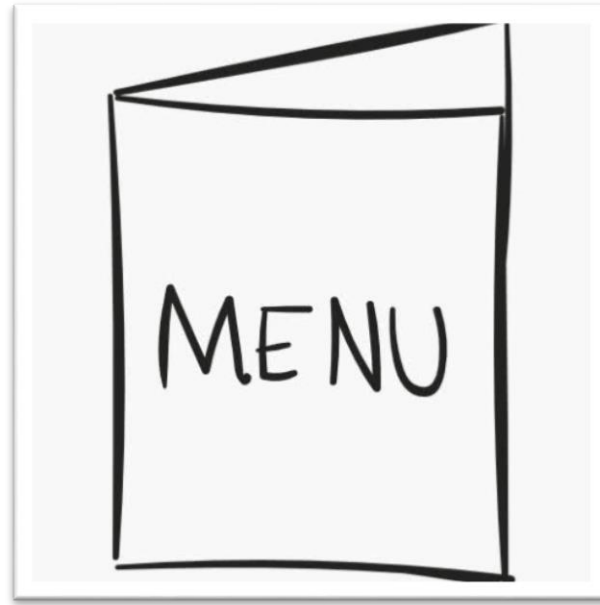




融侨赛德伯小学餐厅1月份菜单（第2周）

Rong Qiao Sedbergh Junior School Canteen
Menu_January (Week 2)



营养指南 Nutrition Guide

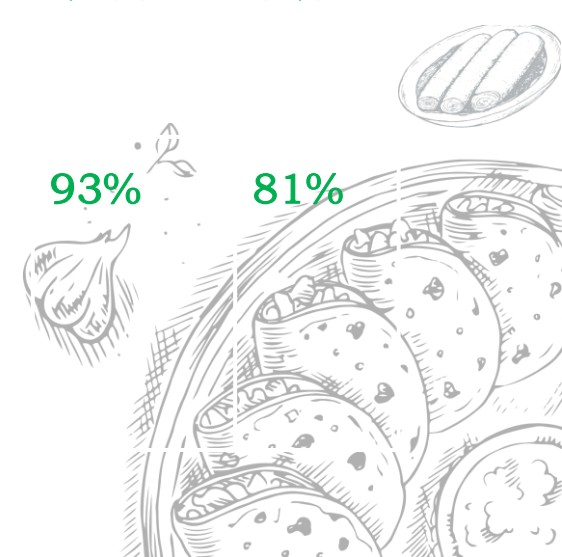


营养分析百分比摄入量是基于平均2500卡路里的饮食，每人每天的卡路里摄入量可能更高或更低

*Percent Daily Values are based on 2,500 calorie diet. Your daily calories may be higher or lower depending on your calorie needs



在校摄入量 ADI Total intake at school	总热 Kcals Energy	蛋白质g Protein	脂肪g Fat	碳水化合物g Carbohy drate	钠mg Sodium	钙mg Calci um
	2260	88	71	314.6	2100	620
每日占比 NRV %	91.5%	16.5%	27%	56%	93%	81%



