



SEDBERGH SCHOOL
赛德文学校

- 5th–11th Dec
- Menu

Sodexo

		星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY
早餐 Breakfast	粥 Congee	白粥/红糖薏米粥 Brown Sugar and Coix Seed Congee	白粥/皮蛋瘦肉粥 Preserved Egg and Pork Congee	白粥/营养紫米粥 Purple Rice Congee	白粥/海鲜粥 Seafood Congee	白粥/香芹牛肉粥 Celery and Beef Congee
	牛奶 Milk	牛奶 Milk	牛奶 Milk	牛奶 Milk	牛奶 Milk	牛奶 Milk
	豆浆 Bean Milk	低糖黑芝麻糊 Black Sesame Paste	原味豆浆 Soy Milk	黑豆浆 Black Soy Milk	低糖黑芝麻糊 Black Sesame Paste	原味豆浆 Soy Milk
	鸡蛋/Egg	白煮蛋 Boiled Egg	茶叶蛋 Chinese Tea Egg	白煮蛋 Boiled Egg	茶叶蛋 Chinese Tea Egg	白煮蛋 Boiled Egg
	面/饭 Rice/Noodle	连江海鲜锅边 Lianjiang Seafood Rice Flake Soup	面线糊 Rice Noodle Paste	上海大馄饨 Shanghai Big Dumplings	蔬菜炒河粉 Fried Rice Noodle with Vegetable	芝麻酱拌面 Noodle with Sesame Sauce
	中点Dim sum	手工千层饼 Thousand Layer Omelette	麻球 Deep-fried Sesame Balls	笋干肉包 Steamed Pork and Bamboo Shoot Bun	南瓜饼 Pumpkin Pie	三角芋头糕 Steamed Taro Cake
	西点 Pastry	香蕉蛋糕 Banana Cake	椰蓉面包 Coconut Bread	肉松蛋糕 Meat Floss Cake	原味小羊角 Mini Croissant	巧克力蛋糕 Chocolate Sponge Cake
	五谷/时蔬 Grains/Vegetable	蒜蓉生菜 Lettuce with Garlic Paste	蒸南瓜 Steamed Pumpkin	清炒菜心 Cantonese Cabbage with Garlic Paste	蒸紫薯 Steamed Purple Sweet Potato	清炒杭白菜 Stir-fried Hangzhou Cabbage
	麦片 Cereals	谷物麦片 Cereal	谷物麦片 Cereal	谷物麦片 Cereal	谷物麦片 Cereal	谷物麦片 Cereal
	吐司 Toast	全麦吐司 Wholewheat Toast	吐司 Toast	全麦吐司 Wholewheat Toast	吐司 Toast	全麦吐司 Wholewheat Toast
应季水果 Fruit	橙子 Orange	香梨 Pear	蜜桔 Tangerine	哈密瓜 Hami Melon	圣女果 Cherry Tomato	
午餐 Lunch	汤 Soup	淮山排骨汤 Yam Pork Rib Soup	干贝冬瓜羹 Dry Scallop Winter Melon Soup	花菜浓汤 Cauliflower Soup	蘑菇浓汤 Mushroom Soup	苏式红汤 + 细面 Suzhou Red Soup + Thin Noodle
	主荤 Main Meat	奥尔良烤鸡腿 Orleans Roasted Chicken Leg	老福州红糟五花肉 Fuzhou Red Vinasse Pork Belly	烧烤牛肉三明治 BBQ Beef Sandwich	意大利腿培根披萨 Ham & Bacon Pizza	焖肉 Braised Pork
	副荤 Second Meat	番茄炒蛋 Sauteed Egg with Tomato	香芹虾仁炒藕断 Stir-fried Lotus Root with Celery and Shrimp	香料烤薯角 + 番茄沙司 Roasted Potato w/Mixed Herb + Ketchup	鸡米花 + 番茄沙司 Chicken Popcorn + Ketchup	酱三丁 Sauteed Three Diced Ingredients
