese Style 酱香猪手 Braised Pork Trotter with Soy Bean Sauce 番茄炒蛋 Stir-Fried Egg with Tomato 蒜蓉炒菜心 Fried Choy Sum with Garlic	豉汁蒸排骨 Steamed Pork Ribs with Black Bean Sauce 泰式五花肉 Pork Belly in Thai Style 萝卜干肉碎炒豆角 Fried Beans with Pork and Dried Radish 蒜肉白菜 Fried Cabbage with Garlic	香酥鸡腿 Crispy Fried Chicken Leg 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	盐焗鸡腿 Salty-Baked Chicken Leg 木耳炒牛肉 Stir-Fried Beef with Fungus 肉碎焖南瓜 Braised Pumpkin With Meat Paste 时令蔬菜 Seasonal Vegetables
	Nutrition Facts Calories: 528.3 kcal Proteins: 34.6 g Fats: 24.0 g Carbs: 46.8 g	Calories: 741.6 kcal Proteins: 28.2 g Fats: 47.8 g Carbs: 50.4 g	Calories: 526.7 kcal Proteins: 35.3 g Fats: 21.0 g Carbs: 53.8 g	Calories: 430.4 kcal Proteins: 35.4 g Fats: 12.8 g Carbs: 46.7g	Calories: 663.4 kcal Proteins: 29.3 g Fats: 51.5 g Carbs: 50.2 g

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Soup 汤	罗勒汤 Basil Soup 莲藕煲大骨鸡爪汤 Pork Bone and Chicken Feet Soup with Lotus Root	芝士奶油南瓜汤 Cream Cheese Pumpkin Soup 霸王花煲猪骨汤 Dried Vegetable with Pork Bone Soup	培根土豆汤 Bacon and potato soup 雪梨木瓜煲雪耳 White Fungus Sweet Soup with Papaya and Pear	奶油青豆汤 Cream Green Bean Soup 紫菜鸡蛋汤 Seaweed and Egg Soup	蘑菇汤 Mushroom Soup 玉米胡萝卜煲猪骨 Pork Bone Soup with Corn and Carrot
Nutrition Facts	Calories: 58.9 kcal Proteins: 2.9 g Fats: 3.2 g Carbs: 4.8 g	Calories: 56.1 kcal Proteins: 6.7 g Fats: 1.4 g Carbs: 4.4 g	Calories: 60.1 kcal Proteins: 2.7 g Fats: 1.7 g Carbs: 8.8 g	Calories: 81.7 kcal Proteins: 5.3 g Fats: 5.8 g Carbs: 2.7 g	Calories: 57.8 kcal Proteins: 1.1 g Fats: 4.2 g Carbs: 4.8 g
Fruit 水果	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit	水果盘 Mixed Fruit
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 Soup-120g, Grains-120g, Main course-120g, Half meat (Chinese)-120g,
 Vegetable-120g, Fruits-120g

营养分析按照标准发餐量进行计算：
 汤-120g，主食120g，主菜120g，小荤(中餐)120g，素菜120g，水果120g

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Type	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4th 第四周	Western 西式 BBQ猪柳 BBQ Pork Tenderloin 香草焗鹰嘴豆 Baked Chickpeas with Herb 杂蒨蔬 Roasted Veggies 烧汁烩意粉 Pasta with BBQ Sauce	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	黑椒牛仔骨 Beef Ribs with Black Pepper 香草胡萝卜焗磨菇 Roasted Mushroom with Carrot 西兰花 Grilled Broccoli 番茄意面 Pasta with Tomato Sauce	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	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
	Nutrition Facts Calories: 518.2 kcal Proteins: 25.3 g Fats: 23.1 g Carbs: 51.9 g	Calories: 456.6 kcal Proteins: 25.8 g Fats: 18.9 g Carbs: 45.3 g	Calories: 489.5 kcal Proteins: 23.2 g Fats: 19.5 g Carbs: 55.7 g	Calories: 595.8 kcal Proteins: 28.1 g Fats: 23.9 g Carbs: 65.3 g	Calories: 476.4 kcal Proteins: 25.6 g Fats: 19.3 g Carbs: 49.7 g
	Chinese 中式 冬菇烧鸡 Roasted Chicken with Mushroom 牛肉肠炒玉米粒 Stir-fried Beef Sausage with Corn 美极海鲜 Fried Seafood with Maggi Sauce 蒜蓉西洋菜 Garlic Sprouts Watercress	广式烧肉 Roasted Pork Belly 客家烧豆腐 Fried Tofu in Hakka Style 南瓜蒸排骨/豉汁红三鱼 Steamed Pork Ribs with Pumpkin /Braised Sequoia Fish in Black Bean Sauce 蒜蓉炒青瓜 Stir-fried Cucumber with Garlic	秘制叉烧 BBQ Pork 腊味炒荷兰豆 Stir-fried Preserved Pork with Snow Beans 番茄炒蛋 Stir-Fried Eggs and Tomatoes 蒜蓉菜心 Garlic Choy Sum	咕嚕肉 Sweet and Sour Pork 酱爆牛肉 Stir-Fried Beef with Brown Sauce 豉椒炒鲜鱿 Stir-Fried Squid and Pepper with Black Bean Sauce 莴笋云耳炒肉 Stir-Fried Pork with Fungus and Asparagus Lettuce 酸汤鱼柳 Boiled Fish Fillet in Sour Stock 高汤浸娃娃菜 Poached Baby Cabbage in Stock 汤圆 Rice Dumpling	肉碎焖南瓜 Braised Pumpkin with Minced Meat 蚝油焗菇 Braised Mushrooms in Oyster Sauce 白切鸡 Boiled Chicken in Cantonese Style 蒜茸炒上海青 Stir-fried Chinese Cabbage with Garlic
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Type	Monday	Tuesday	Wednesday	Thursday	Friday
Soup 汤	奶油南瓜汤 Cream Pumpkin Soup 玉米木瓜胡萝卜煲猪骨 Pork Bone Soup with Carrot and Corn	奶油玉米汤 Cream Corn Soup 金针菇豆腐猪肉汤 Tofu and Pork Soup with Enoki Mushroom	意式蔬菜汤 Italian Vegetable Soup 霸王花煲鸡脚猪骨 Pork Bone Soup with Dried Vegetable and Chicken Feet	培根土豆汤 Bacon and Potato Soup 莲藕煲猪骨 Pork Bones and Lotus Root Soup	蘑菇汤 Mushroom Soup 紫菜蛋花汤 Egg Seaweed Soup
Nutrition Facts	Calories: 54.1 kcal Proteins: 5.2 g Fats: 2.4 g Carbs: 8.3 g	Calories: 57.6 kcal Proteins: 6.4 g Fats: 1.7 g Carbs: 7.6 g	Calories: 38.5 kcal Proteins: 1.0g Fats: 2.1 g Carbs: 5.2 g	Calories: 46.2 kcal Proteins: 2.3 g Fats: 3.1 g Carbs: 7.4 g	Calories: 31.4 kcal Proteins: 0.9 g Fats: 1.4 g Carbs: 4.8 g
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Week 4th
第四周

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Soup-120g, Grains-120g, Main course-120g, Half meat (Chinese)-120g,
Vegetable-120g, Fruits-120g

营养分析按照标准发餐量进行计算：
汤-120g，主食120g，主菜120g，小荤(中餐)120g，素菜120g，水果120g