

# ISNS MYP&DP&PYP Lunch Menu

Nov 2021



Type	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	
<b>Week 1st</b> <b>第一周</b>	<b>Western</b> <b>西式</b> <b>W</b>	法式野菌烩鸡 braised chicken with mushroom in French style 双色花菜 Butter Broccoli & cauliflower 香草焗迷你土豆 Baked mini potato with Gravy Sauce 香煎鸡肉肠 Fried chicken Sausage	香煎猪扒 Pan-Fried pork chop 鸡胸肉烤南瓜 Roasted chicken breast with Pumpkin 扒时蔬 Grilled Vegetables 菌菇牛肉炒饭 Mushroom & beef fried rice	海鲜番茄烩鹰嘴豆 Stewed Chickpeas with Seafood & Tomato 肉酱烤南瓜 Roasted Pumpkin with meat 玉米笋扒西葫芦 Grilled summer squash With Baby Corn 牛油长意面 Butter Spaghetti	法国蔬菜炖牛腩 Stewed Vegetable With Beef 美式烤鸡翅根 American Style Roasted Chicken Wing Root 黄油通心粉 Butter and Basil Pasta sauce 西兰花 Broccoli	香草烤鸭腿 Roasted Duck Leg with Gravy Sauce 酥炸手指鱼 fish finger 培根芝士土豆泥 Mashed Potato With Bacon & Cheese 蒜烤西葫芦 Baked summer squash with Garlic
	<b>Nutrition Facts</b>	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
	<b>Chinese</b> <b>中式</b>	港式叉烧 BBQ Pork in HK Style 川味水煮海鲜 Sichuan Style Boiled Seafood 青瓜炒肉片 Stir-Fried Cucumber with Pork 胡萝卜炒包菜 Stir-Fried Cabbage With Carrots	香辣牛肉 Spicy Beef 清蒸龙利鱼 Steamed Sole fish 番茄炒蛋 Stir-Fried Eggs and Tomatoes 香菇扒菜胆 Grilled Vegetable With Mushroom	豉汁蒸排骨 Steamed Pork Ribs with Black Bean Sauce 七彩肉丝 Colorful Stir-fried Pork 麻婆豆腐 Sauteed tofu in hot and spicy sauce 炸蒜猪肉渣炒菜心 Stir-fried Choy Sum with Garlic and Lard Residue	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	盐焗鸡腿 Salty-Baked Chicken legs 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
	<b>Nutrition Facts</b>	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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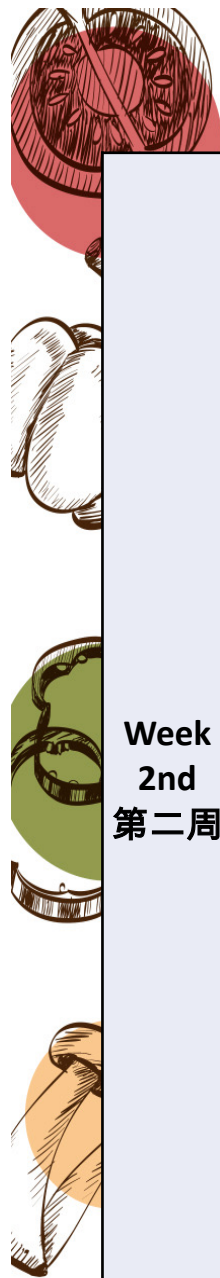
		Type	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
<b>Week 1st</b> <b>第一周</b>	Soup 汤		白洋葱番茄汤 White Onion Tomato Soup 胡萝卜玉米煲鸡 Chicken Soup with Carrots and Corn	培根土豆汤 Bacon and Potato Soup 木瓜胡萝卜煲鲫鱼汤 Crucian Carp Soup with Papaya and Carrot	白汁蘑菇汤 Mushroom soup with cream 冬瓜薏米煲猪骨 Pork Bone Soup with Winter Melon and Barley	培根菠菜汤 Bacon with Spinach Soup 虫草花煲乌鸡 Cordyceps Flowers and Chicken Soup	香浓玉米汤 Sweet Corn Soup 节瓜柴鱼猪骨汤 Hairy Squash and Dried Cod with Pork Bone Soup
	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
	Nutrition Facts		Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g	Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g	Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g	Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g	Calories: 37.6 kcal Proteins: 0.6 g Fats: 0.4 g Carbs: 8.2 g