	素食 Vegetarian	青椒土豆丝 Shredded Potato with Green Pepper	鱼香茄子 Eggplant with Garlic Sauce	佛卡夏 Focaccia	裸麦包 Rye Bread	煎蛋 Fried Egg
	时蔬 Vegetable	豉油菜心 Sauteed Vegetable Heart in Black Bean Sauce	清炒奶白菜 Stir-fried Chinese Cabbage	扒豇豆+卷心菜 Grilled Long Bean + Cabbage	扒杂菇+双色椰菜 Grilled Mixed Mushrooms + Cauliflower & Broccoli	青菜 Green Vegetable
	应季水果 Fruit	香梨/柚子 Pear/Grapefruit	香蕉/橙 Banana/Orange	哈密瓜/圣女果 Hami Melon/Cherry Tomato	蜜桔/火龙果 Tangerine/Dragon Fruit	香蕉/苹果 Banana/Apple
	辣酱 Chili Sauce	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade
	酸奶 Yogurt	光明健能Jcan 光明风味Flavored	光明健能Jcan 光明风味Flavored	光明健能Jcan 光明风味Flavored	光明健能Jcan 光明风味Flavored	光明健能Jcan 光明风味Flavored
晚餐 Dinner	汤 Soup	香菇老鸡汤 Mushroom and Chicken Stock	海带排骨汤 Kelp Silk with Pork Rib Soup	福州鱼丸汤 Fuzhou Fish Ball Soup	玉米胡萝卜肉片汤 Corn Carrot and Pork Soup	莲藕老鸭汤 Lotus Root and Duck Soup
	主荤 Main Meat	外婆红烧肉 Braised Pork Belly with Soy Sauce	番茄土豆炖牛腩 Braised Beef Brisket with Tomato and Potato	茶香鸭块 Duck Slice with Tea Sauce	蒜蓉粉丝蒸鱿鱼 Steamed Squid with Garlic and Vermicelli	香芋烧牛腩 Braised Beef Brisket with Taro
	副荤 Second Meat	西芹腐竹炒鸡片 Stir-fried Chicken with Celery & Dried Beancurd	莴笋炒肉片 Stir-fried Pork Slice with Celtuce	银鱼炒蛋 Stir-fried Silver Fish with Egg	农家小炒肉 Sauteed Pork Slice	海鲜烩日本豆腐 Braised Japanese Tofu with Seafood
	素食 Vegetarian	酸辣白菜 Spicy and Sour Chinese Cabbage	家烧素鸡 Braised Vegan Chicken	干锅包菜 Cabbage in a Dry Pot	番茄炒西葫芦 Pan-fried Tomato with Zucchini	豆豉南瓜 Pumpkin with Black Bean Sauce
	时蔬 Vegetable	酒香菠菜苗 Baby Spinach with Wine Sauce	白灼生菜 Boiled Lettuce	清炒油麦菜 Pan-fried Leafy Lettuce	豉油上海青 Bok Choy with Black Bean Sauce	白灼生菜 Boiled Lettuce
	应季水果 Fruit	蜜桔/火龙果 Tangerine/Dragon Fruit	苹果/西周蜜瓜 Apple/Hami Melon	香蕉/柚子 Banana/Grapefruit	橙/香梨 Orange/Pear	蜜桔/香蕉 Tangerine/Banana
	辣酱 Chili Sauce	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade
	甜汤 Dessert Soup	苹果酒酿小圆子汤 Sweet Apple Rice Wine and Mini Glutinous Ball Soup	花生红豆薏米汤 Peanut Red Bean Barley Soup	百合莲子汤 Lily Bulb and Lotus Seed Soup	黑芝麻汤圆 Glutinous Rice ball with Black Sesame	红枣银耳汤 Red Jujube Corn and White Fungus Soup