营养分析
Nutrition
Analysis

早餐 Breakfast

日期
Date

10

Mon

11

Tue

12

Wed

13

Thu

14

Fri

15

Sat

16

Sun

粥
Congee

白粥/干贝瘦肉粥
Plain Congee/Dried
Scallop&Minced
Pork Congee

白粥/山药牛肉粥
Plain
Congee/Yam&Minced
Beef Congee

白粥/鱼片粥
Plain Congee/Fish
Slices Congee

白粥/香芋蚝干粥
Plain
Congee/Taro&Dried
Baby Oyster
Congee

白粥/香菇玉米瘦肉粥
Plain
Congee/Mushroom
Sweet Corn and
Pork Congee

热饮
Hot Drink

热牛奶
Hot Milk

鲜榨玉米汁
Fresh Sweet Corn
Juice

热牛奶
Hot Milk

黑豆浆
Black Soy Milk

热牛奶
Hot Milk

蛋类
Egg

洋葱火腿炒鸡蛋
Pan-fried Egg with
Ham&Onion

茶叶蛋
Tea Egg

菜圃煎蛋
Fried Egg with Dried
Vegetable

煎蛋
Fried Egg

番茄炒蛋
Fried Egg with
Tomato

元气
Energy

肉夹馍
Chinese Hamburger

生煎包
Pan-fried Pork Bun

培根
Bacon

香菇玉米猪肉包
Mushroom&Pork
Bun

福鼎肉片
Pork Paste in
Seaweed Soup

地方风味特色
Local
Specialties

红豆汤圆
Red Bean Paste
Dumplings

高丽菜炒饭
Fried Rice with
Cabbage

桂林米粉
Guilin Rice Noodle

芝士玉米鸡肉塔
Chicken Tart with
Cheese&Corn

紫薯包
Purple Paste Bun

中点 + 西点
CN-Dim Sum +
Pastry

提子软包
Raisins Bread

炸香蕉
Deep-fried Banana

抹茶红豆包
Matcha&Red Bean
Paste Bun

油条
Deep-fried Dough
Stick

马芬小蛋糕
Muffin

早餐 Breakfast

10

11

12

13

14

15

16

日期
Date

Mon

Tue

Wed

Thu

Fri

Sat

Sun

热菜 Main Dish

毛豆
Green Soy Bean

蒜蓉花椰菜
Stir-fried
Cauliflower with
Garlic Paste

烤红薯
Roasted Sweet
Potato

烤番茄
Grilled Tomato

蒜蓉炒菜心
Stir-fried Choy
Sum with
Garlic Paste

早点 Morning Snack

日期
Date



早点 Morning Snack



10	11	12	13	14	15	16
Mon	Tue	Wed	Thu	Fri	Sat	Sun
蒸饺+红豆汤	鸡蛋饼+牛奶	叉烧包+牛奶	火腿面包+牛奶	巧克力蛋糕+牛奶		
Steamed Dumpling + Red Bean Sweet Soup	Egg Pancake+Milk	BBQ Pork Bun+Milk	Ham Bread + Milk	Chocolate Cake+Milk		

中式午餐 Chinese Lunch

日期 Date	10 Mon	11 Tue	12 Wed	13 Thu	14 Fri	15 Sat	16 Sun
汤 Soup	萝卜老鸭汤 Radish&Duck Soup	花旗参土鸡汤 American Ginseng&Chicken Soup	海蛎豆腐汤 Baby Oyster&Tofu Soup	青瓜肉片汤 Cucumber&Pork Slices Soup	黄豆苦瓜排骨汤 Pork Ribs Soup with Soybean&Bitter Melon		
主荤 Main Meat	香酥炸鸡翅根 Deep-fried Chicken Wing	八宝东坡肉 Braised Pork	湘西土匪鸭 Pan-fried Duck	菠萝咕噜鱼 Sweet and Sour Fish	水煮牛肉 Boiled Beef Slices		
副荤 Second Meat	西红柿炒鸡蛋 Fried Egg with Tomato	海鲜焖豆腐 Braised Tofu with Seafood	芥兰头炒肉片 Fried Pork Slices with Broccoli Root	韭黄炒鸡蛋 Fried Egg with Chives	黑椒烤鸭 Roasted Duck with Black Pepper		
主食 Grain Food	白米饭 Steamed Rice	白米饭 Steamed Rice	白米饭 Steamed Rice	白米饭 Steamed Rice	白米饭 Steamed Rice		
素食 Vegetarian	干煸杏鲍菇 Fried Mushroom	油焖老南瓜 Braised Pumpkin	清炒白瓜 Stir-fried White Melon	白灼秋葵 Poached Okra	蒜蓉炒佛手瓜 Stir-fried Chayote with Garlic Paste		
时蔬 Vegetable	蒜蓉大白菜 Stir-fried Chinese Cabbage with Garlic Paste	清炒豆苗 Stir-fried Bean Sprouts	清炒小白菜 Stir-fried Baby Cabbage	白灼广东菜心 Poached Choy Sum	清炒高丽菜 Stir-fried Cabbage		

