

# 早餐 - 教职工及学生 Breakfast - Faculty, Staff and Students

EXAMPLE

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

中式 Chinese Style	瘦肉皮蛋粥 Pork with Preserved Egg Congee	玉米百合滑鸡粥 Corn, Lily and Sliced Chicken Congee	粗粮八宝粥 Coarse Grains Eight Treasure Porridge	干贝鱼丸粥 Congee with Dried Scallops and Fish Balls	菜干烧骨粥 Congee with Dried Vegetables and Pork
	大良脆奶 Crispy Milk	小吊梨汤 Pear Soup	绿豆沙 Mung bean paste	南瓜羹 Pumpkin Soup	红豆沙 Red Bean Soup
	上汤鱼皮饺 Fish Skin Dumpling in Soup	特色炒米粉 Fried Rice Noodles	手抓饼 Handheld Pie	香煎猪肉包 Pan-fried Pork Buns	煎炒猪肠粉 Pan Fried Pork Rice Noodles
西式 Western Style	猪肉肠 Pork sausage	黄油煎火腿 Pan-fried Ham with Butter	香脆培根 Crispy Bacon	煎鸡肉肠 Pan-fried Chicken Sausage	沙茶牛肉丸 Satay Beef Balls
	甜味吐司 Sweet Toast	蜂巢肉松包 Honeycomb Meat Loaf Buns	芝士吐司 Cheese Toast	原味吐司 Wheat Toast	火腿蛋三文治 Ham and Egg Sandwich
	玉米片/牛奶 Corn Flakes/Milk	原味麦片/牛奶 Original Cereal/Milk	多种莓干麦片/牛奶 Dried Multi-Berry Cereal /Milk	卜卜米/牛奶 Rice Krispies/Milk	可可球/牛奶 Coco Balls/Milk
蛋制品 Egg Product	水煮蛋 Boiled Egg	茶叶蛋 Tea Egg	蒸水蛋 Steamed Egg	煎蛋 Fried Egg	卤蛋 Sauced Egg

Menu



# 午餐 - 中西式套餐 - 教职工及学生

EXAMPLE

## Lunch - Chinese & Western Style Set Menu - Faculty, Staff and Students

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

<b>主菜</b> Main Dish	蜂蜜烤鸡中翅 Chicken Wings with Honey Sauce	镇江糖醋骨 Sweet and Sour Pork	金沙龙利鱼 Longli Fish	农家碌鹅 Farmhouse Goose	夏威夷披萨 Hawaii Pizza
<b>小荤</b> Side Dish	青莴笋炒雪花肉 Stir-fried Green Lettuce with Pork	芥兰头木耳炒腊味 Stir-fried Preserved Meat with Kale and Mullein	丝瓜洋葱炒鲜鱿鱼 Sauteed Fresh Squid with Loofah and Onion	甜豆百合腰豆炒肉丁 Stir-fried Diced Pork with Sweet Peas and Lily and Cashew Beans	云南小瓜炒牛柳 Stir-fried Beef Tenderloin with Yunnan Melon
<b>蔬菜</b> Vegetable	蒜蓉西洋菜 Watercress with Garlic	生炒奶白菜苗 Stir Fried Cabbage Seedlings	蒜炒京包菜 Sauteed Beijing Cabbage with Garlic	生炒菜心 Stir Fried Vegetable Heart	蒜蓉油麦菜 Garlic & Oily Cabbage
<b>例汤</b> Soup	海带黄豆筒骨汤 Seaweed, Soybean & Bone Soup	意式时蔬浓汤 Italian Seasonal Vegetable Soup	姬松茸老鸡汤 Old Chicken Soup with Mushrooms	泡菜排骨汤 Kimchi Pork Rib Soup	玉米胡萝卜排骨汤 Corn and Carrot Pork Rib Soup
<b>主食</b> Staple Food	奶油玉米 Creamy Corn	法式烤小土豆 French Roasted Baby Potatoes	百合蒸板栗南瓜 Steamed Chestnut Pumpkin with lily	烤红薯 Baked Sweet Potato	土豆泥 Mashed Potatoes
	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
<b>水果</b> Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit



