

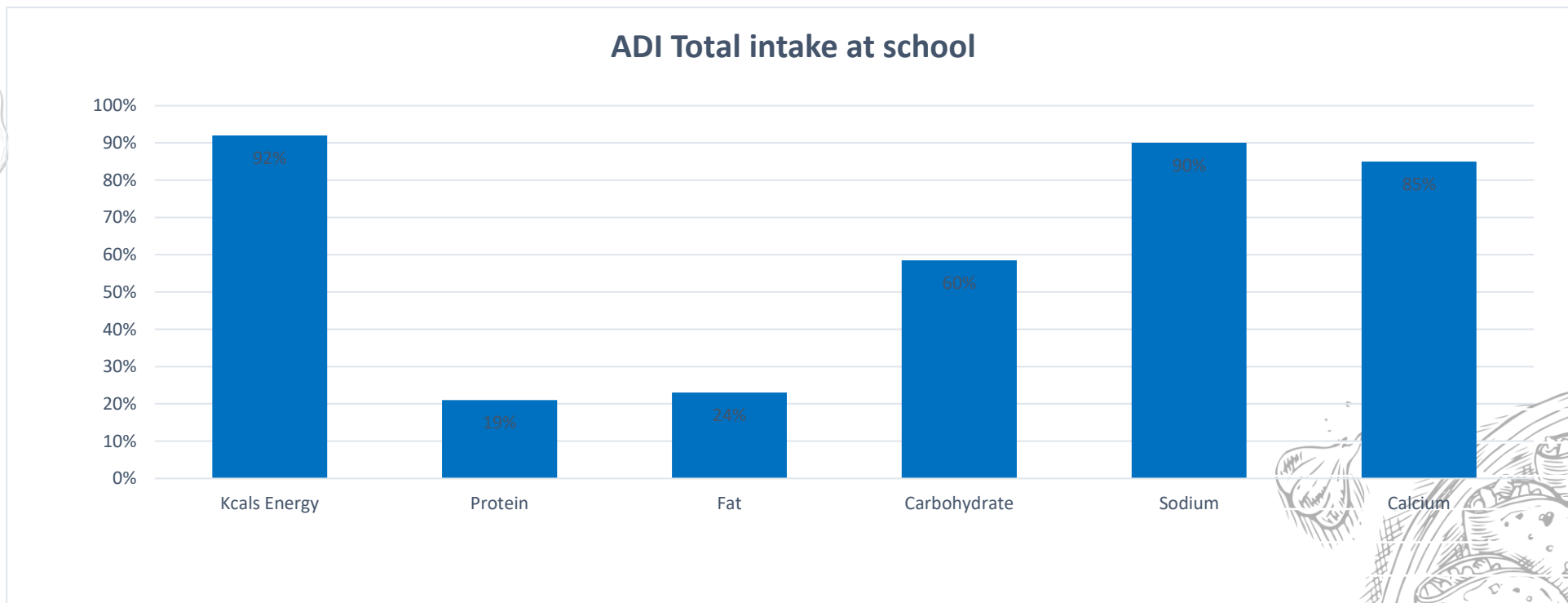
融侨赛德伯小学餐厅7月份菜单（第1周）

Rong Qiao Sedbergh Junior School Canteen
Menu_July (Week 1)

营养指南 Nutrition Guide

营养分析 Nutrition Analysis

在校摄入量	总热	蛋白质g	脂肪g	碳水化合物g	钠mg	钙mg
ADI Total intake at school	Kcals Energy	Protein	Fat	Carbohydrate	Sodium	Calcium
	2500	100	60	340	2020	700
每日占比NRV%	92%	19%	24%	60%	90%	85%



