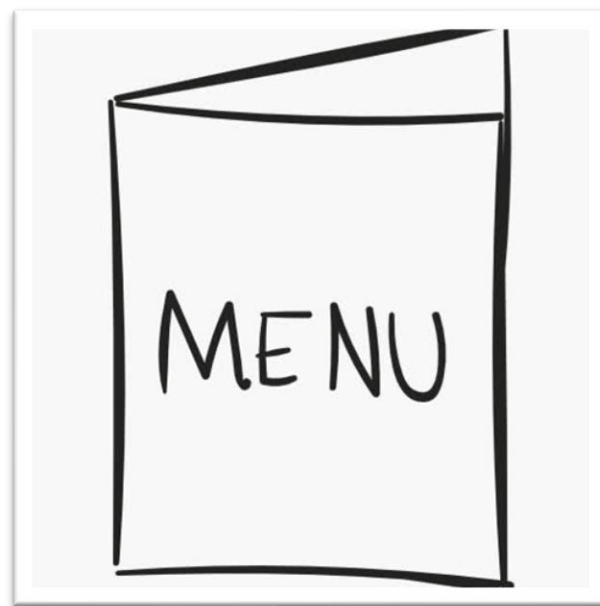




融侨赛德伯中学餐厅5月份菜单（第3周）

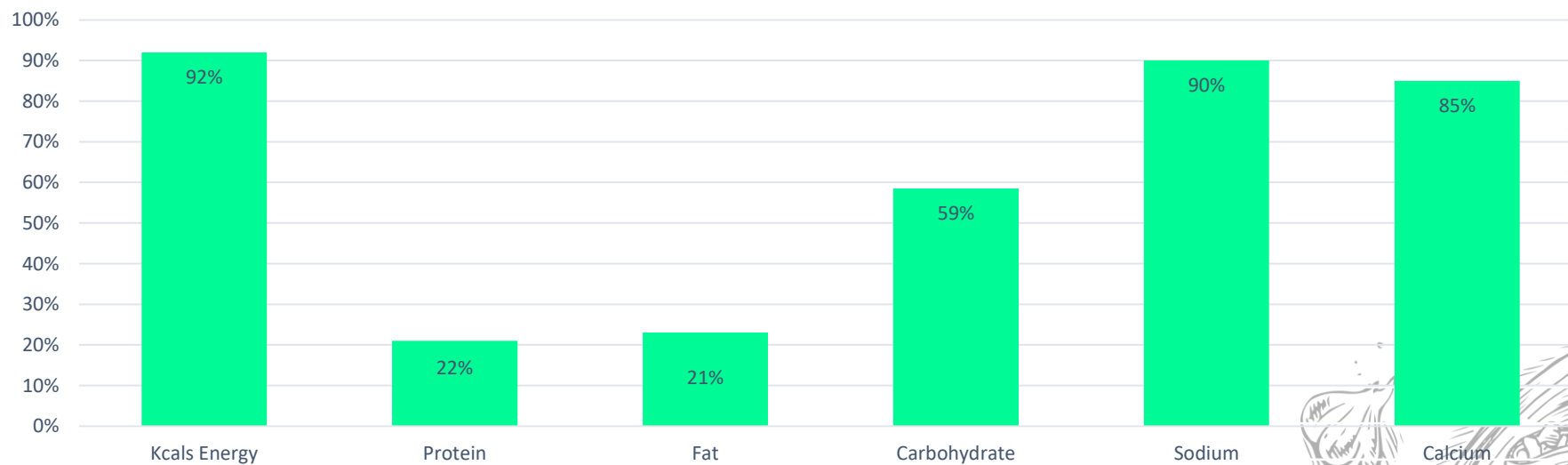
Rong Qiao Sedbergh Senior School Canteen
Menu_May (Week 3)

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	115	50	330	2020	700
每日占比NRV%	92%	22%	21%	59%	90%	85%

