

# Weekly Menu

2022.1.30 – 2022.2.03



# 早餐 Breakfast

Shekou  
International  
School

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

中式 Chinese Style	冬菇牛肉粥 Congee With Mushroom And Beef	南瓜小米粥 Pumpkin And Millet Porridge	胡萝卜鸡丝粥 Congee With Carrot And Chicken	皮蛋瘦肉粥 Congee With Minced Pork And Preserved Egg	冬菜咸骨粥 Congee With Winter Vegetables And Salted Bones
	花卷 Steamed Twisted Roll	蔬菜包 Steamed Vegetable Bun	馒头 Buns	蒸肉包 Steamed Bun With Pork	南瓜包 Steamed Pumpkin Buns
	鸡蛋炒河粉 Fried Rice Noodles With Egg	香菇肉沫蒸猪肠粉 Steamed Rice Noodles With Mushroom And Pork	番茄鸡蛋汤米粉 Tomato And Egg Soup Rice Noodles	豆芽肉丝炒面 Fried Noodles With Shredded Pork And Bean Sprouts	肉丝炒陈村粉 Fried Rice Noodles With Shredded Pork
西式 Western Style	紫菜猪肉丸子 Pork Balls With Seaweed	鸡肉肠 Chicken Sausage	烤火腿 Grilled Ham	红枣雪梨银耳羹 Red Date & Pear White Fungus Soup	玉米炒鸡肉粒 Fried Chicken With Corn
	卜卜米/牛奶 Rice Krispies/Milk	多种莓干麦片/牛奶 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
	牛奶吐司 Milk Toast	椰香包 Coconut Buns	原味吐司 Wheat Toast	丹麦包 Danish Bread	原味吐司 Wheat Toast
蛋制品 Egg Product	水煮蛋 Boiled eggs	茶叶蛋 Tea Egg	炒鸡蛋 Scrambled Eggs	卤蛋 Spiced Egg	蒸水蛋 Steamed Eggs

Menu



# 午餐 – 中西式套餐 Lunch – Chinese & Western Style Set Menu

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

西式主菜 Western Main Dish	日式洋葱肥牛 Japanese Style Beef With Onion	咖喱土豆鸡 Curry Chicken With Potato	茄汁豆炖牛肉 Beef Stew With Bean In Tomato Sauce	日式照烧鸡扒 Teriyaki Chicken Steak	肉酱披萨 Pizza With Pork Sauce
中式主菜 Chinese Main Dish	南瓜粉蒸肉 Steamed Pork & Pumpkin With Rice Flour	糖醋咕鲁肉 Sweet And Sour Pork	金针木耳炒鸡柳 Fried Chicken Tenderloin With Needle Mushroom & Fungus	滑蛋虾仁 Scrambled Egg With Shrimp	台式卤肉 Taiwan Style Marinated Meat
蔬菜 Vegetable	盐水菜心 Salt Green Tender	上汤娃娃菜 Braised Baby Cabbage in Soup	蒜香黄牙白 Garlic Cabbage	蒜香油麦菜 Garlic Lettuce	清炒小白菜 Stir-Fried Cabbage
例汤 Soup	霸王花煲老鸡 Chicken Soup With Vileplume	冬瓜煲老鸭 Duck Soup With Winter Melon	五指毛桃煲龙骨 Pork Bone Soup With Ficus Hirta	生熟地煲龙骨 Pork Bone Soup	奶油南瓜浓汤 Creamy Pumpkin Soup
西式主食 Western Staple Food	香草烤南瓜 Roasted Pumpkin With Herb	芝士土豆泥 Cheese Mashed Potatoes	蘑菇汁烩意粉 Braised Spaghetti With Mushroom Sauce	水煮玉米 Boiled Corn	烤红薯 Roasted Sweet Potato
中式主食 Chinese Staple Food	米饭 Rice	玉米饭 Corn Rice	米饭 Rice	杂粮饭 Mixed Grains 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

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

韩式主菜 Korean Main Dish	韩式年糕炖鸡 Korean Style Stewed Rice Cake & Chicken	日式烤鲷鱼 Japanese Style Grilled Snapper Fish	韩式土豆烤肉 Korean Style Grilled Pork & Potato	韩式泡菜炖酥肉 Korean Style Kimchi Stew With Crispy Pork	韩式烤鸡腿 Korean Style Grilled Chicken Legs
西式主菜 Western Main Dish	日式洋葱肥牛 Japanese Style Beef With Onion	咖喱土豆鸡 Curry Chicken With Potato	茄汁豆炖牛肉 Beef Stew With Bean In Tomato Sauce	日式照烧鸡扒 Teriyaki Chicken Steak	肉酱披萨 Pizza With Pork Sauce
蔬菜 Vegetable	拌杂菜 Mixed Vegetables	泡菜 Kimchi	天妇罗炸杂菜 Mixed Fried Tempura Vegetables	海草 Seaweed	拌杂菜 Mixed Vegetables
例汤 Soup	金针菇豆芽大酱汤 Soybean Soup With Needle Mushroom And Bean Sprout	海带豆腐汤 Tofu Seaweed Soup	韩国豆腐肉沫大酱汤 Korean Soybean Soup With Tofu And Minced Pork	五花肉泡菜汤 Pork Kimchi Soup	海带牛肉汤 Beef Seaweed Soup
主食 Staple food	香草烤南瓜 Roasted Vanilla Pumpkin	芝士焗土豆泥 Baked Mashed Potatoes With Cheese	蘑菇汁烩意粉 Braised Spaghetti With Mushroom Sauce	水煮玉米 Boiled Corn	烤红薯 Roasted Sweet Potato
	米饭 Rice	玉米饭 Corn Rice	米饭 Rice	杂粮饭 Mixed Grains 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

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) Western Pastry (homemade)	原味麻薯 Original Mochi	胡萝卜蛋糕 Carrot Cake	巧克力酥 Cocoa Custard Bread	香橙麦芬 Orange Muffin	蔓越莓饼干 Cranberry Cookies
饮品 Drink	牛奶 Milk	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	时令水果 Seasonal Fruit
饮品 Drink	原味酸奶 Original Yogurt	红豆沙 Red Bean Paste	原味酸奶 Original Yogurt	香芋椰汁西米 Taro Coconut Sago	原味酸奶 Original Yogurt

Menu