# 午餐 - 韩式套餐 - 教职工及学生

EXAMPLE

## Lunch - Korean Style Set Menu - Faculty, Staff and Students

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

<b>主菜</b> Main Dish	韩式酱炸鸡 Fried Chicken with Korean Sauce	韩式烤肉 Korean style Barbecue	芝士焗排骨 Baked Ribs with Cheese	韩式烤鳗鱼 Korean style grilled eel	韩国泡菜炒肥牛卷 Fried Kimchi & Beef Roll
<b>配菜</b> Side Dish	韩式酱拌玉米 Corn with Korean Sauce	韩式土豆 Korean Style Potatoes	韩式南瓜羹 Korean Style Pumpkin Soup	韩式酱拌红薯 Sweet Potatoes with Korean Sauce	韩式土豆泥 Korean Mashed Potatoes
	韩国小菜 Korean Small Dish	韩国小菜 Korean Small Dish	韩国小菜 Korean Small Dish	韩国小菜 Korean Small Dish	韩国小菜 Korean Small Dish
<b>例汤</b> Soup	海带黄豆筒骨汤 Seaweed, Soybean & Bone Soup	意式时蔬浓汤 Italian Seasonal Vegetable Soup	姬松茸老鸡汤 Old Chicken Soup with Mushrooms	泡菜排骨汤 Kimchi Pork Rib Soup	玉米胡萝卜排骨汤 Corn and Carrot Pork Rib Soup
<b>主食</b> Staple food	韩式拌饭 Korean style bibimbap	韩式拌面 Korean Style Noodles	韩式拌饭 Korean style bibimbap	韩式拌面 Korean Style Noodles	韩式拌饭 Korean style bibimbap
<b>水果</b> Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit

Shekou  
International  
School

Menu



PEOPLE MAKE PLACES



# 午餐 - 素食套餐 - 教职工及学生

EXAMPLE

## Lunch - Vegetarian Set Menu - Faculty, Staff and Students

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

主菜 Main Dish	清爽莲藕丝 Refreshing Lotus Root	西红柿烩花菜 Braised Cauliflower with Tomatoes	鲜百合玉米炒西兰花 Stir Fried Broccoli with Fresh Lily and Corn	洋葱炒丝瓜 Sauteed Squash with Onion	荷塘一品素 Mixed Vegetables
	蒜香西洋菜 Garlic Watercress	生炒奶白菜苗 Stir Fried Cabbage Seedlings	手撕京包菜 Stirred Beijing Cabbage	马拉盏炒菜心 Marajan Fried Vegetable Heart	葱香油麦菜 Sauteed Greens with Green Onion
豆制品 Soy Product	滑仔菇烩内脂豆腐 Braised Inner Fat Tofu with Slider Mushroom	韩式拌豆皮 Korean Style Mixed Bean Curd	芹菜木耳炒白豆干 Stir-fried White Beans with Celery and Mullein	潮汕蔬菜炆油豆腐 Chaoshan Vegetable Stew with Oil Tofu	家常豆腐 Homemade Tofu
例汤 Soup	蔬菜例汤 (每日变更) Vegetable Soup (Daily Change)	蔬菜例汤 (每日变更) Vegetable Soup (Daily Change)	蔬菜例汤 (每日变更) Vegetable Soup (Daily Change)	蔬菜例汤 (每日变更) Vegetable Soup (Daily Change)	蔬菜例汤 (每日变更) Vegetable Soup (Daily Change)
主食 Staple food	水煮玉米 Boiled Corn	法式烤小土豆 French Roasted Baby Potatoes	百合蒸板栗南瓜 Steamed Chestnut Pumpkin with lily	烤红薯 Baked Sweet Potato	土豆泥 Mashed Potatoes
	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
水果 Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit	时令水果 Seasonal Fruit

Shekou International School

Menu



# 点心 - 学生 Snack - Students

EXAMPLE

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

西式烘焙 (自制) Western Pastry (Homemade)	营养蒸蛋糕 Nutritional Steamed Cake	麦片饼干 Oatmeal Cookie	提子酥 Raisin Crisp	胡萝卜蛋糕 Carrot Cake	巧克力饼干 Chocolate Cookies
饮品 Drink	原味酸奶 Yogurt	红枣酸奶 Jujube Yogurt	牛奶 Milk	草莓酸奶 Strawberry Yogurt	原味酸奶 Yogurt

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School

Menu



PEOPLE MAKE PLACES