	星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY
粥 Congee	白粥/红糖薏米粥 Brown Sugar and Coix Seed Congee	白粥/皮蛋瘦肉粥 Preserved Egg and Pork Congee	白粥/营养紫米粥 Purple Rice Congee	白粥/海鲜粥 Seafood Congee	白粥/香芹牛肉粥 Celery and Beef Congee
牛奶 Milk	牛奶 Milk	牛奶 Milk	牛奶 Milk	牛奶 Milk	牛奶 Milk
豆浆 Bean Milk	低糖黑芝麻糊 Black Sesame Paste	原味豆浆 Soy Milk	黑豆浆 Black Soy Milk	低糖黑芝麻糊 Black Sesame Paste	原味豆浆 Soy Milk
鸡蛋 Egg	白煮蛋 Boiled Egg	茶叶蛋 Chinese Tea Egg	白煮蛋 Boiled Egg	茶叶蛋 Chinese Tea Egg	白煮蛋 Boiled Egg
面/饭 Rice/Noodle	连江海鲜锅边 Lianjiang Seafood Rice Flake Soup	面线糊 Rice Noodle Paste	上海大馄饨 Shanghai Big Dumplings	蔬菜炒河粉 Fried Rice Noodle with Vegetable	芝麻酱拌面 Noodle with Sesame Sauce
中点Dim sum	手工千层饼 Thousand Layer Omelette	麻球 Deep-fried Sesame Balls	笋干肉包 Steamed Pork and Bamboo Shoot Bun	南瓜饼 Pumpkin Pie	三角芋头糕 Steamed Taro Cake
西点 Pastry	香蕉蛋糕 Banana Cake	椰蓉面包 Coconut Bread	肉松蛋糕 Meat Floss Cake	原味小羊角 Mini Croissant	巧克力蛋糕 Chocolate Sponge Cake
五谷/时蔬 Grains/Vegetable	蒜蓉生菜 Lettuce with Garlic Paste	蒸南瓜 Steamed Pumpkin	清炒菜心 Cantonese Cabbage with Garlic Paste	蒸紫薯 Steamed Purple Sweet Potato	清炒杭白菜 Stir-fried Hangzhou Cabbage
麦片Cereal	谷物麦片 Cereal	谷物麦片 Cereal	谷物麦片 Cereal	谷物麦片 Cereal	谷物麦片 Cereal
吐司Toast	全麦吐司 Wholewheat Toast	吐司 Toast	全麦吐司 Wholewheat Toast	吐司 Toast	全麦吐司 Wholewheat Toast
应季水果Fruit	橙子 Orange	香梨 Pear	蜜桔 Tangerine	哈密瓜 Hami Melon	圣女果 Cherry Tomato
上午点心 Morning Snack	糯米烧麦+豆浆 Glutinous Rice Shumai+ Soy Milk	奥利奥巧克力麻薯+牛奶 Oreo Chocolate Mochi + Milk	煎包+桂花水果汤圆 Pan-fried Buns + Osmanthus and Fruit Glutinous Balls	原味蛋糕+喜多多仙草蜜 Sponge Cake + Grass Jelly with Fruit Soup	叉烧包+豆浆 BBQ Pork Buns + Soy Milk