早餐 Breakfast

日期 Date	4 Mon	5 Tue	6 Wed	7 Thu	8 Fri	9 Sat	10 Sun
粥 Congee	白粥/皮蛋瘦肉粥 White Congee/Salty Egg Lean Pork Congee	白粥/紫薯粥 White Congee/Purple Potato Congee	白粥/黑米粥 White Congee/Black Rice Congee	白粥/香菇牛肉粥 White Congee/Mushroom Beef Congee	白粥/绿豆粥 White Congee/Green Bean Congee	白粥/香菇鸡丝粥 White Congee/Mushroom Chicken Silk Congee	白粥/桂圆红枣粥 White Congee/Longyan Red Date Congee
小菜 Comdiment	萝卜干 Dry Radish	榨菜丝 Pickled Vegetable	酸豆角 Pickled Snake Bean	外婆菜 Pickled Vegetable	萝卜干 Dry Radish	榨菜丝 Pickled Vegetable	外婆菜 Pickled Vegetable
豆浆/牛奶 Bean Milk/ Milk	豆浆 Beanmilk	牛奶 Milk	豆浆 Beanmilk	牛奶 Milk	黑豆浆 Black Beanmilk	牛奶 Milk	豆浆 Beanmilk
鸡蛋/Egg	葱花炒鸡蛋 Sauteed Egg with Green Onion	煎蛋 Fried Egg	水煮蛋 Poached Egg	茶叶蛋 Tea Egg	番茄炒蛋 Sauteed Egg with Tomato	虎皮鸡蛋 Fried Egg	卤蛋 Marinated Egg
面/饭 rice/Noodle	莆田卤面 Putian Noodle	什锦炒面 Fried Noodle with Assorted	糟菜炒米粉 Fried Rice Noodle with Pickled Vegetable	干炒河粉 Sauteed Hefen with Beef	拌面 Noodle	锅边 Rice Paste	炒白果 Fried Rice Cake
糕点面包 Dim sum/ Pastry	油条 Dough Stick	甜甜圈 Donut	椰蓉蛋糕 Coconut Cake	蒸饺 Steamed Pork Dumpling	千层饼 Thousand-layer Cake	蜂蜜小面包 Honey Bread	老面馒头 Steamed Bun
玉米片/吐司 Corn flake/Toast	吐司 Toast	玉米片 Cornflake	吐司 Toast	玉米片 Cornflake	吐司 Toast	玉米片 Cornflake	吐司 Toast
素菜/五谷 Vegetable/grains	清炒油麦菜 Sauteed Indian Lettuce	蒜蓉生菜 Sauteed Lettuce	红薯 Red Sweet Potato	清炒广东菜心 Sauteed Vegetable Heart	玉米 Corn	酸辣大白菜 Sauteed Chinese Cabbage in Hot and Sour Sauce	清炒油麦菜 Sauteed Indian Lettuce
应季水果 Fruit	西瓜 Watermelon	圣女果 Cherry Tomato	橙子 Orange	西瓜 Watermelon	苹果 Apple	西瓜 Watermelon	圣女果 Cherry Tomato

