



SEDBERGH SCHOOL
赛德文学校

- 12th–18th Dec
- Menu

Sodexo

	星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY	星期六 SATURDAY	星期天 SUNDAY
粥 Congee	白粥/薏仁小米粥 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/燕麦南瓜粥 Oatmeal and Pumpkin Congee	白粥/香芹牛肉粥 Celery and Beef Congee	白粥/莲子小米粥 Lotus Seed and Millet Congee	白粥/海鲜粥 Seafood Congee
小菜 Sides	麻油笋丝 Shredded Bamboo Shoot with Sesame Oil	美极鲜海带 Kelp Silk with Soy Sauce	酱烧黄豆 Braised Soybean with Special Sauce	麻油笋丝 Shredded Bamboo Shoot with Sesame Oil	美极鲜海带 Kelp Silk with Soy Sauce	酱烧黄豆 Braised Soybean with Special Sauce	麻油笋丝 Shredded Bamboo Shoot with Sesame Oil
牛奶 Milk	牛奶 Milk	牛奶 Milk	牛奶 Milk	牛奶 Milk	牛奶 Milk	牛奶 Milk	牛奶 Milk
豆浆Bean	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	黑豆浆 Black Soy Milk	低糖黑芝麻糊 Black Sesame Paste
鸡蛋/Egg	茶叶蛋 Chinese Tea Egg	白煮蛋 Boiled Eggs	茶叶蛋 Chinese Tea Egg	白煮蛋 Boiled Eggs	茶叶蛋 Chinese Tea Egg	白煮蛋 Boiled Eggs	茶叶蛋 Chinese Tea Egg
面/饭 Noodle/Rice	蔬菜火腿炒兴化粉 Vegetable & Ham Stir-fried with Rice Noodle	三鲜水饺 Dumplings with Three Ingredients	花生酱拌面 Peanut Butter Noodle	时蔬鸡蛋炒饭 Egg Fried Rice with Vegetable	莆田卤面 Putien Lor Mee	蔬菜炒河粉 Vegetable Scrambled with Rice Noodle	番茄肉丝刀削面 Tomato and Shredded Pork with Sliced Noodle
中点Dim sum	芝麻水煎包 Steamed Fried Buns with Sesame	双色奶香小馒头 Steamed 2 Color Milk Buns	煎饺 Fried Dumpling	香菇肉包 Steamed Mushroom&Pork Buns	原味手抓饼 Crispy and Flaky Pancake	炸春卷 Deep Fried Spring Rolls	紫薯包 Purple Sweet Potato Buns
西点 Pastry	甜甜圈 Donut	巧克力蛋糕 Chocolate Cake	肉松面包 Meat Floss Bread	原味蛋挞 Egg Tart	香橙蛋糕 Orange Cake	提子面包 Raisin Bread	胡萝卜蛋糕 Carrot Cake
五谷/时蔬 Grains/Vegetable	蒜蓉生菜 Lettuce with Garlic Paste	黄油玉米 Buttered Corn	豉油菜心 Cantonese Cabbage with Black Bean Sauce	蒸紫薯 Steamed Purple Sweet Potato	蒜香杭白菜 Hangzhou Cabbage with Garlic	铁棍山药 Yam Stick	清炒西兰花 Stir-fried Broccoli
麦片 Cereals	谷物麦片 (2种) Cereal (2 Option)	谷物麦片 (2种) Cereal (2 Option)	谷物麦片 (2种) Cereal (2 Option)	谷物麦片 (2种) Cereal (2 Option)	谷物麦片 (2种) Cereal (2 Option)	谷物麦片 (2种) Cereal (2 Option)	谷物麦片 (2种) Cereal (2 Option)
吐司 Toast	吐司 Toast	全麦吐司 Whole Wheat Toast	吐司 Toast	全麦吐司 Whole Wheat Toast	吐司 Toast	全麦吐司 Whole Wheat Toast	吐司 Toast
应季水果 Fruit	橙子 Orange	哈密瓜 Hami Melon	蜜桔 Tangerine	香蕉 Banana	圣女果 Cherry Tomato	火龙果 Dragon Fruit	香梨 Fragrant Pear