		星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY
中式午餐 Chinese Lunch	汤 Soup	淮山排骨汤 Yam Pork Rib Soup	干贝冬瓜羹 Dry Scallop Winter Melon Soup	竹笋老鸭汤 Salted Bamboo Shoots with Duck Soup	福清番薯丸汤 Fuzhou Sweet Potato Ball Soup	香菇肉滑汤 Mushroom and Pork Soup
	主荤 Main Meat	奥尔良烤鸡腿 Orleans Roasted Chicken Leg	老福州红糟五花肉 Fuzhou Red Vinasse Pork Belly	上海爆鱼 Shanghai Deep-fried Fish	三杯鸡翅根 Three Cup Chicken Wings	芝麻海鲜香锅 Sauteed Squid and Shrimp in Sesame Sauce
	副荤 Second Meat	番茄炒蛋 Sauteed Egg with Tomato	香芹虾仁炒藕断 Stir-fried Lotus Root with Celery and Shrimp	彩椒平菇炒肉片 Sauteed Pork Silk with Green Pepper	蒜苔炒腊肠 Stir-fried Preserved Sausage with Garlic Chives	豆角炒鸡丁 Stir-fried Chicken Dice and Beans
	素食 Vegetarian	青椒土豆丝 Shredded Potato with Green Pepper	鱼香茄子 Eggplant with Garlic Sauce	家烧萝卜 Braised Radish	葱油莴笋 Celtuce with Scallion Oil	淮山青椒炒木耳 Sauteed Black Fungus with Yam
	时蔬 Vegetable	豉油菜心 Sauteed Vegetable Heart in Black Bean Sauce	清炒奶白菜 Stir-fried Chinese Cabbage	蒜蓉西兰花 Sauteed Broccoli with Garlic	酒香芥菜 Sauteed Leaf Mustard	蒜蓉油麦菜 Sauteed Indian Lettuce with Garlic
午餐 Lunch	应季水果 Fruit	香梨/柚子 Pear/Grapefruit	香蕉/橙 Banana/Orange	哈密瓜/圣女果 Hami Melon/ Cherry Tomato	蜜桔/火龙果 Tangerine/Dragon Fruit	香蕉/苹果 Banana/Apple
	辣酱 Chili Sauce	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade
	酸奶 Yogurt	光明健能Jcan 光明风味Flavored	光明健能Jcan 光明风味Flavored	光明健能Jcan 光明风味Flavored	光明健能Jcan 光明风味Flavored	光明健能Jcan 光明风味Flavored
西式午餐 Western Lunch	汤 Soup	奶油南瓜汤 Pumpkin Soup	胡萝卜浓汤 Carrot Soup	花菜浓汤 Cauliflower Soup	蘑菇浓汤 Mushroom Soup	洋葱汤 Onion Soup
	面包 Bread	法棍 Baguette	餐包 Soft Buns	佛卡夏 Focaccia	裸麦包 Rye Bread	法棍 Baguette
	1-主菜 Main Course	普罗旺斯烤猪柳 Roasted Pork w/Providence Herb	芥末鸡腿扒 Grilled Chicken Leg w/Mustard Sauce	烧烤牛肉三明治 BBQ Beef Sandwich	意式火腿培根披萨 Ham & Bacon Pizza	肉酱千层面 Beef Lasagna
	2-主菜 Main Course	芝士焗甜薯泥 Cheese Baked Sweet Potato	青酱意面 Pasta w/Pesto Sauce	香料烤薯角 Roasted Potato w/Mixed Herb	鸡米花 Chicken Popcorn	薯条 French Fries
	酱汁 Sauce	洋葱肉汁 Onion Sauce	蘑菇汁 Mushroom Sauce	番茄沙司 Ketchup	番茄沙司 Ketchup	番茄沙司 Ketchup
	配菜 Side Dish	扒蔬菜+圣女果 Grilled Vegetable +Cherry Tomato	香甜玉米粒+法式杂菜 Sweet Corn +Ratatouille	扒豇豆+卷心菜 Grilled Long Bean + Cabbage	扒杂菇+双色椰菜 Grilled Mixed Mushrooms + Cauliflower & Broccoli	甜豆+胡萝卜 Snow Bean + Carrot
	面档 Noodle Station	面 Noodle	米粉 Rice Noodle	细面 Thin Noodle	宽面 Wide Noodle	拉面 Ramen
汤底 Broth		海鲜酸辣汤 Seafood Sour and Spicy Soup	鲜鸡汤 Chicken Soup	鲜鸡汤 Chicken Soup	牛肉面汤 Beef Noodle Soup	苏式红汤 Suzhou Red Soup
1-配菜 Side Dish		巴沙鱼柳 Basa Fish Fillet	红烧鸭腿 Duck Leg with Soy Sauce	麻辣肉酱 Chili Minced Pork Sauce	红烧牛肉 Braised Beef with Soy Sauce	焖肉 Braised Pork
2-配菜 Side Dish		豆芽炒鸡丝 Bean Sprouts Stir-fried with Shredded Chicken	鲜豆角肉糜 Beans with Minced Pork	鲜汁木耳笋片 Fungus with Bamboo Shoot	肉汁萝卜 Radish with Meat Sauce	酱三丁 Sauteed Three Diced Ingredients
3-配菜 Side Dish		鹌鹑蛋 Quail Egg	卤蛋 Marinated Egg	煎蛋 Pan-fried Egg	卤蛋 Marinated Egg	煎蛋 Fried Egg
时蔬 Vegetable		青菜 Green Vegetable	生菜 Lettuce	青菜 Green Vegetable	生菜 Lettuce	青菜 Green Vegetable
下午点心 Afternoon Snack	卡通猪猪包+木瓜羹 Steamed Cartoon Piggy Buns	番薯丸 Sweet Potato Mini Balls	菠萝包+牛奶 Pineapple Buns + Milk	福州肉燕 Fuzhou Pork Dumpling	铜锣烧+酸奶 Dorayaki + Yogurt	