西式午餐 Western Lunch

日期 Date	10 Mon	11 Tue	12 Wed	13 Thu	14 Fri	15 Sat	16 Sun
汤 Soup	美国浓汤 American Soup	罗宋汤 Borscht	甘笋浓汤 Carrot Soup	意大利蔬菜汤 Minestrone Soup	红薯浓汤 Sweet Potato Soup		
面包 Bread	汉堡 Hamburger Bun	法棍 Baguette	餐包 Bun	餐包 Bun	法棍 Baguette		
1-主菜 Main Course	牛肉汉堡 & 鸡米花 Beef Hamburger & Popcorn Chicken	墨西哥鸡肉卷 Chicken Wrap	卡真烤鱼 Cajun Roasted Fish	红酒烩牛肉 Braised Beef with Red Wine	英式炸鱼 English Deep-fried Fish Fillet (small pieces like upper senior- fish fingers)		
2-主菜 Main Course	薯条 chips	时蔬炒饭 Rice with Vegetable	青酱意大利面 Spaghetti with Pesto	迷你薯角 Mini Potato Wedges	薯条 Chips		
酱汁 Sauce	番茄酱 Ketchup	莎莎酱 Salsa Sauce	香蕉莎莎 Banana Salsa	红酒汁 Red Wine Sauce	青豆酱 Green Bean Sauce		
1-配菜 Side Dish	甜豆 Sweet Beans	西兰花 Broccoli	卷心菜 Cabbage	胡萝卜炒节瓜 Fried Carrot&Zucchini	西兰花 Broccoli		
2-配菜 Side Dish	玉米棒 Cob	口蘑 Mushroom	烤彩椒 Roasted Bell Pepper	烤彩椒 Roasted Bell Pepper	青豆泥 Green Bean Paste		

特色午餐 Special Lunch

日期 Date	10	11	12	13	14	15	16
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
汤 Soup	萝卜老鸭汤 Radish&Duck Soup	花旗参土鸡汤 American Ginseng&Chic ken Soup	海蛎豆腐汤 Baby Oyster&Tofu Soup	青瓜肉片汤 Cucumber&Pork Slices Soup	黄豆苦瓜排骨汤 Pork Ribs Soup with Soybean&Bitter Melon		
主荤 Main Meat	飘香手撕鸡 Homemade Shredded Chicken	湖南辣炒小牛肉 Pan-fried Beef with Chili	白切羊肉★ Boiled Mutton	澳门脆皮烤肉 Macau Crispy Pork	自制风味肉夹馍★ Homemade Chinese Hamburger		
副荤 Second Meat	肉末烧老豆腐 Braised Firm Tofu with Minced Pork	红烧茄子 Pan-fried Eggplant	番茄炒蛋 Fried Egg with Tomato	肉末蒸滑蛋 Steamed Egg with Minced Pork	鸡米花 Popcorn Chicken		
主食 Grain Food	香米饭 Steamed Rice	香米饭 Steamed Rice	香米饭 Steamed Rice	香米饭 Steamed Rice	烤红薯 Baked Sweet Potato		
蔬菜 Vegetable	青菜 Vegetable	青菜 Vegetable	青菜 Vegetable	青菜 Vegetable	青菜 Vegetable		