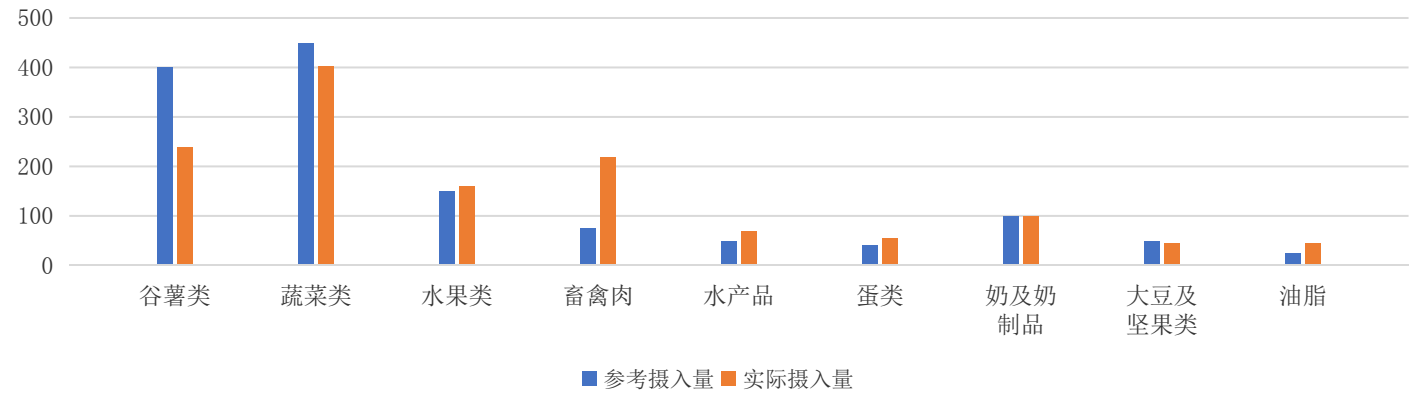
		星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY	星期六 SATURDAY	星期天 SUNDAY
中式午餐 Chinese Lunch	汤 Soup	香芹花菜猪骨汤 Celery Cauliflower and Pork Paste Soup	红枣枸杞老鸡汤 Red Date Chinese Wolfberry Chicken Soup	西湖牛肉羹 Westlake Beef Stew	番茄菌菇鸡蛋汤 Tomato Mushroom and Egg Soup	海带豆腐肉丝汤 Kelp Silk Tofu and Shredded Pork Soup	紫菜蛋汤 Seaweed Egg Drop Soup	虾皮冬瓜汤 Shrimp Skin and Wax Gourd Soup
	主荤 Main Meat	藤椒鸡翅根 Chicken Wings with Pepper Sauce	百叶结红烧肉 Braised Pork Belly with Bean Curd Ropes Knot	叉烧鸭腿 Duck Leg with BBQ Sauce	豉油蒸鲳鱼 Steamed Pomfret with Black Bean Sauce	川味口水鸡 Steamed Chicken with Chili Sauce	土匪鸭 Bandit Duck	香酥鱼块 Fried Fish Nugget
	副荤 Second Meat	花菜炒肉片 Cauliflower Scrambled with Sliced Pork	番茄炒鸡蛋 Sauteed Egg with Tomato	肉糜茄子 Minced Pork with Eggplant	回锅鸭片 Fried Duck Slice in Hot and Chili Sauce	青椒鲜笋炒花肉 Stir-fried Pork Belly with Bell Pepper and Bamboo Shoot	海鲜烧豆腐 Braised Seafood and Tofu	肉糜水炖蛋 Steamed Minced Pork with Egg
	素食 Vegetarian	红烧萝卜 Braised Radish with Soy Sauce	干锅包菜 Sauteed Pot Cabbage	蒜蓉莴笋 Sauteed Asparagus Lettuce with Garlic	西芹炒木耳 Sauteed Black Fungus with Celery	椒盐土豆 Potato with Salt and Pepper	葱油芋艿 Taro with Scallion Oil	香芹炒花菜 Sauteed Cauliflower with Celery
	时蔬 Vegetable	蒜香空心菜 Sauteed Water Spinach with Garlic	蘑菇菜心 Sauteed Vegetable Heart with Garlic	清炒油麦菜 Sauteed Indian Lettuce	蒜蓉春菜 Mustard Greens with Garlic Paste	美极鲜菠菜苗 Sauteed Baby Spinach	清炒杭白菜 Scrambled Hangzhou Cabbage	白灼生菜 Poached Lettuce
特色餐档 Chef's Special	主菜 Main Course	番茄鱼 Tomato Fish	豉油鸡/腊肠/卤蛋 Chicken with Black Bean Sauce/ Preserved Sausage/Marinated Egg	红烧萝卜羊肉煲 Radish and Lamb Stew with Soy Sauce	韩式炸鸡 Korean Fried Chicken	全家福 Stewed Assorted Delicacies		韩式部队锅 Korean Army Pot
	主食 Starch	米线 Thin Rice Noodle	煲仔饭 Clay Pot Rice	红薯粉丝 Sweet Potato Noodle	韩式海鲜炒年糕 Korean Seafood Stir-fried with Glutinous Rice Cake	白米饭 Steamed Rice		白米饭 Steamed Rice
	时蔬 Vegetable	时令蔬菜 Seasonal Veggies	时令蔬菜 Seasonal Veggies	白菜 Chinese Cabbage	生菜 Lettuce	时令蔬菜 Seasonal Veggies		时令蔬菜 Seasonal Veggies
	汤 Soup	蔬菜汤 Vegetable Soup	胡萝卜浓汤 Cream of Carrot Soup	罗宋汤 Borsch	土豆浓汤 Cream of Potato Soup	南瓜浓汤 Cream of Pumpkin Soup	芸豆汤 Kidney Bean Soup	蘑菇浓汤 Cream of Mushroom Soup
西式午餐 Western Lunch	面包 Bread	法棍 Baguette	餐包 Soft Buns	佛卡夏 Focaccia	纳恩面包 Naan Bread	法棍 Baguette	餐包 Soft Buns	佛卡夏 Focaccia