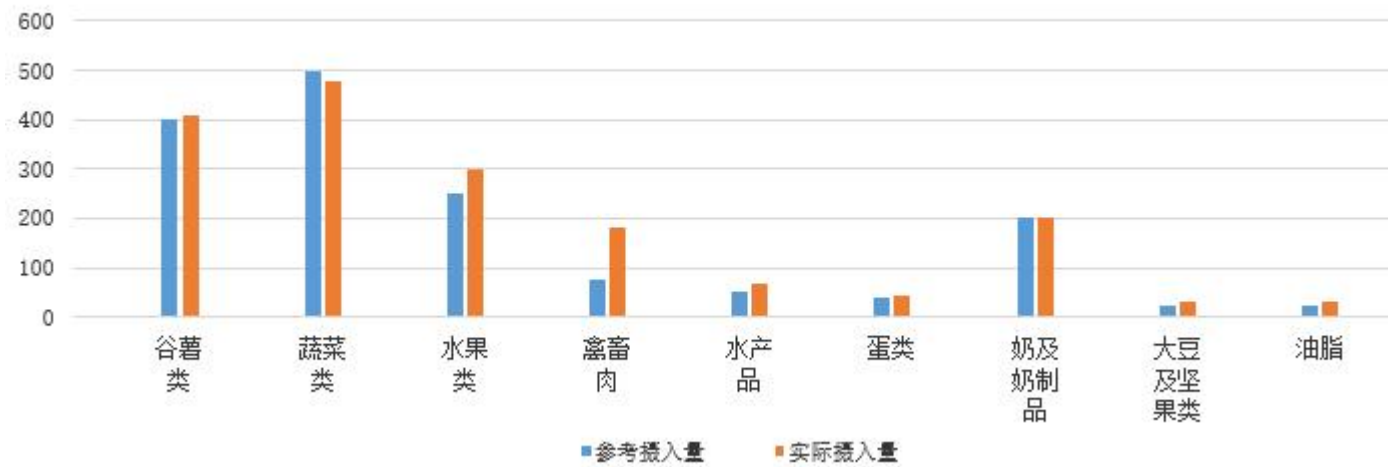
		星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期日 SUNDAY
中式晚餐 Chinese Dinner	汤 Soup	香菇老鸡汤 Mushroom and Chicken Stock	海带排骨汤 Kelp Silk with Pork Rib Soup	福州鱼丸汤 Fuzhou Fish Ball Soup	玉米胡萝卜肉片汤 Corn Carrot and Pork Soup	莲藕老鸭汤 Lotus Root and Duck Soup
	主荤 Main Meat	外婆红烧肉 Braised Pork Belly with Soy Sauce	番茄土豆炖牛腩 Braised Beef Brisket with Tomato and Potato	茶香鸭块 Duck Slice with Tea Sauce	蒜蓉粉丝蒸鱿鱼 Steamed Squid with Garlic and Vermicelli	香芋烧牛腩 Braised Beef Brisket with Taro
	副荤 Second Meat	西芹腐竹炒鸡片 Stir-fried Chicken with Celery & Dried Beancurd	莴笋炒肉片 Stir-fried Pork Slice with Celtnce	银鱼炒蛋 Stir-fried Silver Fish with Egg	农家小炒肉 Sauteed Pork Slice	海鲜烩日本豆腐 Braised Japanese Tofu with Seafood
	素食 Vegetarian	酸辣白菜 Spicy and Sour Chinese Cabbage	家烧素鸡 Braised Vegan Chicken	干锅包菜 Cabbage in a Dry Pot	番茄炒西葫芦 Pan-fried Tomato with Zucchini	豆豉南瓜 Pumpkin with Black Bean Sauce
	时蔬 Vegetable	酒香菠菜苗 Baby Spinach with Wine Sauce	白灼生菜 Boiled Lettuce	清炒油麦菜 Pan-fried Leafy Lettuce	豉油上海青 Bok Choy with Black Bean Sauce	白灼生菜 Boiled Lettuce
晚餐 Dinner	应季水果 Fruit	蜜桔/火龙果 Tangerine/Dragon Fruit	苹果/西州蜜瓜 Apple/Hami Melon	香蕉/柚子 Banana/Grapefruit	橙/香梨 Orange/Pear	蜜桔/香蕉 Tangerine/Banana
	辣酱 Chili Sauce	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade
	甜汤 Dessert Soup	苹果酒酿小圆子汤 Sweet Apple Rice Wine and Mini Glutous Ball Soup	花生红豆薏米汤 Peanut Red Bean Barley Soup	百合莲子汤 Lily Bulb and Lotus Seed Soup	黑芝麻汤圆 Glutinous Rice ball with Black Sesame	红枣银耳汤 Red Jujube Corn and White Fungus Soup
西式晚餐 Western Dinner	汤 Soup	土豆浓汤 Potato Soup	蔬菜浓汤 Minestrone Soup	青豆浓汤 Green Bean Soup	牛尾浓汤 Oxtail Soup	美国浓汤 American Style Clam Chowder