早午点心 Snack

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日期
Date

Mon

Tue

Wed

Thu

Fri

Sat

Sun

煮水饺

手抓饼+红豆汤

叉烧包+牛奶

巧克力蛋糕+牛奶

奶黄包+牛奶

早点
Morning Snack

Poached Pork
Dumpling

Pancake + Red Bean
Soup

Chashao Bun + Milk

Chocolate Cake + Milk

Steamed Creamy
Bun+ Milk

蛋挞+ 牛奶

卡通包+绿豆汤

香蕉蛋糕+牛奶

千层饼

鱼丸肉燕汤

午点
Afternoon Snack

Egg Tart+Milk

Cartoon Bun+Green
Bean Soup

Banana Cake + Milk

Thousand-layer Cake

Fish Ball Pork
Wonton

中式午餐 Chinese Lunch

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日期
Date

Mon

Tue

Wed

Thu

Fri

Sat

Sun

汤
Soup

酸笋肉片汤
Sour Bamboo
Shoot Pork Slice
Soup

鱼丸汤
Fish Ball Soup

海带排骨汤
Kelp Pork Rib Soup

丝瓜蛋花汤
Loofa Egg Soup

玉米萝卜排骨汤
Corn Carrot Pork
Rib Soup

紫菜蛋花汤
Seaweed Egg Soup

榨菜肉丝汤
Pickled
Vegetable Pork
Silk Soup

主荤
Main Meat

椒盐鱿鱼圈
Fried Squid Ring
with Salt and
Black Pepper

板栗焖鸭
Braised Duck with
Chestnut

脆皮炸鸡
Fried Chicken

香酥里脊
Fried Pork Silk

梅菜扣肉
Steamed Pork
Slice with Pickled
Vegetable

水煮鱼片
Poached Fish Slice
in Hot and Chili
Sauce

红烧狮子头
Braised Pork
Ball

副荤
Second
Meat

回锅肉
Fried Pork Slice in
Hot and Chili
Sauce

宫保鸡球
Sauteed Chicken Ball
in Chili Sauce

粉丝蒜蓉剁椒鱼
Steamed Fish with
Vermicelli in Chili
Sauce

番茄炒蛋
Sauteed Egg with
Tomato

干锅冒菜
Fried Seafood in
Chili Sauce

木须肉
Sauteed Egg with
Black Fungus and
Cucumber

肉沫蒸蛋
Steamed Egg
with Minced
Pork

主食
Grain Food

蒸米饭
Steamed Rice

蒸米饭
Steamed Rice

蒸米饭
Steamed Rice

蒸米饭
Steamed Rice

蒸米饭
Steamed Rice

蒸米饭
Steamed Rice

蒸米饭
Steamed Rice

素食
Vegetarian

酱香面筋
Sauteed Gluten in
Soya Sauce

西芹木耳炒淮山
Sauteed Yam with
Celery and Black
Fungus

地三鲜
Fried Three
Vegetables

麻婆豆腐
Mapo Tofu

酸辣土豆丝
Sauteed Potato
Silk in Hot and
Sour Sauce

香辣老豆腐
Braised Tofu in
Chili Sauce

红烧冬瓜
Braised
Wintermelon

时蔬
Vegetable

蒜蓉菠菜苗
Sauteed Spinach

白灼生菜
Poached Lettuce

清炒上海青
Sauteed Shanghai
Green

蒜香空心菜
Sauteed Water
Spinach with Garlic

蒜拌菜心
Sauteed
Vegetable Heart
with Garlic

清炒油麦菜
Sauteed Indian
Lettuce

白灼生菜
Poached Lettuce

西式午餐 Western Lunch

日期 Date	4 Mon	5 Tue	6 Wed	7 Thu	8 Fri	9 Sat	10 Sun
汤 Soup	蘑菇浓汤 Mushroom Soup	洋葱浓汤 Onion Soup	青豆浓汤 Green Bean Soup	玉米鸡茸汤 Corn Chicken Soup	蘑菇浓汤 Mushroom Soup	南瓜汤 Pumpkin Soup	土豆浓汤 Potato Soup
面包 Bread	蒜香法棍 Garlic Baguette	餐包 Soft Bun	法棍 Baguette	餐包 Soft Bun	法棍 Baguette	餐包 Soft Bun	法棍 Baguette
1-主菜 Main Course	牛肉肉酱 Beef Bolognese	德国烤肠 Germany Sausage	牧羊人派 Shepherd's Pie	泰式咖喱牛肉 Thai Curry Beef	夏威夷披萨 Hawaii Pizza	吉列鸡排 Gillette Chicken Chop	咖喱鸡 Curry Chicken
2-主菜 Main Course	意大利面 Spaghetti	土豆泥 Mashed Potato	薯条 Chips	咖喱炒饭 Fried Rice with Curry	上校鸡块 Chicken Nugget	杂菜炒饭 Fried Rice with Mixed Vegetable	薯条 Chips
酱汁 Sauce	肉酱 Bolognese	苹果汁 Apple Sauce	白汁 White Sauce	咖喱汁 Curry Sauce	番茄酱 Ketchup	蛋黄酱 Mayonnaise	番茄酱 Ketchup
1-配菜 Side Dish	胡萝卜 Carrot	卷心菜 Cabbage	玉米棒 Corn	荷兰豆 Snow Bean	胡萝卜 Carrot	玉米棒 Corn	烤彩椒 Roasted Color Pepper
2-配菜 Side Dish	烤南瓜 Roasted Pumpkin	胡萝卜 Carrot	荷兰豆 Snow Bean	烤彩椒 Roasted Color Pepper	圣女果 Cherry Tomato	口蘑 Mongolian Mushroom	烤小番茄 Roasted Cherry Tomato

面档 Noodle Station

	4	5	6	7	8	9	10
日期 Date	Mon	Tue	Wed	Thu	Fri	Sat	Sun
面 Noodle	河粉 Hefen	细面 Thin Noodle	火锅面 Pot Noodle	细面 Thin Noodle	红薯粉 Red Potato Powder	米粉 Rice Noodle	火锅面 Pot Noodle
汤底 Broth	鸡汤 Chicken Stock	炸酱面 Noodle with Soy Bean Paste	鸡汤 Chicken Stock	鸡汤 Chicken Stock	酸辣汤 Sour and Spicy Soup	鸡汤 Chicken Stock	鸡汤 Chicken Stock
1-浇头 Topping	酱鸭腿 Marinated Duck Leg	肉酱 Pork Bolognese	黑椒猪排 Black Pepper Pork Chop	卤鸡腿 Marinated Chicken Leg	罗非鱼 Fish Slice	肉泥 Mashed Pork	卤翅根 Marinated Chicken Wing
1-配菜 Side Dish	番薯丸 Potato Ball	胡萝卜 Carrot	番茄鸡蛋卤 Sauteed Egg with Tomato	煎蛋 Fried Egg	鹌鹑蛋 Quail Egg	鱼丸 Fish Ball	虎皮蛋 Fried Egg
1-配菜 Side Dish	腐竹 Dry Tofu Skin	京葱 Green Onion	外婆菜 Pickled Vegetable	油豆腐 Oil Tofu	鱼豆腐 Fish Tofu	紫菜+酸萝卜 Seaweed+Sour Radish	酸菜肉丝 Pickled Vegetable Pork Silk
蔬菜 Vegetable	青菜 Green Vegetable	黄瓜 Cucumber	青菜 Green Vegetable	青菜 Green Vegetable	青菜 Green Vegetable	青菜 Green Vegetable	青菜 Green Vegetable