	1-主菜 Main Course	比加达猪排 Piccata Pork Chop	香煎鸭胸 Pan-fried Duck Breast	培根芝士披萨 Bacon Cheese Pizza	扒香肠 Grilled Sausage	仁当牛肉 Beef Rendang	萨瓦玛 Shawarma	烧烤猪柳汉堡 BBQ Pork Burger
	2-主菜 Main Course	香料烤土豆 Baked Potato with Herbs	奶香土豆泥 Mashed Milk Potato	吉利鱼排 Gillette Fish Fillet	茄汁意面 Spaghetti with Tomato Sauce	白米饭 Steamed Rice	印尼炒面 Indonesia Fried Noodle	薯条 French Fries
	酱汁 Sauce	番茄汁 Tomato Sauce	黑胡椒汁 Black Pepper Sauce	番茄酱 Ketchup	洋葱肉汁 Onion and Pork Sauce	/	酸奶黄瓜酱 Tzatziki	番茄酱 Ketchup
	配菜 Side Dish	西兰花/黑醋扒茄子 Broccoli/Grilled Eggplant	烤花菜/胡萝卜 Grilled Cauliflower/Carrot	巴伐利亚卷心菜/青豆 Bavarian Cabbage/Green Pea	混合时蔬/扒杂菇 Mixed Vegetable/Grilled Mushroom	扒杂菜/香甜玉米粒 Grilled Veges/Sweet Corn	黄油时蔬/圣女果 Buttered Veges/Cherry Tomato	铁扒西葫芦/胡萝卜 Grilled Zucchini/Carrot
面档 Noodle Station	面 Noodle	细面 Thin Noodle	河粉 Hefen	宽面 Wide Noodle	细面 Thin Noodle	拉面 Ramen	粉干 Rice Noodle	手擀面 Handmade Noodle
	汤底 Broth	酸菜鸭汤 Sour Pickled Duck Soup	鲜鸡汤 Chicken Stock	鲜鸡汤 Chicken Stock	苏式红汤 Suzhou Red Soup	豚骨汤 Pork Bone Soup	鲜鸡汤 Chicken Stock	鲜鸡汤 Chicken Stock
	1-配菜 Side Dish	白卤鸭腿 Marinated Duck Leg	红烧鸡腿 Chicken Leg with Soy Sauce	香菇肉肉酱 Mushroom and Minced Chicken Sauce	上海爆鱼 Shanghai Fried Fish	日式烧肉 Japanese Roasted Pork	卤鸭翅 Marinated Duck Wings	福建肉泥 Mashed Pork
	2-配菜 Side Dish	卤蛋 Marinated Egg	鹌鹑蛋 Quail Egg	卤蛋 Marinated Egg	卤蛋 Marinated Egg	卤蛋 Marinated Egg	煎蛋 Pan-fried Egg	番茄鸡蛋 Sauteed Egg with Tomato
	3-配菜 Side Dish	木耳笋片 Black Fungus and Sliced Bamboo Shoot	黄花菜烧腐竹 Braised Day Lily with Dried Beancurd	黄瓜丝+胡萝卜丝 Shredded Cucumber + Shredded Carrot	豆芽炒鸡丝 Bean Sprouts Stir-fried with Shredded Chicken	鸣门卷 Narutomaki	香干炒毛豆 Tofu Stir-fried with Edamame	鸡汁豆泡 Bean Puff Braised with Chicken Sauce
时蔬 Vegetable	青菜 Green Vegetable	青菜 Green Vegetable	京葱丝 Shredded Scallions	青菜 Green Vegetable	豆芽/卷心菜 Bean Sprouts/Cabbage	青菜 Green Vegetable	青菜 Green Vegetable	
午餐 Lunch	应季水果(2选1) 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	香梨/柚子 Pear/Grapefruit	哈密瓜/圣女果 Hami Melon/Cherry Pota
	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	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade
	每日养生粥 Daily Congee	香芋紫米粥 Taro and Purple Rice Congee	百合杏仁粥 Lily Bulb and Almond Congee	蜜枣桂圆粥 Honey Date and Longan Congee	红枣枸杞粥 Red Jujube and Wolfberry Congee	黑米粥 Black Rice Congee	藜麦薏仁粥 Quinoa and Barley Congee	八宝粥 Eight Treasure Congee
	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	光明健能Jcan 光明风味Flavored	光明健能Jcan 光明风味Flavored

