

# Weekly Menu

2022.11.28 – 2022.12.2



# 早餐 Breakfast

Shekou  
International  
School

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

|                     |   |  |  |   |   |
|---------------------|---|--|--|---|---|
| 中式<br>Chinese Style | 白粥<br>White Porridge                    | 菜干排骨粥<br>Congee With Dried<br>Vegetable and Pork Ribs      | 南瓜小米粥<br>Pumpkin and Millet<br>Porridge  | 皮蛋瘦肉粥<br>Congee With Minced Pork<br>and Preserved Egg | 红薯枸杞红枣粥<br>Sweet Potato, Wolfberry and<br>Red Date Porridge |
|                     | 花卷<br>Steamed Swisted Roll              | 蔬菜包<br>Vegetable Bun                                       | 馒头<br>Buns                               | 蒸肉包<br>Steamed Meat Buns                              | 南瓜包<br>Steamed Pumpkin Buns                                 |
|                     | 鸡蛋炒河粉<br>Fried Rice Noodles<br>With Egg | 香菇肉沫蒸猪肠粉<br>Steamed Rice Noodles With<br>Mushroom and Pork | 客家猪杂汤粉<br>Hakks Noodle Soup<br>With Pork | 鸡蛋炒面<br>Fried Noodles With Egg                        | 肉丝炒陈村粉<br>Stir-Fried Rice Noodles With<br>Shredded Pork     |
| 西式<br>Western Style | 紫菜煮猪肉丸<br>Pork Balls With Seaweed       | 鸡肉肠<br>Chicken Sausage                                     | 烤火腿<br>Grilled Ham                       | 煎早餐肠<br>Fried Pork Sausage                            | 炸春卷<br>Fried Spring Rolls                                   |
|                     | 卜卜米/牛奶<br>Rice Krispies/Milk            | 多种莓干麦片/牛奶<br>Multi-berry Cereal /Milk                      | 可可球/牛奶<br>Coco Balls/Milk                | 玉米片/牛奶<br>Corn Flakes / Milk                          | 原味麦片/牛奶<br>Original Cereal/Milk                             |
|                     | 牛奶吐司<br>Milk Toast                      | 提子面包<br>Raisin Bread                                       | 原味蛋糕<br>Original Cake                    | 蒜香法棍<br>Garlic Baguette                               | 原味吐司<br>Wheat Toast   |
| 蛋制品<br>Egg Product  | 水煮蛋<br>Boiled Eggs                      | 茶叶蛋<br>Tea Egg   | 炒鸡蛋<br>Scrambled Eggs                    | 卤蛋<br>Marinated Egg                                   | 蒸水蛋<br>Steamed Eggs   |

Menu



# 午餐 – 中西式套餐

## Lunch – Chinese & Western Style Set Menu

Shekou  
International  
School

周一 • Monday

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|                             |  |  |  |   |                               |
|-----------------------------|--|--|--|---|-------------------------------|
| 西式主菜<br>Western Main Dish   | 日式洋葱肥牛<br>Japanese Style Beef With Onion   | 西班牙蜜汁鸡排<br>Spanish Chicken Fillet With Honey Sauce | 普罗旺斯炖鸭<br>Provence Stewed Duck                     | 法式蘑菇鸡胸<br>Baked Chicken Breast With Mushrooms | 肉酱披萨<br>Pizza With Pork Sauce |
| 中式主菜<br>Chinese Main Dish   | 豆角炒肉沫<br>Stir-Fried Minced Pork With Beans | 番茄滑蛋肉片<br>Sliced Pork With Tomato and Egg          | 干煸莲藕肉丝<br>Stir-Fried Shredded Pork With Lotus Root | 鹌鹑蛋焖红烧肉<br>Braised Pork With Quail Egg        | 清蒸龙利鱼<br>Steamed Dragonfish   |
| 蔬菜<br>Vegetable             | 盐水菜心<br>Salt Green Tender                  | 上汤娃娃菜<br>Baby Vegetables In Soup                   | 蒜香黄牙白<br>Garlic With Celery Cabbage                | 蒜香油麦菜<br>Garlic Lettuce                       | 清炒小白菜<br>Stir-Fried Cabbage   |
| 例汤<br>Soup                  | 椰子煲老鸡<br>Coconut Chicken Soup              | 奶油蘑菇汤<br>Creamy Mushroom Soup                      | 五指毛桃煲龙骨<br>Pork Bone Soup With Hairy Fig           | 生熟地煲龙骨<br>Pork Bone Soup                      | 番茄鸡蛋汤<br>Tomato and Egg Soup  |
| 西式主食<br>Western Staple Food | 香草烤南瓜<br>Roasted Pumpkin With Herbs        | 香草烤土豆<br>Roasted Potatoes With Herbs               | 蘑菇汁烩意粉<br>Spaghetti With Mushroom Sauce            | 水煮玉米<br>Boiled Corn                           | 烤红薯<br>Roasted Sweet Potato   |
| 中式主食<br>Chinese Staple Food | 米饭<br>Rice                                 | 玉米饭<br>Corn Rice                                   | 米饭<br>Rice   | 杂粮饭<br>Mixed Grains Rice                      | 米饭<br>Rice                    |
| 水果<br>Fruit                 | 时令水果<br>Seasonal Fruit                     | 时令水果<br>Seasonal Fruit                             | 时令水果<br>Seasonal Fruit                             | 时令水果<br>Seasonal Fruit                        | 时令水果<br>Seasonal Fruit        |