\*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

# ISNS MYP&DP&PYP Lunch Menu

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Type	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
<b>Western 西式 W</b>	法式芝士焗猪柳 Baked Pork Tenderloin with Cheese 白汁芝士磨菇扒白花菜 Grilled Cabbage & Mushroom in Cream Sauce 德式香肠炒饭 Fried Rice with Sausage	香草汁配鸡扒 Pan-fried Chicken with Herb Sauce 黄油烤胡萝卜配菠菜 Roasted Carrot and Spinach with Butter 肉酱千层面 Lasagna	酥炸鸡翅 Crispy fried choice 炸薯条 French fries 汉堡 Hamburg 牛油西兰花 Butter broccoli	法国蔬菜炖牛肉 Stewed Beef with Vegetables 黑胡椒杂菌 Mixed Mushroom with Black Pepper 罗勒鸡肉螺丝粉 Fusilli with Chicken and Basil 烤时蔬 Roasted Vegetables	日式烧汁烤沙巴鱼 Sauteed fish in Japanese 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
<b>Week 2nd 第二周</b>	<b>Nutrition Facts</b> Calories: 381.3 kcal Proteins: 35.9 g Fats: 13.2 g Carbs: 30.4 g	<b>Nutrition Facts</b> Calories: 453.5 kcal Proteins: 19.6 g Fats: 15.2 g Carbs: 59.1 g	<b>Nutrition Facts</b> Calories: 800 kcal Proteins: 31 g Fats: 16.8 g Carbs: 120 g	<b>Nutrition Facts</b> Calories: 428.6 kcal Proteins: 32.4 g Fats: 18.3 g Carbs: 32.5 g	<b>Nutrition Facts</b> Calories: 439.4 kcal Proteins: 45.2 g Fats: 11.9 g Carbs: 36.9 g
<b>Chinese 中式</b>	清汤牛腩煲 Stewed Beef Brisket in Clear Broth 肉碎炒土豆丝 Fried Shredded Potato with Minced Pork 姜葱蒸鱼 Steamed Fish with Scallion and Ginger 萝卜丝炒京包菜 Fried Cabbage with Carrot	广式烤鸭 Roasted Duck in Cantonese Style 客家酿豆腐 Fried Tofu in Hakka Style 番茄炒蛋 Stir-fried Egg with Tomato 蒜蓉炒菜心 Fried Choy Sum with Garlic	滑蛋虾仁 Stir-fried Egg and Shrimp 秘制红烧肉 Braised Pork in Brown Sauce 萝卜干肉碎炒豆角 Fried Beans with Pork and Dried Radish 蒜肉白菜 Fried Cabbage with Garlic	口水鸡腿 Spicy Chicken 红烧日本豆腐 Braised Japanese Tofu 蒜苔炒腊味 Fried Cured Meat with Garlic Sprout 蒜蓉炒白菜 Fried Cabbage with Garlic	土豆蒸排骨 Steamed Ribs with Potato 香辣牛肉 Spicy Beef 肉碎焖南瓜 Braised Pumpkin with Meat 时令蔬菜 Seasonal Vegetable
<b>Nutrition Facts</b>	Calories: 595.2 kcal Proteins: 45.24 g Fats: 39.36 g Carbs: 16.55 g	Calories: 591.6 kcal Proteins: 30.62 g Fats: 41.39 g Carbs: 26.83 g	Calories: 608.4 kcal Proteins: 35.65 g Fats: 36.94 g Carbs: 25.1 g	Calories: 447.6 kcal Proteins: 39.78 g Fats: 22.36 g Carbs: 24.28g	Calories: 517.2 kcal Proteins: 53.44 g Fats: 20.65 g Carbs: 31.87 g

