

ISNS EYP Lunch Menu *week 1 menu*



Nov 2021

1 Monday

2 Tuesday

3 Wednesday

4 Thursday

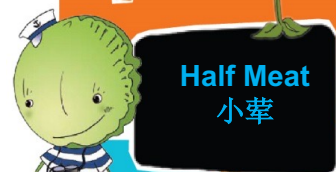
5 Friday



Soup
汤



Main
course
主菜



Half Meat
小菜



Vegetable
素菜



Nutrition
Facts

胡萝卜玉米煲鸡
Chicken Soup with
Carrots and Corn

培根土豆汤
Bacon and Potato
Soup

冬瓜薏米煲猪骨
Pork Bone Soup with
Winter Melon and
Barley

培根菠菜汤
Bacon with Spinach

节瓜柴鱼猪骨汤
Hairy Squash and
Dried Cod with Pork
Bone Soup

港式叉烧
BBQ Pork in HK Style

香煎猪扒
Pan-Fried pork chop

海鲜番茄烩鹰嘴豆
Stewed Chickpeas
with Seafood & Tomato

卤肉、卤蛋
Braised Pork and Egg

香草烤鸭腿
Roasted Duck Leg
with

青瓜炒肉片
Stir-Fried Cucumber
with Pork

鸡胸肉烤南瓜
Roasted chicken
breast

肉酱烤南瓜
Roasted Pumpkin with
meat

腊味炒蒜心
Stir-fried Choy Sum with
Cured Meat

酥炸手指鱼
fish finger

胡萝卜炒包菜
Stir-Fried Cabbage
With Carrots

扒时蔬
Grilled Vegetables

玉米笋扒西葫芦
Grilled summer
squash
With Baby Corn

蒜蓉炒白菜
Garlic Chinese cabbage

蒜烤西葫芦
Baked summer
squash with Garlic

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: 526.7 kcal
Proteins: 35.3 g
Fats: 21.0 g
Carbs: 53.8 g

Calories: 428.6 kcal
Proteins: 32.4 g
Fats: 18.3 g
Carbs: 32.5 g

Calories: 663.4 kcal
Proteins: 29.3 g
Fats: 51.5 g
Carbs: 50.2 g

ISNS EYP Lunch Menu **week 2 menu**



Nov 2021

8 Monday

9 Tuesday

10 Wednesday

11 Thursday

12 Friday



Soup
汤



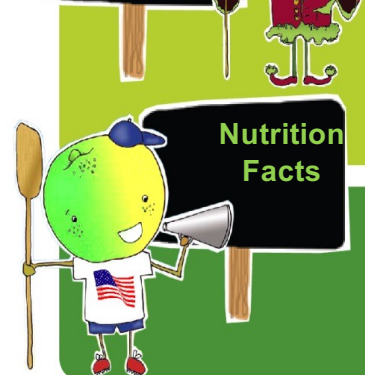
Main course
主菜



Half Meat
小菜



Vegetable
素菜



Nutrition Facts

Lotus and big bone with chicken claw soup 莲藕煲大骨鸡爪汤	Overlord flower with Pork bone soup 霸王花煲猪骨汤	Fungus with papaya and pear 雪梨木瓜煲雪耳	Creamy green bean soup 奶油青豆汤	Mushroom with duck soup 茶树菇老鸭汤
清汤牛腩煲 Stewed Beef Brisket in Clear Soup	咸蛋蒸肉饼 Fried eggs with tomato	滑蛋虾仁 Stir-fried Egg and Shrimp	法国蔬菜炖牛肉 Stewed Beef with	日式烧汁烤沙巴鱼 Sauteed fish in Japanese sauce
肉碎炒土豆丝 Fried potatoes with minced meat	番茄炒蛋 Stir-fried Egg with Tomato	萝卜干肉碎炒豆角 Fried Beans with Pork and Dried Radish	黑胡椒杂菌 Mixed Mushroom with Black Pepper	印尼咖喱鱼蛋 (东南亚风味) Indonesian Curry Fish Ball
萝卜丝炒京包菜 Fried Cabbage with Carrot	蒜蓉炒菜心 Fried Choysum with garlic	蒜肉白菜 Fried Cabbage with Garlic	烤时蔬 Roasted Vegetables	黄油胡萝卜扒双花 Fried carrot with Broccoli and Cauliflower
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: 526.7 kcal Proteins: 35.3 g Fats: 21.0 g Carbs: 53.8 g	Calories: 428.6 kcal Proteins: 32.4 g Fats: 18.3 g Carbs: 32.5 g	Calories: 663.4 kcal Proteins: 29.3 g Fats: 51.5 g Carbs: 50.2 g

