

Weekly Menu

2022.11.22 – 2022.11.25



早餐 Breakfast

Shekou
International
School

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

中式 Chinese Style	菠菜猪肝粥 Porridge With Spinach and Pork liver	清甜玉米粥 Sweet Corn Porridge	南瓜小米粥 Pumpkin And Millet Porridge	紫薯黑米粥 Purple Yam And Black Rice Porridge
	小花卷 Steamed Twisted Roll	燕麦包 Oatmeal Buns	玉米馒头 Corn Buns	小馒头 Steamed Buns
	干炒肉片河粉 Fried Rice Noodles With Pork Slices	肉丝炒面 Fried Noodles With Shredded Pork	火腿炒米粉 Fried Rice Noodles With Ham	肉沫炒陈村粉 Fried Rice Noodles With Minced Pork
西式 Western Style	玉米炒火腿丁 Fried Ham With Corn	鸡肉肠 Chicken Sausage	水煮牛肉丸 Boiled Beef Balls	猪肉肠 Pork Sausage
	多种莓干麦片/牛奶 Dried Multi-berry Cereal /Milk	可可球/牛奶 Coco Balls/Milk	玉米片/牛奶 Corn Flakes / Milk	原味麦片/牛奶 Original Cereal/Milk
	吐司 Toast	丹麦苹果卷 Danish Apple Roll	吐司 Toast	芝士肉松蛋糕 Cheese Meat Floss Cake
蛋制品 Egg Product	蒸水蛋 Steamed Eggs	茶叶蛋 Tea Egg	榨菜炒鸡蛋 Scrambled Eggs With Pickle	卤蛋 Marinated Egg

Menu



午餐 – 中西式套餐

Lunch – Chinese & Western Style Set Menu

Shekou
International
School

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

西式主菜 Western Main Dish	萝卜炖牛腩 Braised Beef Brisket With Radish	梅干菜焖猪肉 Steamed Pork With Preserved Vegetable	炸鸡 Fried Chicken	茶树菇炒鸭肉 Stir-Fried Duck With Mushroom
中式主菜 Chinese Main Dish	咖喱鸡肉 Curry Chicken	日式照烧鸡排 Japanese Style Teriyaki Chicken	泰式柠檬鱼 Thai Style Lemon Fish	法式口蘑烩鸡胸 Braised Chicken Breast With Mushrooms
蔬菜 Vegetable	蒜茸菜心 Vegetable With Garlic	上汤春菜 Spring Vegetables In Soup	蒜茸小塘菜 Vegetables With Garlic	盐水小白菜 Brined Baby Cabbage
例汤 Soup	冬瓜薏米龙骨汤 Pork Bone Soup With Winter Melon And Barley	紫菜鸡蛋汤 Egg Soup With Seaweed	三色萝卜龙骨汤 Pork Bone Soup With Radish	霸王花龙骨汤 Pork Bone Soup With Vileplume
西式主食 Western Staple Food	炸薯角 Fried Potato Wedges	水煮玉米 Boiled Corn	茄汁肉酱意面 Pork Spaghetti With Tomato Sauce	烤红薯 Roasted Sweet Potato
中式主食 Chinese Staple Food	玉米饭 Corn Rice	米饭 Rice	南瓜饭 Pumpkin 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

Menu



午餐 - 韩式套餐 Lunch - Korean Style Set Menu

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

韩式主菜 Korean Main Dish	韩式烤鱼 Korean Style Grilled Fish	韩式年糕炖肥牛 Korean Style Braised Beef Roll With Rice Cake	韩式炸鸡 Korean Style Fried Chicken	韩式豆角烤肉 Korean Style Grilled Pork With Green Beans
西式主菜 Western Main Dish	咖喱鸡肉 Curry Chicken	日式照烧鸡排 Japanese Style Teriyaki Chicken	泰式柠檬鱼 Thai Lemon Fish	法式口磨烩鸡胸 Braised Chicken Breast With French Mince
蔬菜 Vegetable	韩式拌菜 Korean Style Mixed Vegetables	韩式海藻 Korean Style Seaweed	韩式炸时蔬 Korean Style Deep-Fried Mix Vegetables	韩式泡菜 Korean Style Kimchi
例汤 Soup	韩式海带牛肉汤 Korean Style Beef Soup With Seaweed	韩式大酱肉沫汤 Korean Style Minced Pork Soybean Paste Stew	韩式泡菜肉片汤 Korean Style Kimchi Soup With Pork	韩式豆腐海鲜汤 Korean Style Seafood Tofu Soup
主食 Staple food	炸薯角 Fried Potato Wedges	水煮玉米 Boiled Corn	茄汁肉酱意面 Pork Spaghetti With Tomato Sauce	烤红薯 Roasted Sweet Potato
	玉米饭 Corn Rice	米饭 Rice	南瓜饭 Pumpkin 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

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点心 - 学生 Snack - Students

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

上午点心 Morning Snack

西式烘焙 (自制) Western Pastry (homemade)	原味蛋糕 Original Cake	麻薯 Mochi	提子酥 Raisin Crisp	大理石蛋糕 Marble Cake
饮品 Drink	牛奶 Milk	牛奶 Milk	牛奶 Milk	牛奶 Milk

下午点心 Afternoon Snack

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
饮品 Drink	海带绿豆汤 Seaweed And Green Bean Soup	原味酸奶 Original Yogurt	莲子百合银耳汤 Lotus Seeds, Lily and White Fungus Soup	原味酸奶 Original Yogurt

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