	面包 Bread	佛卡夏 Focaccia	餐包 Soft Buns	纳恩面包 Naan Bread	裸麦包 Rye Bread	餐包 Soft Buns
	1-主菜 Main Course	西班牙烩鸡腿 Spanish Braised Chicken Leg	美式烤肋排 BBQ Pork Ribs	墨西哥金枪鱼卷 Tuna Taco	橙汁鸭胸 Grilled Duck Breast w/Orange Sauce	比加达鱼排 Fish Picatta
	2-主菜 Main Course	黑椒意大利面 Pasta w/Black Pepper Sauce	夏威夷海鲜菠萝炒饭 Hawaii Fried Rice	香料烤甜薯 Roasted Sweet Potato w/Herb	土豆泥 Mashed Potato	番茄意大利面 Pasta w/Tomato Sauce
	酱汁 Sauce	黑胡椒汁 Black Pepper Sauce	/	热番茄莎莎 Hot Tomato Salsa	橙汁 Orange Sauce	番茄汁 Tomato Sauce
	配菜 Side Dish	卡真烤花菜+扒杂菇 Cajun Roasted Cauliflower	圣女果+西兰花 Cherry Tomato+Broccoli	西兰花+玉米棒 Broccoli + Corn Cob	扒西葫芦+圣女果 Grilled Zucchini + Cherry Tomato	巴伐利亚卷心菜/西兰花 Cabbage/Broccoli
特色餐档 Chef's Special	主荤 Main Meat	叉烧/烤鸭/卤蛋 Char Siu/Roasted Duck/ Marinated Eggs	冬阴功大虾汤 Tom Yam Goong	烧鸡公 Sauteed Chicken Stew	日式炸猪排/卤蛋 Fried Pork Fillet/Boiled Egg w/Soy Sauce	豆豉排骨, 腊肠, 卤蛋 Steamed Pork Ribs w/Cantonese Sausage, Egg
	主食 Grain Food	煲仔饭 Clay Pot Rice	米线 Rice Noodles	红薯粉 Sweet Potato Noodle	白米饭 Rice	煲仔饭 Clay Pot Rice
	配菜 Side Dish	豉油菜心 Cantonese Cabbage with Soy Sauce	生菜 Lettuce	时令蔬菜 Seasonal Vegetable	咖喱蔬菜 Curry Vegetable	豉油菜心 Cantonese Cabbage with Soy Sauce



本周营养素参考摄入量分析 Dietary Reference Intakes Analysis

名称Name	DRIS摄入量	实际摄入量Actual Intake	结果Result
能量Energy	2000Kcal	2200Kcal	合格Qualified
脂肪Fat	≤60g	76g	合格Qualified
碳水化合物Carbohydrate	300g	350g	合格Qualified
蛋白质Protein	75g	123g	合格Qualified
钙Calcium(Ca)	800mg	557mg	合格Qualified
钾Potassium(K)	2000mg	2011mg	合格Qualified
钠Sodium (Na)	2000mg	2026mg	合格Qualified

膳食结构评价表



Food Guide Plate 膳食餐盘