Menu



# 午餐 - 韩式套餐 Lunch - Korean Style Set Menu

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

|                                  |   |  |  |  |  |
|----------------------------------|---|--|--|--|--|
| <b>韩式主菜</b><br>Korean Main Dish  | 韩式年糕炖鸡<br>Korean Style Stewed Chicken With Rice Cake          | 韩式豆角烤肉<br>Korean Style Grilled Pork and Beans      | 日式烤鲷鱼<br>Japanese Style Grilled Fish                       | 韩式泡菜炖酥肉<br>Korean Style Stew Crispy Pork With Kimchi | 韩式烤鸡腿<br>Korean Style Grilled Chicken Legs |
| <b>西式主菜</b><br>Western Main Dish | 日式洋葱肥牛<br>Japanese Style Beef With Onion                      | 西班牙蜜汁鸡排<br>Spanish Chicken Fillet With Honey Sauce | 普罗旺斯炖鸭<br>Provence Stewed Duck                             | 法式蘑菇鸡胸<br>Baked Chicken Breast With Mushrooms        | 肉酱披萨<br>Pizza With Pork Sauce              |
| <b>蔬菜</b><br>Vegetable           | 拌杂菜<br>Mixed Vegetables                                       | 泡菜<br>Kimchi                                       | 天妇罗炸杂菜<br>Fried Mixed Tempura Vegetables                   | 海草<br>Seaweed  | 拌杂菜<br>Mixed Vegetables                    |
| <b>例汤</b><br>Soup                | 金针菇豆芽大酱汤<br>Soybean Soup With Needle Mushroom and Bean Sprout | 奶油蘑菇汤<br>Creamy Mushroom Soup                      | 韩国豆腐肉沫大酱汤<br>Korean Soybean Soup With Tofu and Minced Pork | 五花肉泡菜汤<br>Kimchi Soup With Pork                      | 海带牛肉汤<br>Beef Seaweed Soup                 |
| <b>主食</b><br>Staple food         | 香草烤南瓜<br>Roasted Pumpkin With Herbs                           | 香草烤土豆<br>Roasted Potatoes With Herbs               | 蘑菇汁烩意粉<br>Spaghetti With Mushroom Sauce                    | 水煮玉米<br>Boiled Corn                                  | 烤红薯<br>Roasted Sweet Potato                |
|                                  | 米饭<br>Rice  | 玉米饭<br>Corn Rice                                   | 米饭<br>Rice   | 杂粮饭<br>Mixed Grains Rice                             | 米饭<br>Rice                                 |
| <b>水果</b><br>Fruit               | 时令水果<br>Seasonal Fruit  | 时令水果<br>Seasonal Fruit                             | 时令水果<br>Seasonal Fruit                                     | 时令水果<br>Seasonal Fruit                               | 时令水果<br>Seasonal Fruit                     |

Menu



# 点心 - 学生 Snack - Students

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

## 上午点心 Morning Snack

|   |                |                       |                            |                      |                        |
|---|----------------|-----------------------|----------------------------|----------------------|------------------------|
| 西式烘焙 (自制)<br>Western Pastry<br>(homemade) | 蛋挞<br>Egg Tart | 蓝莓卷<br>Blueberry Roll | 蔓越莓饼干<br>Cranberry Cookies | 南瓜蛋糕<br>Pumpkin Cake | 原味麻薯<br>Original Mochi |
| 饮品<br>Drink                               | 牛奶<br>Milk     | 牛奶<br>Milk            | 牛奶<br>Milk                 | 牛奶<br>Milk           | 牛奶<br>Milk             |

## 下午点心 Afternoon Snack

|             |                         |   |                         |  |                         |
|-------------|-------------------------|---|-------------------------|--|-------------------------|
| 水果<br>Fruit | 时令水果<br>Seasonal Fruit  | 时令水果<br>Seasonal Fruit                          | 时令水果<br>Seasonal Fruit  | 时令水果<br>Seasonal Fruit                   | 时令水果<br>Seasonal Fruit  |
| 饮品<br>Drink | 原味酸奶<br>Original Yogurt | 桂花糯米小丸子<br>Sweet Osmanthus<br>Sticky Rice Balls | 原味酸奶<br>Original Yogurt | 木瓜银耳羹<br>Papaya and White<br>Fungus Soup | 原味酸奶<br>Original Yogurt |

Menu