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中式晚餐 Chinese Dinner	汤 Soup	鱼丸汤 Fish Ball Soup	海带排骨汤 Kelp Silk and Pork Rib Soup	菌菇鸭汤 Mushroom Duck Soup	海鲜酸辣汤 Spicy and Sour Seafood Soup	茶树菇老鸡汤 Willow Mushroom and Chicken Soup	玉米胡萝卜瘦肉汤 Corn Carrot Pork Soup	老福州杂烩汤 Fuzhou Family Deluxe Soup
	主荤 Main Meat	糖醋肉丸 Sweet and Sour Meatballs	香酥鱼排 Crispy Fish Fillet	土豆粉蒸肉 Steamed Potato Noodle with Pork	冰梅鸭 Braised Duck with Pickled Plum	水煮鱼 Fish Stew	番茄炖牛腩 Braised Beef Brisket with Tomato	五香烤鸡 Roasted Chicken with Five Spices
	副荤 Second Meat	水蒸蛋 Steamed Egg	土豆酱爆肉丁 Sauce Diced Pork with Potato	蒜苔炒鸡丝 Stir-fried Garlic Sprouts with Shredded Chicken	番茄炒蛋 Sauteed Egg with Tomato	猪肉炖粉条 Braised Pork with Rice Noodle	香芹豆干炒鱿鱼丝 Shredded Cuttle Fish with Celery and Dried Tofu	麻婆豆腐 Mapo Tofu
	素食 Vegetarian	香辣海带丝 Spicy Kelp Silk	豆豉蒸南瓜 Steamed Pumpkin with Black Bean Sauce	西芹炒淮山 Sauteed Yam with Celery	酸辣土豆丝 Sauteed Potato Silk in Hot and Sour Sauce	白菜炒菌菇 Chinese Cabbage Scrambled with Mushroom	酱炒花菜 Sauteed Pot Cauliflower	三丝炒豆芽 Shredded Veges Stir-fried with Bean Sprouts
	时蔬 Vegetable	香菇菜心 Cantonese Cabbage with Mushroom	蒜蓉杭白菜 Hangzhou Cabbage with Garlic Paste	蒜蓉西兰花 Broccoli with Garlic Paste	豉豉菜心 Sauteed Vegetable Heart in Black Bean Sauce	虾皮盖菜 Chinese Mustard Greens with Dried Shrimp	蒜蓉油麦菜 Chinese Leafy Lettuce with Garlic Paste	清炒上海青 Sauteed Shanghai Green
特色餐档 Chef's Special	主菜 Main Course	番茄鱼 Tomato Fish	豉油鸡/腊肠/卤蛋 Chicken with Black Bean Sauce/ Preserved Sausage/Marinated Egg	红烧萝卜羊肉煲 Radish and Lamb Stew with Soy Sauce	韩式炸鸡 Korean Fried Chicken	全家福 Stewed Assorted Delicacies		韩式部队锅 Korean Army Pot
	主食 Starch	米线 Thin Rice Noodle	煲仔饭 Clay Pot Rice	红薯粉丝 Sweet Potato Noodle	韩式海鲜炒年糕 Korean Seafood Stir-fried with Glutinous Rice Cake	白米饭 Steamed Rice		白米饭 Steamed Rice
	时蔬 Vegetable	时令蔬菜 Seasonal Veggies	时令蔬菜 Seasonal Veggies	白菜 Chinese Cabbage	生菜 Lettuce	时令蔬菜 Seasonal Veggies		时令蔬菜 Seasonal Veggies
西式晚餐 Western Dinner	汤 Soup	匈牙利牛肉汤 Beef Goulash Soup	花菜浓汤 Cream of Cauliflower Soup	青豆浓汤 Green Bean Soup	海鲜周打汤 Seafood Chowder	美国浓汤 American Style Clam Chowder	西兰花汤 Broccoli Soup	南瓜汤 Pumpkin Soup