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Type	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
<b>Soup 汤</b>	番茄罗勒汤 Tomato and Basil Soup 莲藕煲大骨鸡爪汤 Lotus with Pork Bone and Chicken Feet Soup	芝士奶油南瓜汤 Cheese and Cream Pumpkin Soup 霸王花煲猪骨汤霸王花煲猪骨汤 Vile Plume with Pork Bone Soup	培根土豆汤 Bacon and Potato Soup 雪梨木瓜煲雪耳 Fungus with Papaya and Pear	奶油青豆汤 Creamy Green Bean Soup 紫菜鸡蛋汤 Seaweed and Egg Soup	蘑菇汤 Mushroom Soup 茶树菇老鸭汤 Mushroom with Duck Soup
<b>Nutrition Facts</b>	Calories: 145.2 kcal Proteins: 9.24 g Fats: 7.86 g Carbs: 9.79 g	Calories: 140.4 kcal Proteins: 15.91 g Fats: 7.09 g Carbs: 10.25 g	Calories: 124.8 kcal Proteins: 3.56 g Fats: 6.08 g Carbs: 15.05 g	Calories: 111.6 kcal Proteins: 7.15 g Fats: 3.74 g Carbs: 13.16 g	Calories: 118.8 kcal Proteins: 7.56 g Fats: 5.44 g Carbs: 10.60 g
<b>Fruit 水果</b>	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
<b>Nutrition Facts</b>	Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g	Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g	Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g	Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g	Calories: 37.6 kcal Proteins: 0.6 g Fats: 0.4 g Carbs: 8.2 g

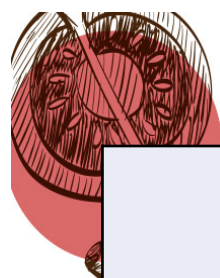
Week 2nd 第二周

\*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

# ISNS MYP&DP&PYP Lunch Menu

Nov 2021



Type	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	
<b>Western</b> 西式 W	BBQ猪柳 BBQ Pork Tenderloin 香草焗鹰嘴豆 Baked Chickpeas with Herb 洋葱汁焗西兰花 Baked Broccoli with Onion Sauce 牛油法棍/卡真土豆 Butter Baguette/Cajun Potato	黑椒鸡扒 Black Pepper Chicken Chop 芦笋卷 Asparagus Roll 牛油焗番茄 (圣女果) Baked Tomatoes with Butter 海鲜炒饭 seafood fried rice	黑椒牛展扒芦笋 Grilled Asparagus with Black Pepper Beef 香草菠菜卷 Spinach Roll With Gravy Sauce 黄油黑米饭 Butter black rice 土耳其土豆杂时蔬 Turkish Potatoes and Seasonal Vegetables	香煎沙巴鱼 Pan-fried pangasius 咖喱烩鸡 Chicken curry 扒时蔬 Grilled seasonal vegetables 牛油芝士意面 Pasta with Butter and Cheese	黑椒慢烤猪柳 Slow-Roasted Pork Tenderloin with Black Pepper 意式烩牛肉 Goulash 牛油蒜茸汁浸西兰花 Broccoli in Butter Garlic Sauce 香草火腿烤土豆 Roasted Potatoes with Herb Ham	
	<b>Nutrition Facts</b>	Calories: 576 kcal Proteins: 40.24 g Fats: 18.84 g Carbs: 63.59 g	Calories: 582 kcal Proteins: 98.74 g Fats: 28.18 g Carbs: 62.15 g	Calories: 638.4 kcal Proteins: 41.18 g Fats: 23.98 g Carbs: 67.39 g	Calories: 498 kcal Proteins: 37.8 g Fats: 15.24 g Carbs: 50.69 g	Calories: 522 kcal Proteins: 41.60 g Fats: 23.68 g Carbs: 32.48 g
	<b>Chinese</b> 中式	冬菇烧鸡 Chicken with Mushroom 牛肉肠炒玉米粒 Stir-fried Corn with Beef Sausage 红烧茄子 Braised Eggplant 蒜苗西洋菜 Garlic Sprouts and Watercress	广式烧肉 Roasted Pork Belly in Cantonese Style 客家烧豆腐 Braised Tofu in Hakka Style 南瓜蒸排骨 Steamed Spare Ribs with Pumpkin 蒜蓉炒青瓜 Stir-fried Cucumber with Garlic	秘制叉烧 BBQ Pork 肉碎焖南瓜 Braised Pumpkin with Minced Meat 美极海鲜 Stir-fried Seafood with Maggi Sauce 炸香辣鸡腿 Fried Spicy Chicken 蒜蓉菜心 Stir-fried Choy Sum with Garlic	咕嚕肉 Sweet and Sour Pork 辣子鸡块 Spicy Chicken Nugget 莴笋云耳炒肉 Stir-fried Pork with Asparagus Lettuce and Fungus 高汤浸娃娃菜 Boiled Baby Cabbage in Superior Broth	腊味炒荷兰豆 Stir-fried Snow Pea with Cured Meat 蚝油焗菇 Braised Mushrooms in Oyster Sauce 酱爆牛肉 Sautéed Beef 蒜茸炒上海青 Stir-fried Vegetable with Garlic
	<b>Nutrition Facts</b>	Calories: 482.4 kcal Proteins: 34.52 g Fats: 24.16 g Carbs: 36.06 g	Calories: 844.8 kcal Proteins: 33.96 g Fats: 50.98 g Carbs: 21.04 g	Calories: 902.24 kcal Proteins: 58.26 g Fats: 62 g Carbs: 26.59 g	Calories: 538.8 kcal Proteins: 46.2 g Fats: 25.54 g Carbs: 33.55 g	Calories: 271.2 kcal Proteins: 30.77 g Fats: 10.16 g Carbs: 14.26 g