面档 Noodle Station

日期
Date

10

11

12

13

14

15

16

Mon

Tue

Wed

Thu

Fri

Sat

Sun

面 Noodle

扁面
Flat Noodle

乌冬面
Udon Noodle

伊面
Deep-fried
Egg Noodle

刀削面
Sliced Noodle

手工拉面
Homemade
Pulled Noodle

汤底 Broth

鲜鸡汤
Chicken Stock

鲜鸡汤
Chicken Stock

鲜鸡汤
Chicken
Stock

鲜鸡汤
Chicken Stock

鲜鸡汤
Chicken Stock

1-浇头 Topping

榨菜肉丝
Fried Shredded
Pork with
Pickle

活虾
Fresh Prawns

香菇肉片卤
Pork
Slices&Mushr
oom in Gravy

红烧猪手
Braised Pork
Hand

白切鸡
Boiled Chicken

1-配菜 Side Dish

卤水鸭肉
Salted Duck

蟹肉棒
Crab Stick

琵琶腿
Chicken Leg

卤水豆腐
Marinated Tofu

酸豆角肉糜
Fried Pickled
Beans and
Minced Pork

2-配菜 Side Dish

煎蛋
Fried Egg

卤蛋
Marinated Egg

豆芽
Bean Sprouts

鹌鹑蛋
Quail Egg

辣雪菜
Spicy Pickled
Vegetable

时蔬 Vegetable

青菜
Vegetable

青菜
Vegetable

青菜
Vegetable

青菜
Vegetable

青菜
Vegetable

午点 Afternoon Snack

10

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16

日期
Date

Mon

Tue

Wed

Thu

Fri

Sat

Sun

紫薯包+银耳汤

蘑菇芝士披萨

蓝莓吐司+绿豆汤

鱼丸

千层饼+牛奶

午点 Afternoon Snack

Purple Potato
Paste
Bun+Tremella
Soup

Mushroom and
Cheese Pizza

Blueberry
Toast+Mung
Bean Sweet Soup

Fish Ball

Crispy Pancake
+ Milk

中式晚餐 Chinese Dinner

10

11

12

13

14

15

16

日期
Date

Mon

Tue

Wed

Thu

Fri

Sat

Sun

汤 Soup

红萝卜玉米土鸡
汤
Chicken Soup
with
Carrot&Sweet
Corn

冬瓜干贝汤
Dried Scallop and
Winter Melon
Soup

鱼丸紫菜汤
Fish Balls Soup

萝卜排骨汤
Pork Ribs Soup
with Radish

五指毛桃炖老鸭汤
Old Duck Soup

主荤 Main Meat

香菇焖猪蹄
Braised Pork
Hand with
Mushroom

红烧鸭块
Braised Duck

莲藕炒肉片
Fried Pork Slices
with Lotus Root

糖醋里脊
Sweet and Sour
Pork

台式三杯鸡
Braised Chicken
with Three Cups
Sauce

副荤 Second
Meat

海鲜日本豆腐
Braised Tofu
with Seafood

莴笋炒牛肉
Fried Beef Slices
with Leaf Lettuce
Root

虾仁蒸滑蛋
Steamed Egg
with Shrimp

回锅鸭脯肉
Pan-fried Duck
Breast

白瓜炒三层肉
Fried Pork with
White Melon

主食 Grain Food

白米饭
Steamed Rice

白米饭
Steamed Rice

白米饭
Steamed Rice

白米饭
Steamed Rice

白米饭
Steamed Rice

素食 Vegetarian

红油焖茭白
Braised Water
Bamboo

红烧日本豆腐
Braised Tofu

红萝卜炒豆芽★
Fried Carrot with
Bean Sprout

红烧面筋
Braised Gluten
in Soy Sauce

蒜蓉西兰花
Stir-fried
Broccoli with
Garlic Paste

时蔬 Vegetable

蒜蓉番薯叶
Stir-fried Sweet
Potato Leaves
with Garlic
Paste

蒜蓉空心菜
Stir-fried Water
Spinach with
Garlic Paste

清炒芥菜
Stir-fried
Mustard Leaves

白灼广东菜心
Poached Choy