ADI Total intake at school



早餐 Breakfast

日期 Date	16 Mon	17 Tue	18 Wed	19 Thu	20 Fri	21 Sat	22 Sun
粥 Congee	白粥/皮蛋瘦肉粥 White Congee/Salty Egg Minced Pork Congee 榨菜丝 Pickle Vegetable Silk	白粥/燕麦粥 White Congee/Oatmeal 雪菜 Pickled Cabbage	白粥/山药瘦肉粥 White Congee/ Yam Lean Pork Congee 萝卜干 Dried Turnip	白粥/红薯粥 White Congee/Sweet Potato Congee 酸豆角 Pickled Snake Bean	白粥/黑米粥 White Congee/Black Rice Congee 腌制白萝卜 Pickled White Radish	白粥/桂圆小麦粥 White Congee/Longan Wheat Congee 榨菜丝 Pickle Vegetable Silk	白粥/香菇滑鸡粥 White Congee/Mushroom Chicken Congee 萝卜干 Dried Turnip
豆浆/牛奶 Bean Milk/ Milk	热牛奶 Hot Milk	豆浆 Bean Milk	热牛奶 Hot Milk	豆浆 Bean Milk	热牛奶 Hot Milk	豆浆 Bean Milk	热牛奶 Hot Milk
鸡蛋/Egg	双面煎 Fried Egg	水煮蛋 Poached Egg	虎皮鸡蛋 Fried Egg	肉沫蒸蛋 Steamed Egg with Minced Pork	茶叶蛋 Tea Egg	番茄炒蛋 Sauteed Egg with Tomato	卤蛋 Marinated Egg
面/饭 rice/Noodle	干炒牛河 Sauteed Rice Noodle	拌面 Noodle	扬州炒饭 Yangzhou Fried Rice	煎饼果子 Shandong Pancake	肉丝炒米粉 Sauteed Rice Noodle with Pork Silk	炒年糕 Sauteed Rice Cake	冬粉鸭 Winter Powder Duck
糕点面包 Dim sum/ Pastry	南瓜饼 Pumpkin Pie	手工肉包 Homemade Pork Bun	墨西哥包 Mexico Bun	油条 Dough Stick	千层饼 Thousand-layer Cake	蒸饺 Steamed Dumpling	蜂蜜小面包 Honey Bun
玉米片/吐司 Corn flake/Toast	玉米片 Cornflake	吐司 Toast	玉米片 Cornflake	吐司 Toast	玉米片 Cornflake	吐司 Toast	玉米片 Cornflake
素菜/五谷 Vegetable/grains	清炒广东菜心 Sauteed Vegetable Heart	上汤娃娃菜 Baby Cabbage on Soup	白灼生菜 Poached Lettuce	清炒油麦菜 Sauteed Indian Lettuce	卷心菜丝 Cabbage Silk	蒜蓉生菜 Sauteed Lettuce with Garlic	玉米 Corn
应季水果 Fruit	苹果 Apple	水晶梨 Crystal Pear	橙 Orange	番石榴 Guava	圣女果 Cheery Tomato	西瓜 Watermelon	哈密瓜 Honey melon