Week 3th  
第三周

# ISNS MYP&DP&PYP Lunch Menu

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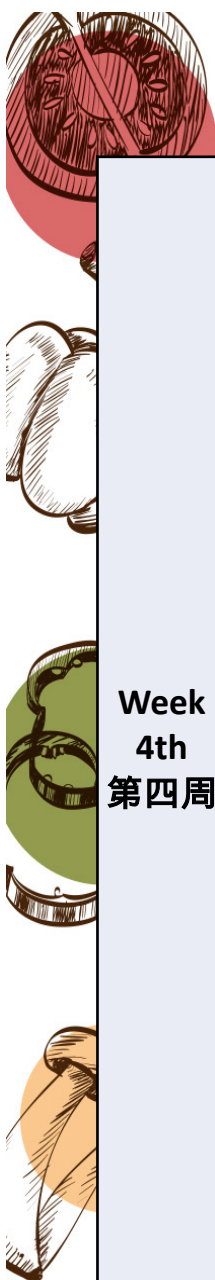
Type	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
<b>Soup 汤</b>	奶油南瓜汤 Cream pumpkin soup 玉米木瓜胡萝卜煲猪骨 Carrot and corn with pig bone Soup	奶油玉米汤 Cream Sweet Corn Soup 金针菇豆腐猪肉汤 Tofu and Pork Soup with Enoki Mushroom	意式蔬菜汤 Italian vegetable soup 霸王花煲鸡脚猪骨 Bawang Pot Chicken Feet and Pork Bone	培根土豆汤 Bacon and Potato Soup 莲藕煲猪骨 Pork bones in pot with lotus root	蘑菇汤 mushroom soup 紫菜蛋花汤 Egg Seaweed Soup
<b>Week 3th 第三周</b> <b>Nutrition Facts</b>	Calories: 127.2 kcal Proteins: 5.3 g Fats: 6.47 g Carbs: 11.80 g	Calories: 291.6 kcal Proteins: 13.82 g Fats: 20.28 g Carbs: 16.10 g	Calories: 192 kcal Proteins: 18.98 g Fats: 7.18 g Carbs: 10 g	Calories: 171.6 kcal Proteins: 9.54 g Fats: 10.34 g Carbs: 10.18 g	Calories: 117.6 kcal Proteins: 6.48 g Fats: 6.6 g Carbs: 9.38 g
<b>Fruit 水果</b>	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
<b>Nutrition Facts</b>	Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g	Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g	Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g	Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g	Calories: 37.6 kcal Proteins: 0.6 g Fats: 0.4 g Carbs: 8.2 g

