

融侨赛德伯小学餐厅5月份菜单（第2周）

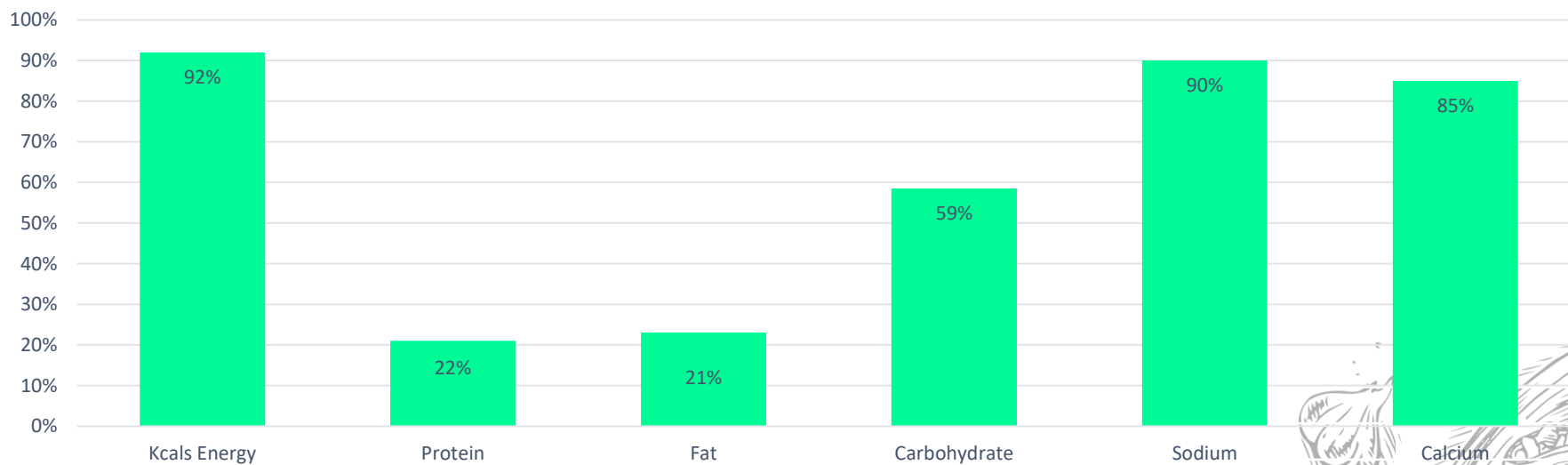
Rong Qiao Sedbergh Junior School Canteen
Menu_May (Week 2)

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



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

主荤
Main Meat

广式叉烧
Cantonese Roast
Pork

辣子鸡
Sautéed Chicken in
Chili Pepper

回锅肉
Sautéed Pork Slices
in Chili Sauce

脆皮炸鸡腿
Fried Chicken Leg

红烧肉
Braised Pork in
Brown Sauce

副荤
Second
Meat

番茄炒蛋
Sautéed Egg with
Tomato

香菇肉片
Sautéed Pork Fillet
with Mushroom

虾仁蒸水蛋
Steamed Egg with
Shrimp Meat

丝瓜炒鸡蛋
Sautéed Egg with
Loofah

农家小炒肉
Sautéed Pork with
Pepper

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

素食
Vegetarian

山椒炒冬瓜
Sautéed 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
Sautéed Bean Curd
Stick
with Celery and
Black Fungus

酱爆土豆片
Sautéed Potato
Sliced

时蔬
Vegetable

酒香菠菜苗
Sautéed Spinach

白灼生菜
Poached Lettuce

干锅卷心菜
Pot Cabbage

蒜香空心菜
Sautéed Water
Spinach with Garlic

蒜拌菜心
Sautéed Vegetable
Heart with Garlic

早午点心 Snack

16

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南瓜饼+银耳汤

提子软包+牛奶

紫薯卷+牛奶

桂花糕+绿豆汤

奶黄包+牛奶

早点
Morning Snack

Pumpkin Cake +
White Fungus Soup

Grape Bread + Milk

Purple Sweet Potato
Cake Roll + Milk

Osmanthus cake + Green
Bean Soup

Milk Egg Yolk Bun +
Milk

油条+豆浆

甜甜圈+绿豆汤

鱼丸

三明治

小馒头+肉燕

午点
Afternoon Snack

Dough + Bean Milk

Donut+Green Bean
Soup

Fish Ball

Sandwich

Homemade Bun +
Fuzhou Pork Paste
Dumpling

中式午餐 Chinese Lunch

16

17

18

19

20

21

22

日期
Date

Mon

Tue

Wed

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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

福清番薯丸汤
Fuqing Potato Ball
Soup

丝瓜肉片汤
Loofah Pork Fillet
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 Legs

红烧肉
Braised Pork in
Brown Sauce


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

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

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

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

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		
面包 Bread	法棍 Baguette	法棍 Baguette	餐包 Soft Bun	餐包 Soft Bun	法棍 Baguette		
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		
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		
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		
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		
2-配菜 Side Dish	玉米棒 & 荷兰豆 Corn & Snow Bean	西兰花 Broccoli	玉米棒 Corn	西兰花 Broccoli	荷兰豆 Snow Bean		