中式午餐 Chinese Lunch

16

17

18

19

20

21

22

日期
Date

Mon

Tue

Wed

Thu

Fri

Sat

Sun

汤 Soup

香菇老鸡汤
Mushroom
Chicken Soup

海带排骨汤
Kelp Pork Rib Soup

玉米胡萝卜肉片汤
Corn Carrot Pork
Sliced Soup

福清番薯丸
Fuqing Potato Ball
Soup

丝瓜肉片汤
Loofah Pork Fillet
Soup

番茄鸡蛋汤
Tomato Egg Soup

紫菜蛋汤
Laver Egg Soup

主荤 Main Meat

广式叉烧
Cantonese Roast
Pork

辣子鸡
Sauteed Chicken in
Chili Pepper

回锅肉
Sauteed Pork Slices
in Chili Sauce

脆皮炸鸡腿
Fried Chicken Leg

红烧肉
Braised Pork in
Brown Sauce

孜然鱿鱼圈
Cumin Squid Ring

糖醋排骨
Sweet and Sour
Pork Rib

副荤 Second
Meat

番茄炒蛋
Sauteed Egg with
Tomato

香菇肉片
Sauteed Pork Fillet
with Mushroom

虾仁蒸水蛋
Steamed Egg with
Shrimp Meat

丝瓜炒鸡蛋
Sauteed Egg with
Loofah

农家小炒肉
Sauteed Pork with
Pepper

青椒炒肉丝
Sauteed Pork Silk
with Green Pepper

蒜苔炒腊肉
Sauteed Bacon
with Garlic and
Moss

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

山椒炒冬瓜
Sauteed Winter
Melon with
Japanese Pepper

酸菜炖老豆腐
Stewed Tofu with
Pickled Cabbage

葱油芋头
Steamed Taro with
Scallion Oil

西芹木耳炒腐竹
Sauteed Bean Curd
Stick
with Celery and
Black Fungus

酱爆土豆片
Sauteed Potato
Sliced

麻婆豆腐
Mapo Tofu

地三鲜
Sauteed Potato,
Green Pepper &
Eggplant

时蔬 Vegetable

酒香菠菜苗
Sauteed Spinach

白灼生菜
Poached Lettuce

干锅卷心菜
Pot Cabbage

蒜香空心菜
Sauteed Water
Spinach with Garlic

蒜拌菜心
Sauteed Vegetable
Heart with Garlic

清炒大白菜
Sauteed Chinese
Cabbage

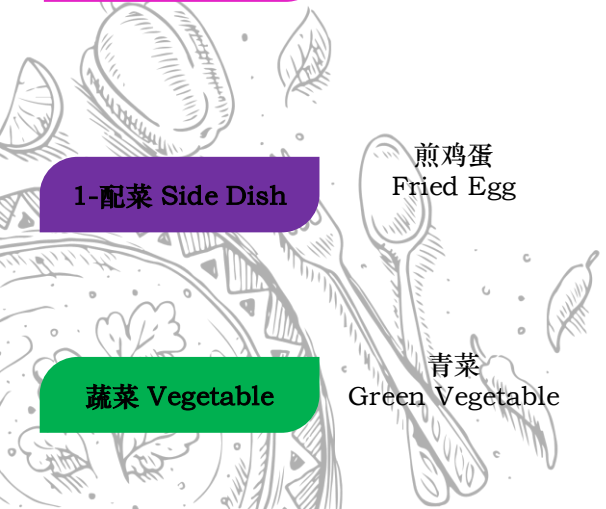
白灼生菜
Poached lettuce

西式午餐 Western Lunch

日期 Date	16 Mon	17 Tue	18 Wed	19 Thu	20 Fri	21 Sat	22 Sun
汤 Soup	牛尾浓汤 Ox tail soup	番茄浓汤 Tomato Soup	蘑菇浓汤 Mushroom Soup	洋葱汤 Onion Soup	玉米鸡茸汤 Corn Chicken Soup	番茄浓汤 Tomato Soup	罗宋汤 Borsch
面包 Bread	法棍 Baguette	法棍 Baguette	餐包 Soft Bun	餐包 Soft Bun	法棍 Baguette	餐包 Soft Bun	皮塔饼 Pita Bread
1-主菜 Main Course	美国炸鸡 American Fried Chicken	猪排 Pork Fillet	吉列鸡排汉堡 Gillette Chicken Burger	泰式咖喱牛肉 Thai Curry Beef	夏威夷披萨 Hawaiian Pizza	意式扒春鸡 Italian Grilled Spring Chicken	沙瓦玛 Sharma
2-主菜 Main Course	薯条 Chips	咖喱炒饭 Fried Rice with Curry	薯条 Chips	咖喱炒饭 Fried Rice with Curry	薯条 Chips	烤甜薯 Roasted Sweet Soup	印尼炒面 Indonesian Fried Noodle
酱汁 Sauce	番茄酱 Ketchup	咖喱汁 Curry Sauce	番茄酱 Ketchup	咖喱汁 Curry Sauce	番茄酱 Ketchup	香草汁 Vanilla Sauce	酸奶黄瓜酱 Yogurt Cucumber Sauce
1-配菜 Side Dish	鸡米花 Pop chicken	荷兰豆 Snow Bean	圣女果 Cheery Tomato	烤彩椒 Roasted Color Pepper	烤南瓜 Roasted Pumpkin	甜豆 Sweet Soup	烤彩椒 Roasted Color Pepper
2-配菜 Side Dish	玉米棒 & 荷兰豆 Corn&Snow Bean	西蓝花 Broccoli	玉米棒 Corn	西蓝花 Broccoli	荷兰豆 Snow Bean	胡萝卜 Carrot	玉米棒 Corn