\*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

# ISNS MYP&DP&PYP Lunch Menu

Nov 2021



Type	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
<b>Western</b> 西式 W	黑椒焗鸡扒 Baked Chicken with Black Pepper 酥炸手指鱼 Fish Finger 胡萝卜扒双菇 Grilled Mixed Mushroom with Carrot 番茄酱烩乌冬面 Stewed Udon with Tomato Sauce	香草猪柳扒芦笋 Baked Pork Tenderloin & Asparagus with Gravy Sauce 牛肉酱 Beef Bolognese 蜂蜜烤南瓜 Roasted Pumpkin with Honey 蘑菇意粉 Mushroom pasta	香煎沙巴鱼 Pan-fried Fish Fillet 烤香肠 Grilled Sausage 西兰花 Broccoli 牛肉酱土豆泥 Mashed Potatoes with Beef Sauce	美式烤中翅 Grilled Chicken Wing 香煎牛肉肠 Pan-fried Beef Sausage 胡萝卜白菜花 Carrot and Cauliflower 虾仁意粉 Shrimp pasta	BBQ烤香肠 BBQ Sausage 吉列猪扒 Pork cutlet 奶油南瓜 creamy Pumpkin 番茄酱焗意粉 Tomato sauce pasta
	<b>Nutrition Facts</b>	Calories: 613.2 kcal Proteins: 42.76 g Fats: 20.83 g Carbs: 62.29 g	Calories: 637.2 kcal Proteins: 23.54 g Fats: 28.75 g Carbs: 72.26 g	Calories: 499.2 kcal Proteins: 51.49 g Fats: 25.75 g Carbs: 19.69 g	Calories: 639.6 kcal Proteins: 41.76 g Fats: 23.23 g Carbs: 40.44 g
<b>Chinese</b> 中式	酱焖牛腩 Braised Beef Brisket 肉碎蒸鸡蛋 Steamed Egg with Minced Meat 肉丝豆角炒茄子 Stir-fried Eggplant with Shredded Pork and Long Bean 蒜汁奶白菜 Cabbage with Garlic Sauce	虫草花焖鸡 Braised Chicken with Cordyceps Flower 青瓜炒肉片 Fried Sliced Pork with Cucumber 豉汁蒸排骨 Steamed Pork Ribs with Soy Bean Sauce 三丝炒面 Fried Noodle with Mixed Vegetable 白灼菜心 Poached Choy Sum	蜜汁叉烧 BBQ Pork with Honey Sauce 南瓜焖豆腐 Braised Tofu with Pumpkin 冬菇烩鸡块 Braised Chicken with Mushroom 蒜炒小白菜 Stir-fried Cabbage with Garlic	卤水拼盘 Assorted Marinated Platter 糖醋鱼球 Sweet and Sour Fish 鸡肉粒菜脯炒豆角 Stir-fried Long Bean with Chicken and Dried Vegetable 扬州炒饭 Yangzhou Fried Rice	红烧肉 Braised Pork in Brown Sauce 蚂蚁上树 Fried Vermicelli with Spicy Minced Pork 烧鸭 Roasted Duck 蒜炒青瓜 Fried Cucumber with Garlic
	<b>Nutrition Facts</b>	Calories: 381.6 kcal Proteins: 23.34 g Fats: 24.35 g Carbs: 20.52 g	Calories: 777.6 kcal Proteins: 60.53 g Fats: 48.37 g Carbs: 63.43 g	Calories: 716.4 kcal Proteins: 37.57 g Fats: 54.32 g Carbs: 18.12 g	Calories: 577.2 kcal Proteins: 53.02 g Fats: 26.42 g Carbs: 32.80 g