中式晚餐 Chinese Dinner

日期 Date

4 Mon 5 Tue 6 Wed 7 Thu 8 Fri 9 Sat 10 Sun

汤 Soup

肉糜蛋花羹 Minced Pork Egg Soup
 菌菇老鸭汤 Mushroom Duck Soup
 番茄蛋花汤 Tomato Egg Soup
 海带排骨汤 Kelp Pork Rib Soup
 鲜香菇肉片汤 Mushroom Pork Slice Soup
 冬瓜鸡蛋羹 Wintermelon Egg Soup
 榨菜肉丝汤 Pickled Vegetable Pork Silk Soup

主荤 Main Meat

红烧排骨 Braised Pork Rib
 荔枝肉 Sweet and Sour Pork
 香菇炖鸡 Stewed Chicken with Mushroom
 冰梅鸭 Plum Duck
 脆皮炸鸡 Fried Chicken
 炸糟鱼 Fried Fish
 菠萝咕咾肉 Sauteed Pork with Pineapple in Sweet and Sour Sauce

副荤 Second Meat

番茄炒蛋 Sauteed Egg with Tomato
 麻辣香锅 Fried Seafood with Vegetable
 青椒炒蛋 Sauteed Egg with Green Pepper
 花菜炒香肠 Sauteed Sausage with Cauliflower
 肉糜烧茄子 Braised Eggplant with Minced Pork
 青椒肉丝 Sauteed Pork Silk with Green Pepper
 麻婆豆腐 Mapo Tofu

主食 Grain Food

蒸米饭 Steamed Rice
 蒸米饭 Steamed Rice
 蒸米饭 Steamed Rice
 蒸米饭 Steamed Rice
 蒸米饭 Steamed Rice
 蒸米饭 Steamed Rice
 蒸米饭 Steamed Rice

素食 Vegetarian

酸辣土豆丝 Sauteed Potato Silk in Hot and Sour Sauce
 泰式咖喱豆腐 Braised Tofu with Curry
 酱爆三丁 Sauteed Potato, Carrot, Onion Silk
 酸辣海带丝 Sauteed Kelp Silk in Hot and Sour Sauce
 干锅包菜 Sauteed Pot Cabbage
 尖椒土豆丝 Sauteed Potato Silk with Chili Pepper
 西芹炒淮山炒木耳 Sauteed Black Fungus with Celery and YAM

时蔬 Vegetable

蒜香空心菜 Sauteed Water Spinach with Garlic
 蒜拌菜心 Sauteed Vegetable Heart with Garlic
 清炒油麦菜 Sauteed Indian Lettuce
 酸辣大白菜 Sauteed Chinsed Cabbage in Hot and Sour Sauce
 蒜蓉菠菜苗 Sauteed Spinach with Garlic
 蒜蓉广芥 Sauteed Mustard with Garlic
 白灼生菜 Poached Lettuce

西式晚餐 Western Dinner



日期 Date

4 Mon 5 Tue 6 Wed 7 Thu 8 Fri 9 Sat 10 Sun

汤 Soup

美国浓汤 American Soup 罗宋汤 Borche 甘笋浓汤 Carrot Soup 意大利蔬菜汤 Vegetable Soup 红薯浓汤 Sweet Potato Soup 番茄浓汤 Tomato Soup 蘑菇浓汤 Mushroom Soup

面包 Bread

汉堡胚 Hamburger Embryo 餐包 Soft Bun 法棍 Baguette 餐包 Soft Bun 法棍 Baguette 餐包 Soft Bun 法棍 Baguette

1-主菜 Main Course

鸡肉汉堡 Chicken Burger 墨西哥鸡肉卷 Mexico Chicken Taco 扒鸡胸 Grill Chicken Breast 红酒烩牛肉 Stewed Beef in Red Wine 千层面 Lasagna 夏威夷鸡肉 Hawaiian Chicken 奥尔良烤鸡翅 Roasted Chicken Wing