特色午餐 Lunch Specialty

日期 Date	16 Mon	17 Tue	18 Wed	19 Thu	20 Fri	21 Sat	22 Sun
菜系 Cuisine	泰国 Thailand	日本 Japan	墨西哥 Mexico	美式 American	韩国 Korea	夏威夷 Hawaii	新加坡 Singapore
汤 Soup	冬阴功汤 Tom Yam Kung	味噌汤 Miso Soup	罗宋汤 Borsch	美式大骨汤 American Pork Bone Soup	海带小排汤 Kelp Pork Rib Soup	番茄浓汤 Tomato Soup	新加坡味鸡汤 Singapore Chicken Soup
主荤 Main Meat	奶味咖喱烤鱼 Milky Curry Roasted Fish	新 巨无霸加州卷寿司 Big California Roll Sushi	新 墨西哥牛肉卷 Mexican Beef Rolls	美国大汉堡 American Burger	韩式炸鸡 Korean Fried Chicken	夏威夷鸡肉 Hawaiian Chicken	黑椒孜然牛扒 Black Pepper Cumin Steak
主食 Main Food	椰汁火腿时蔬拼 Coconut ham with vegetables	/	时蔬炒饭 Fried Rice with Vegas	芝士片 Cheese Slice	新 鱿鱼蔬菜煎饼 Squid & Vegetable Pancake	白米饭 Steamed Rice	千岛黑芝麻拌饭 Thousand Island Black Sesame Rice
时蔬 Vegetable	西兰花+泰国香米饭 Broccoli Thai Fragrant Rice	白灼秋葵 Poached Okra	西兰花+口蘑 Broccoli Mongolian Mushroom	薯条+西兰花 Chips Broccoli	白灼生菜+米饭 Poached Litteratrices	焗番茄+杂菜 Baked Tomatoes + Mixed Vegas	胡萝卜丝+黄瓜丝 Carrot Silk+ Cucumber Silk



中式晚餐 Chinese Dinner

16

17

18

19

20

21

22

日期
Date

Mon

Tue

Wed

Thu

Fri

Sat

Sun

汤 Soup

牛滑酸笋汤
Beef Sour Bamboo
Shoot Soup百合薏米炖龙骨
Lily Coix Seed Keel
Soup榨菜肉丝汤
Pickled Vegetable
Pork Silk Soup福州杂烩汤
Fuzhou Chowder
Soup莲藕小排汤
Lotus Root Pork
Rib Soup冬瓜鸡蛋羹
Winter Melon Egg
Soup西湖牛肉羹
Beef Soup

主荤 Main Meat

冰梅鸭
Ice Plum Duck蒜蓉粉丝蒸虾
Steamed Prawn with
Garlic and Vermicelli土豆烧牛腩
Braised Beef Brisket脆皮五花肉
Crispy Pork Belly椒盐鸭
Salty Pepper
Duck醉排骨
Sweet and Sour
Pork Rib黄豆焖猪排
Braised Pork Fillet
with Soybean