Week 4th  
第四周

# ISNS MYP&DP&PYP Lunch Menu

Nov 2021



Type	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
<b>Soup 汤</b>	罗宋汤 Borscht 胡萝卜马蹄粉葛煲猪骨 Carrot, Water Chestnut and Pork Bone Soup	土豆汤 Potato soup 玉米番茄胡萝卜煲猪骨 Corn, Tomato and Carrot and Pork Bone Soup	番茄浓汤 Tomato Soup 薏米海带煲猪骨 Barley, Seaweed and Pork Bone Soup	奶油南瓜汤 Cream Pumpkin Soup 雪耳香梨煲猪骨汤 Fungus, Pear and Pork Bone Soup	奶油胡萝卜汤 Cream Carrot Soup 茶树菇煲老鸭 Mushroom With Duck Soup
<b>Nutrition Facts</b>	Calories: 154.1 kcal Proteins: 7.94 g Fats: 4.02 g Carbs: 23.1 g	Calories: 169.2 kcal Proteins: 4.14 g Fats: 3.48 g Carbs: 32.46 g	Calories: 112.8 kcal Proteins: 5.08 g Fats: 8.50 g Carbs: 4.99 g	Calories: 116.4 kcal Proteins: 7.68 g Fats: 4.69 g Carbs: 11.78 g	Calories: 103.2 kcal Proteins: 7.67 g Fats: 2.62 g Carbs: 13.21 g
<b>Fruit 水果</b>	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
<b>Nutrition Facts</b>	Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g	Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g	Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g	Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g	Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g

Week 4th 第四周

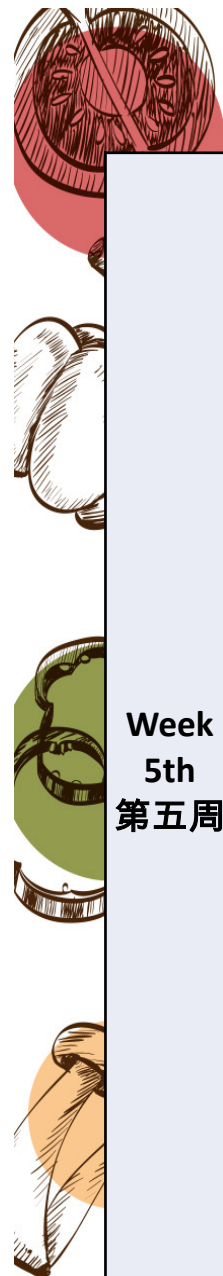
\*Nutritional analysis is according to the standard send meal quantity to calculated:  
Soup-120g, Grains-120g, Main course-120g, Half meat (Chinese)-120g,  
Vegetable-120g, Fruits-120g

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



# ISNS MYP&DP&PYP Lunch Menu

Nov 2021



Type	Monday 29	Tuesday 30			
<b>Western</b> 西式 W	Roast chicken leg 美式烤风味去骨鸡腿 Roast pumpkin with meat 肉酱烤南瓜 Baked potato with carrot 胡萝卜烤土豆 日式炒乌冬	Sauteed Beef with Black Pepper 黑椒牛柳 Cherry tomato 酸梅圣女果 Fried Marrow 煎焗西葫芦 Spaghetti with sauce 青酱意面			
	<b>Nutrition Facts</b> 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			
<b>Chinese</b> 中式	Braised pork with soy sauce 黄豆酱焖五花肉 Spicy Shrimp 香辣虾 Fried Eggs with Tomato 番茄炒蛋 Fried pork with Loofah 丝瓜炒肉片 Fried Water spinach with garlic 蒜蓉炒通心菜	Steamed fish 清蒸龙利鱼 Braised mushroom in oyster sauce 蚝油焖香菇 Fried lettuce with fungus 木耳丝炒莴笋丝 Edible amaranth 苋菜			
	<b>Nutrition Facts</b> 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			

Week 5th  
第五周

# ISNS MYP&DP&PYP Lunch Menu

Nov 2021



Type	Monday 29	Tuesday 30			
<b>Soup</b> 汤	Corn and ham with green bean soup 玉米火腿青豆汤 Pig liver with leaf soup 猪肝枸杞叶汤	Shepherd's purse and salted eggs with meat soup 咸蛋肉片芥菜汤 Tomato soup 开胃番茄汤			
<b>Nutrition Facts</b>	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			
<b>Fruit</b> 水果	Mixed Fruit 水果盘	Mixed Fruit 水果盘			
<b>Nutrition Facts</b>	Calories: 66.1 kcal Proteins: 1.5 g Fats: 1.2 g Carbs: 14.1 g	Calories: 37.6 kcal Proteins: 0.6 g Fats: 0.4 g Carbs: 8.2 g			

Week 5th  
第五周

\*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