Sum

上汤娃娃菜
Baby Cabbage in
Broth

西式晚餐 Western Dinner

日期 Date	10	11	12	13	14	15	16
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
汤 Soup	蘑菇鸡汤 Mushroom&Chicken Soup	洋葱汤 Onion Soup	青豆浓汤 Green Bean Soup	玉米鸡茸汤 Sweet Corn and Minced Chicken Soup			玉米鸡茸汤 Sweet Corn and Minced Chicken Soup
面包 Bread	法棍 Baguette	法棍 Baguette	餐包 Bun	餐包 Bun			法棍 Baguette
1-主菜 Main Course	牛肉肉酱 Bolognese	德国烤肠 German Sausage	咖喱鸡（去皮） Chicken Curry	牧羊人派 Shepherd's Pie (no potato)			吉列鸡排 Gillette Chicken
2-主菜 Main Course	意大利面 Spaghetti	土豆泥 Mashed Potato	印度炒饭 Indian Fried Rice	土豆泥 Mashed Potato (served on top)			时蔬炒饭 Fried Rice with Vegetable
酱汁 Sauce	N/A	肉汁 gravy	咖喱汁 Curry Sauce	N/A			蛋黄酱 Mayonnaise
1-配菜 Side Dish	西兰花 Broccoli	西兰花 Broccoli	双色椰菜 Two-colour Broccoli	烤彩椒 Roasted Bell Pepper			胡萝卜 Carrot
2-配菜 Side Dish	蒸南瓜 Steamed Pumpkin	荷兰豆 Dutch Beans	胡萝卜 Carrot	荷兰豆 Dutch Beans			圣女果 Cherry Tomato

特色档口 Chef' s Special

10

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16

日期
Date

Mon

Tue

Wed

Thu

Fri

Sat

Sun

汤 Soup

味噌汤
Miso Soup

韩式大酱汤
Korean Miso
Soup

紫菜豆腐汤
Seaweed&Tofu
Soup

玉米鸡茸汤配餐包
Sweet Corn and
Minced Chicken
Soup with Bun

玉米鸡茸汤
Sweet Corn and
Minced Chicken
Soup

主荤 Main Meat

日式蒲烧鳗鱼
Japanese Eel

韩国辣白菜炖猪肉
Braised Pork with
Spicy Cabbage

日式照烧鸡肉
Teriyaki Chicken

红酒烩牛肉
Braised Beef with
Red Wine

自制炸鸡汉堡
Homemade
Deep-fried
Chicken
Hamburger

副荤 Second
Meat

白米饭
Steamed Rice

白米饭
Steamed Rice

白米饭
Steamed Rice

奶油蛤蜊烩意面
Spaghetti with
Cream and Clam

薯条
Chips

主食 Main Food

香油腐竹+青菜
Tofu
Skin+Vegetable

蔬菜煎饼
Vegetable
Pancake

日式炸天妇罗
Deep-fried
Tempura

莴笋+黄油土豆片
Leaf Lettuce
Root+Butter
Potato Slices

海鲜酿番茄+西兰花
Stuffed Tomato
with
Seafood+Broccoli

水果 + 酸奶 + 甜汤

Fruit + Yogurt + Sweet Soup

10

11

12

13

14

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16

日期
Date

Mon

Tue

Wed

Thu

Fri

金桔
Kumquat

脐橙
Orange

水晶梨
Crystal Pear

苹果
Apple

砂糖橘
Sugar Orange

午餐 Lunch

酸奶
Yoghurt

酸奶
Yoghurt

酸奶
Yoghurt

酸奶
Yoghurt

酸奶
Yoghurt

苹果
Apple

红提
Red Grape

青枣
Green Date

香梨
Pear

砂糖橘
Sugar Orange

晚餐 Dinner

红枣炖红薯
Stewed Sweet
Potato with
Red Jujube

椰汁西米露
Sago in Coconut
Juice

冰糖炖雪梨
Stewed Crystal
Pear with Rock
Sugar

清润绿豆汤
Sweet Mung
Bean Soup

雪耳炖木瓜
Stewed
Papaya with
Tremella