	面包 Bread	餐包 Soft Buns	佛卡夏 Focaccia	纳恩面包 Naan Bread	法棍 Baguette	餐包 Soft Buns	印度飞饼 Indian Flatbread	纳恩面包 Naan Bread
	1-主菜 Main Course	黑椒香草鸡排 Chicken Chop with Black Pepper and Vanilla Sauce	公司三明治 Club Sandwich (Pork)	墨西哥辣肉酱 Mexican Spicy Beef Sauce	匈牙利烩猪肉 Pork Goulash	鸡柳哥顿布 Chicken Tenders Cordon Bleu	玛莎拉咖喱鸡 Chicken Tikka Masala	比加达鱼排 Piccata Fish Chop
	2-主菜 Main Course	蒜香意大利面 Spaghetti with Garlic Sauce	卡真烤薯角 Roasted Cajun Potato Wedges	黄油意面 Buttered Spaghetti	白米饭 Steamed Rice	锡纸烤土豆 Tin Foil Roasted Potato	孜然黄油炒饭 Fried Rice with Cumin and Butter	土豆泥 Mashed Potato
	酱汁 Sauce	黑胡椒汁 Black Pepper Sauce	番茄沙司 Tomato Sauce	/	/	番茄沙司/塔塔汁 Tomato Sauce/Tartar Sauce	/	番茄汁 Tomato Sauce
配菜 Side Dish	黄油花菜/卷心菜 Buttered Cauliflower/Cabbage	圣女果/西兰花 Cherry Tomato/Broccoli	玉米棒+扒杂菜 Corn Cub + Grilled Veges	蒜香青豆/胡萝卜 Beans with Garlic/Carrot	双色卷心菜+肉汁杂菇 2 Colored Cabbage + Mushroom with Meat Sauce	卡真烤花菜/青豆 Roasted Cajun Cauliflower/ Green Beans	黑醋扒茄子/蒜泥豇豆 Grilled Eggplant with Black Vinegar/Long Beans with Garlic Paste	
晚餐 Dinner	应季水果 (2选1) Fruit	蜜桔/火龙果 Tangerine/Dragon Fruit	苹果/柚子 Apple/Hami Melon	香蕉/柚子 Banana/Grapefruit	橙/香梨 Orange/Pear	人参果/哈密瓜 Ginseng Fruit/Hami Melon	砂糖桔/西州蜜瓜 Tangerine/Dragon Fruit	蜜桔/香蕉 Tangerine/Banana
	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	银耳雪梨汤 Apple and Hawthorn Berry Soup	小米红枣汤 Millet and Red Date Soup	红枣银耳汤 Red Jujube Corn and White Fungus Soup
	每日养身粥 Daily Congee	香芋紫米粥 Taro and Purple Rice Congee	百合杏仁粥 Lily Bulb and Almond Congee	蜜枣桂圆粥 Honey Date and Longan Congee	红枣枸杞粥 Red Jujube and Wolfberry Congee	黑米粥 Black Rice Congee	藜麦薏仁粥 Quinoa and Barley Congee	八宝粥 Eight Treasure Congee
	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	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade	沙县辣酱 Shaxian Chili Sauce 自制辣酱 Homemade

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	2323Kcal	合格Qualified
脂肪Fat	≤60g	80g	合格Qualified
碳水化合物Carbohydrate	300g	323g	合格Qualified
蛋白质Protein	75g	78g	合格Qualified
钙Calcium(Ca)	800mg	560mg	合格Qualified
钾Potassium(K)	2000mg	2120mg	合格Qualified
钠Sodium (Na)	2000mg	2213mg	合格Qualified

膳食结构评价表



Food Guide Plate
膳食餐盘