2-主菜 Main Course

薯条 Chips 时蔬炒饭 Fried Rice with Vegetable 茄汁意面 Spaghetti with Tomato Sauce 迷你薯仔 Mini Potato 薯条 Chips 米饭 Steamed Rice 香香烤薯 Roasted Potato

酱汁 Sauce

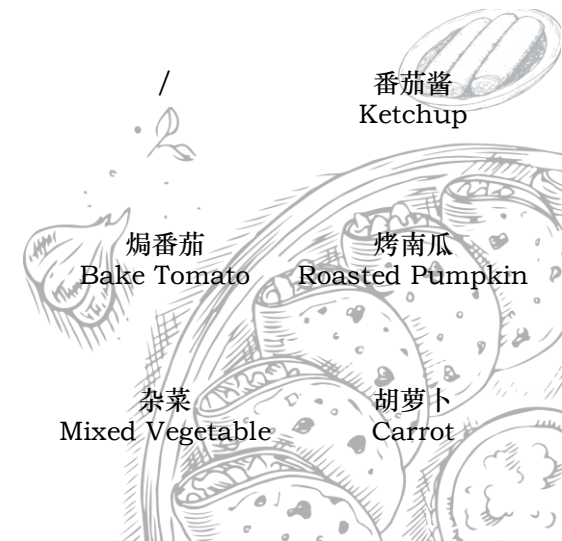
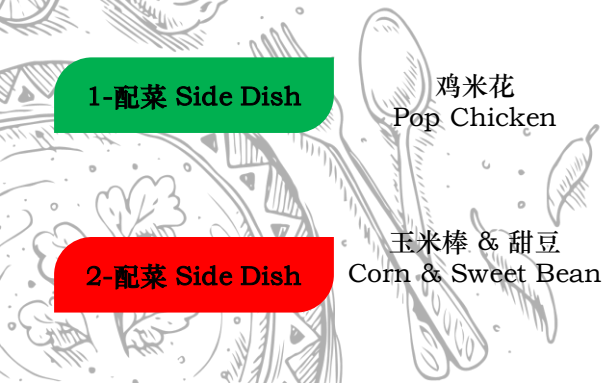
番茄酱 Ketchup 莎莎酱 Salsa Sauce 茄汁 Tomato Sauce 番茄酱 Ketchup 番茄酱 Ketchup / 番茄酱 Ketchup

1-配菜 Side Dish

鸡米花 Pop Chicken 荷兰豆 Snow Bean 卷心菜 Cabbage 胡萝卜 Carrot 鸡米花 Pop Chicken 焗番茄 Bake Tomato 烤南瓜 Roasted Pumpkin

2-配菜 Side Dish

玉米棒 & 甜豆 Corn & Sweet Bean 口蘑 Mongolian Mushroom 烤彩椒 Roasted Color Pepper 口蘑 Mongolian Mushroom 玉米 Corn 杂菜 Mixed Vegetable 胡萝卜 Carrot



水果 + 酸奶 + 甜汤

Fruit + Yogurt + Sweet Soup

日期
Date

4 Mon 5 Tue 6 Wed 7 Thu 8 Fri 9 Sat 10 Sun

李子 Plum 苹果 Apple 香蕉 Banana 西瓜 Watermelon 圣女果 Cherry Tomato 橙 Orange 香梨 Bergamot Pear

老干妈 Laoganma 自制辣酱 Homemade 老干妈 Laoganma 自制辣酱 Homemade 老干妈 Laoganma 自制辣酱 Homemade 老干妈 Laoganma 自制辣酱 Homemade 老干妈 Laoganma 自制辣酱 Homemade 老干妈 Laoganma 自制辣酱 Homemade

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香蕉 Banana 香梨 Fragrant Pear 桃子 Peach 苹果 Apple 李子 Plum 哈密瓜 Honeymelon 圣女果 Cherry Tomato

老干妈 Laoganma 自制辣酱 Homemade 老干妈 Laoganma 自制辣酱 Homemade 老干妈 Laoganma 自制辣酱 Homemade 老干妈 Laoganma 自制辣酱 Homemade 老干妈 Laoganma 自制辣酱 Homemade 老干妈 Laoganma 自制辣酱 Homemade

晚餐 Dinner

绿豆汤 Green Bean Soup 光明健能Jcan 光明风味Flavored 红枣银耳汤 Red Date White Fungus Soup 光明健能Jcan 光明风味Flavored 椰浆红豆 Coconut Milk Red Bean 光明健能Jcan 光明风味Flavored 木瓜银耳汤 Papaya White Fungus