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

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
Fried Pork Belly

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

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

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

大盘花菜
Cauliflower

时蔬 Vegetable

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

大盘花菜
Cauliflower

西式晚餐 Western Dinner

16

Mon

南瓜汤
Pumpkin Soup

蒜香法棍
Garlic Baguette

印度咖喱鸡香串
Indian Curry Chicken
Kebab

鹰嘴豆+纳恩面包
Chickpeas + Nunn
Bread

椰汁
Coconut Milk Sauce

胡萝卜
Carrot

西兰花
Broccoli

17

Tue

美国浓汤
American Soup

佛卡夏
Focaccia

迷迭香羊排
Rosemary Lamb
Chops

迷你薯仔
Baby Potato

黑椒汁
Black Pepper Sauce

甜豆
Sweet Soup

西兰花
Broccoli

18

Wed

南瓜汤
Pumpkin Soup

餐包
Soft Bun

扒鸡胸
Grilled Chicken
Breast

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

番茄紫苏酱
Tomato Basil Sauce

西兰花
Broccoli

卷心菜
Cabbage

19

Thu

玉米鸡茸汤
Corn Chicken Soup

皮塔饼
Pita Bread

意式炖肉丸
Stewed Pork Ball

笔尖面
Penne

牛肉酱
Beef Paste

圣女果
Cheery Tomato

胡萝卜
Carrot

20

Fri

21

Sat

青豆浓汤
Green Bean Soup

法棍
Baguette

炭烤牛柳
Roasted Beef
Fillet

迷你薯仔
Baby Potato

黑椒汁
Black Pepper
Sauce

胡萝卜
Carrot

双色椰菜
Double Color
Broccoli

22

Sun

日期
Date

汤 Soup

面包 Bread

1-主菜 Main
Course

2-主菜 Main
Course

酱汁 Sauce

1-配菜 Side Dish

2-配菜 Side Dish

特色晚餐 Dinner Specialty



日期
Date

菜系 Cuisine

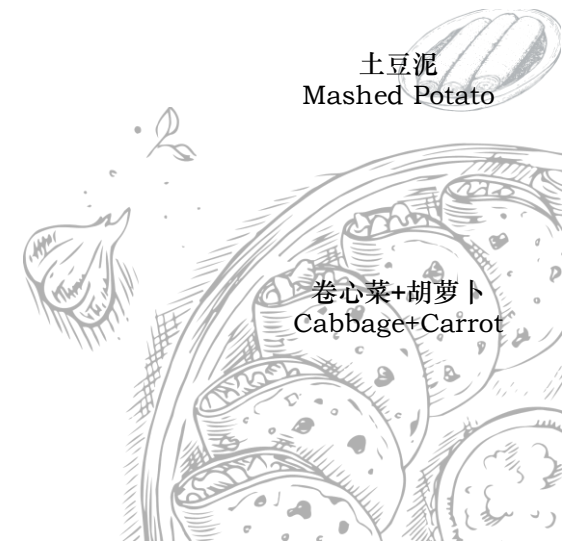
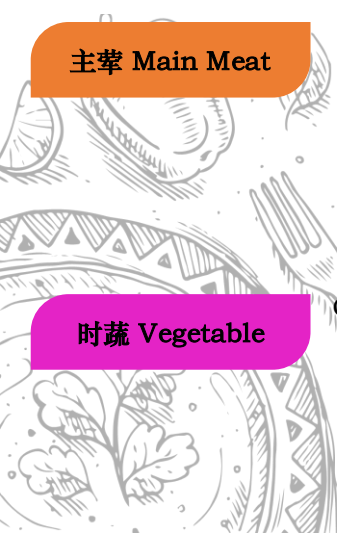
汤 Soup

主荤 Main Meat

主荤 Main Meat

时蔬 Vegetable

日期 Date	16 Mon	17 Tue	18 Wed	19 Thu	20 Fri	21 Sat	22 Sun
菜系 Cuisine	福清 Fuqing	长乐 Changle	广东 Guangdong	东北 Dongbei			英式 British
汤 Soup	番薯丸米线汤 新 Sweet Potato Balls Rice Noodle Soup	料酒老蛭汤 新 Razor Clam Red Wine Soup	毛桃炖老鸭 Peach Duck Soup	番茄疙瘩汤 Tomato Pimple Soup			洋葱浓汤 Onion Soup
主荤 Main Meat	福清炸糟鱼 Fried Fish In Fuqing Style	葱油文蛤 新 Sauteed Clam with Scallion Oil	口水鸡 Steamed Chicken with Chili Sauce	锅包肉 Sweet and Sour Pork Slices			德国烤肠 German Sausage
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			土豆泥 Mashed Potato
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			卷心菜+胡萝卜 Cabbage+Carrot



水果 + 酸奶 + 甜汤

Fruit + Yogurt + Sweet Soup

日期
Date

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

雪梨
Snow Pear

苹果
Apple

香蕉
Banana

橙
Orange

番石榴
Guava

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

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

番石榴
Guava

橙
Orange

香梨
Bergamot Pear

枇杷
Loquat

香蕉
Banana

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

木瓜银耳汤
Papaya White
Fungus

光明健能Jcan
光明风味Flavored

椰浆红豆汤
Coconut Red Bean
Soup

光明健能Jcan
光明风味Flavored

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

午餐 Lunch

晚餐 Dinner