副荤 Second Meat

青椒炒腊肉
Sauteed Bacon
with Green Pepper甜蜜豆炒鸡片
Sauteed Chicken
Slices with Sweet
Beans番茄炒鸡蛋
Sauteed Egg with
Tomato肉沫豆角
Sauteed Snake Bean
with Minced Pork青椒炒蛋
Sauteed Egg with
Green Pepper海蛎煎
Oyster Omelets油豆腐烧肉
Braised Pork with
Oil 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

清炒云瓜
Sauteed Yunnan
Melon西芹山药炒木耳
Sauteed Black
Fungus with Celery
and Chinese Yam腊八豆焖豆腐
Braised Tofu with
Laban Beans西芹炒腐竹
Sauteed Bean Curd
with Celery荷兰豆炒山药
Sauteed Yam
with Snow Bean萝卜丝炒银芽
Sauteed Radish
Silk with Silver
Sprouts大盘花菜
Cauliflower

时蔬 Vegetable

豉油菜心
Black Bean Veges
Heart手撕包菜
Cabbage Silk白灼生菜
Poached lettuce蒜蓉菠菜
Garlic Spinach油渣小芥菜
Sauteed Mustard
with Oil Residue蒜蓉西兰花
Garlic Broccoli干锅卷心菜
Pot Cabbage

西式晚餐 Western Dinner

16

17

18

19

20

21

22

日期
Date

Mon

Tue

Wed

Thu

Fri

Sat

Sun

汤 Soup

南瓜汤
Pumpkin Soup

美国浓汤
American Soup

南瓜汤
Pumpkin Soup

玉米鸡茸汤
Corn Chicken Soup

洋葱鸡汤
Onion Chicken
Soup

西兰花汤
Broccoli Soup

青豆浓汤
Green Bean Soup

面包 Bread

蒜香法棍
Garlic Baguette

佛卡夏
Focaccia

餐包
Soft Bun

皮塔饼
Pita Bread

蒜香包
Garlic Bun

餐包
Soft Bun

法棍
Baguette

1-主菜 Main
Course

印度咖喱鸡香串
Indian Curry Chicken
Kebab

迷迭香羊排
Rosemary Lamb
Chops

扒鸡胸
Grilled Chicken
Breast

意式炖肉丸
Stewed Pork Ball

脆皮咕咾肉
Sweet and Sour
Pork

牛肉卷
Beef Rolls

炭烤牛柳
Roasted Beef
Fillet

2-主菜 Main
Course

鹰嘴豆+纳恩面包
Chickpeas + Nunn
Bread

迷你薯仔
Baby Potato

奶油意面配番茄和紫苏
Creamy pasta with
tomato and basil

笔尖面
Penne

鲍汁炒饭
Fried Rice in
Abalone Sauce

墨西哥炒饭
Mexico Fried Rice

迷你薯仔
Baby Potato

酱汁 Sauce

椰汁
Coconut Milk Sauce

黑椒汁
Black Pepper Sauce

番茄紫苏酱
Tomato Basil Sauce

牛肉酱
Beef Paste

甜酸汁
Sweet and Sour
Sauce

白汁
White Sauce

黑椒汁
Black Pepper
Sauce

1-配菜 Side Dish

胡萝卜
Carrot

甜豆
Sweet Soup

西兰花
Broccoli

圣女果
Cheery Tomato

荷兰豆
Snow Bean

圣女果
Cheery Tomato

胡萝卜
Carrot

2-配菜 Side Dish

西兰花
Broccoli

西兰花
Broccoli

卷心菜
Cabbage

胡萝卜
Carrot

烤彩椒
Roasted Color
Pepper

玉米
Corn

双色椰菜
Double Color
Broccoli

特色晚餐 Dinner Specialty

日期
Date

16	17	18	19	20	21	22
Mon	Tue	Wed	Thu	Fri	Sat	Sun

菜系 Cuisine

福清 Fuqing	长乐 Changle	广东 Guangdong	东北 Dongbei	美式 American	新派闽菜 Min	英式 British
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汤 Soup