ISNS EYP Lunch Menu week 3 menu



Nov 2021

15 Monday 16 Tuesday 17 Wednesday 18 Thursday 19 Friday



Soup
汤



Main
course
主菜



Half Meat
小菜



Vegetable
素菜



Nutrition
Facts

奶油南瓜汤 Cream pumpkin soup	金针菇豆腐猪肉汤 Tofu and Pork Soup with Enoki Mushroom	霸王花煲鸡脚猪骨 Bawang Pot Chicken Feet and Pork Bone	莲藕煲猪骨 Pork bones in pot with lotus root	紫菜蛋花汤 Egg Seaweed Soup
BBQ猪柳 BBQ Pork Tenderloin	广式烧肉 Cantonese Style Roast Pork	秘制叉烧 BBQ Pork	咕嚕肉 Sweet and Sou	意式烩牛肉 Goulash
香草焗鹰嘴豆 Baked Chickpeas with Vanilla	客家烧豆腐 Hakka roasted tofu	肉碎焖南瓜 Braised Pumpkin with Minced Meat	莴笋云耳炒肉 Spicy chicken nuggets	牛油蒜茸汁浸西兰花 Broccoli in Butter Garlic Sauce
洋葱汁焗西兰花 Baked Broccoli with Onion Sauce	清炒青瓜 Stir-fried Cucumber	蒜蓉菜心 Garlic Choy Sum	高汤浸娃娃菜 Baby Vegetables Dipped in Broth	香草火腿烤土豆 Roasted Potatoes with Herb Ham
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: 526.7 kcal Proteins: 35.3 g Fats: 21.0 g Carbs: 53.8 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

ISNS EYP Lunch Menu week 4 menu



Nov 2021

22 Monday 23 Tuesday 24 Wednesday 25 Thursday 26 Friday



Soup
汤



Main
course
主菜



Half Meat
小菜



Vegetable
素菜



Nutrition
Facts

胡萝卜马蹄粉葛煲猪骨 Carrot, Horseshoe Powder and Kudzu Pork Bone Soup	土豆汤 Potato soup	薏米海带煲猪骨 Barley Seaweed Pork Bone Soup	雪耳香梨煲猪骨汤 Pork Bone Soup with Snow Fungus and Pear	茶树菇煲老鸭 Mushroom With duck Soup
酱焖牛腩 Braised Beef Brisket with Sauce	香草猪柳扒芦笋 Pork Tenderloin & Asparagus with Gravy	蜜汁叉烧 BBQ Pork with Hone	糖醋鱼球 Sweet and Sour Fish Ball	BBQ烤香肠 BBQ Sausage
肉碎蒸鸡蛋 Steamed Eggs with Minced Meat	牛肉酱 Beef sauce	冬菇烩鸡块 Braised Chicken with Mushroom	鸡肉粒菜脯炒豆角 Stir-fried Beans with Diced Chicken and Dried Vegetables	吉列猪扒 Pork cutlet
奶白菜 Cabbage	蜂蜜烤南瓜 Roasted Pumpkin with Honey	蒜炒小白菜 Stir-fried Chinese Cabbage with Garlic	胡萝卜白菜花 Carrot and Califlower	番茄酱焗意粉 Spaghetti with Tomato Sauce
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: 526.7 kcal Proteins: 35.3 g Fats: 21.0 g Carbs: 53.8 g	Calories: 428.6 kcal Proteins: 32.4 g Fats: 18.3 g Carbs: 32.5 g	Calories: 526.7 kcal Proteins: 35.3 g Fats: 21.0 g Carbs: 53.8 g

ISNS EYP Lunch Menu *week 5 menu*



Nov 2021

29 Monday

30 Tuesday

Wednesday

Thursday

Friday



Soup
汤



Main
course
主菜



Half Meat
小菜



Vegetable
素菜



Nutrition
Facts

玉米火腿青豆汤
Corn and ham with
green bean soup

咸蛋肉片芥菜汤
Shepherd's purse and
salted eggs with meat
soup

美式烤风味去骨鸡腿
Roast chicken leg

清蒸龙利鱼
Steamed fish

肉酱烤南瓜
Roast pumpkin with
meat

木耳丝炒莴笋丝
Fried lettuce with fungus

胡萝卜烤土豆
Baked potato with
carrot

苋菜
Edible amaranth

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