番薯丸米线汤 Sweet Potato Balls Rice Noodle Soup	料酒老蛭汤 Razor Clam Red Wine Soup	毛桃炖老鸭 Peach Duck Soup	番茄疙瘩汤 Tomato Pimple Soup	蘑菇浓汤 Mushroom Soup	酸笋汤 Sour Bamboo Shoot Soup	洋葱浓汤 Onion Soup
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主荤 Main Meat

福清炸糟鱼 Fried Fish In Fuqing Style	葱油文蛤 Sauteed Clam with Scallion Oil	口水鸡 Steamed Chicken with Chili Sauce	锅包肉 Sweet and Sour Pork Slices	千层面 Lasagna	酸笋滑肉米线 Sour Bamboo Shoot Sliced Rice Noodle	德国烤肠 German Sausage
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主荤 Main Meat

蒜苗鸡蛋爆海蛎 Sauteed Oyster with Garlic and Egg	茭白肉丝 Sauteed Pork Silk with Water Bamboo	蚵仔煎 Oyster Omelets	大白菜猪肉炖粉条 Stewed Vermicelli with Cabbage and Pork	肉酱 Beef Paste	海蛎饼+油条 Oyster Cake +Dough Stick	土豆泥 Mashed Potato
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时蔬 Vegetable

蒜蓉空心菜+芋头咸菜饭 Garlic Water Spinach+ Steamed Salty Veggies with Taro	奶白菜+白米饭 Milk Cabbage + White Rice	豉油菜心+炒牛河 Black Bean Veggies+Sauteed Niuhe	上海青+老面馒头 Shanghai Green+Steamed Bun	土豆泥 Mashed Potato	白灼生菜 Poached Lettuce	卷心菜+胡萝卜 Cabbage+Carrot
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水果 + 酸奶 + 甜汤

Fruit + Yogurt + Sweet Soup

日期
Date

16

Mon

雪梨
Snow Pear

老干妈
Laoganma
自制辣酱
Homemade

光明健能Jcan
光明风味Flavored

番石榴
Guava

老干妈
Laoganma
自制辣酱
Homemade

木瓜银耳汤
Papaya White
Fungus

17

Tue

苹果
Apple

老干妈
Laoganma
自制辣酱
Homemade

光明健能Jcan
光明风味Flavored

橙
Orange

老干妈
Laoganma
自制辣酱
Homemade

光明健能Jcan
光明风味Flavored

18

Wed

香蕉
Banana

老干妈
Laoganma
自制辣酱
Homemade

光明健能Jcan
光明风味Flavored

香梨
Bergamot Pear

老干妈
Laoganma
自制辣酱
Homemade

椰浆红豆汤
Coconut Red Bean
Soup

19

Thu

橙
Orange

老干妈
Laoganma
自制辣酱
Homemade

光明健能Jcan
光明风味Flavored

枇杷
Loquat

老干妈
Laoganma
自制辣酱
Homemade

光明健能Jcan
光明风味Flavored

20

Fri

番石榴
Guava

老干妈
Laoganma
自制辣酱
Homemade

光明健能Jcan
光明风味Flavored

雪梨
Snow Pear

老干妈
Laoganma
自制辣酱
Homemade

红枣银耳汤
Red Date White
Fungus Soup

21

Sat

橙
Orange

老干妈
Laoganma
自制辣酱
Homemade

光明健能Jcan
光明风味Flavored

苹果
Apple

老干妈
Laoganma
自制辣酱
Homemade

光明健能Jcan
光明风味Flavored

22

Sun

香梨
Bergamot Pear

老干妈
Laoganma
自制辣酱
Homemade

光明健能Jcan
光明风味
Flavored

香蕉
Banana

老干妈
Laoganma
自制辣酱
Homemade

紫薯银耳枸杞汤
Sweet Potato
White Fungus
Wolfberry Soup

午餐 Lunch

晚餐 Dinner