

# Weekly Menu

2023.3.20 – 2023.3.24



# 早餐 Breakfast

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

中式 Chinese Style	窝蛋牛肉粥 Beef Congee With Egg	枸杞南瓜小米粥 Chinese Wolfberry and Pumpkin Millet Porridge	香菇鸡丝粥 Mushroom and Shredded Chicken Congee	番薯粥 Sweet Potato Porridge	胡萝卜排骨粥 Carrot and Pork Ribs Congee
	花卷 Steamed Twisted Roll	烧卖 Steamed Pork Dumplings	炸油条 Doughnut	蒸饺 Steamed Dumplings	云吞 Wonton
	鸡蛋炒米粉 Fried Rice Noodles With Egg	番茄鸡蛋汤米粉 Tomato and Egg Soup Rice Noodles	香菇肉沫蒸猪肠粉 Steamed Rice Noodles With Mushroom and Pork	豆芽肉丝炒濛粉 Rice Noodle Soup With Shredded Pork & Bean Sprouts	肉丝炒河粉 Fried Rice Noodles With Shredded Pork
西式 Western Style	咖喱猪肉丸子 Curry Pork Meatballs	鸡肉肠 Chicken Sausage	烤火腿 Grilled Ham	炸春卷 Fried Spring Rolls	烤猪肉肠 Pork Sausage
	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
	全麦吐司 Whole Wheat Toast	热狗面包 Hot Dog Buns	原味蛋糕 Original Cake	草莓丹麦包 Strawberry Danish	欧式健康包 European Style Bun
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	香橙鸭胸 Spiced Orange Duck Breast	吉列雪鱼柳 Gillette Snowfish Fillet	洋葱鸡扒 Onion Chicken Steak	咖喱土豆鱼丸 Curry Potato Fish Balls	猪扒汉堡 Pork Chop Burger
中式主菜 Chinese Main Dish	京葱爆肥牛 Stir Fried Beef With Onion	水晶鸡 Crystal Chicken	豉椒炒肉片 Stir-fried Sliced Pork With Pepper	板栗炖鸡 Chicken Stew With Chestnuts	雪菜肉沫炖豆仁 Stewed Beans With Snow Cabbage and Minced Pork
蔬菜 Vegetable	蒜蓉芥菜 Mustard With Garlic	上汤大白菜 Cabbage in Soup	蒜香小棠菜 Vegetables With Garlic	西芹木耳炒百合 Sauteed Lily With Celery and Fungus	清炒小白菜 Stir-Fried Cabbage
例汤 Soup	紫菜鸡蛋汤 Egg Soup With Seaweed	茶树菇煲老鸭 Braised Duck with Tea Tree Mushroom	豆腐芥菜肉片汤 Tofu and Mustard Pork Soup	三色萝卜煲龙骨 Tri-colored Radish Pork Bone Soup	番茄鸡蛋汤 Tomato and Egg Soup
西式主食 Western Staple Food	法香烤土豆 Roasted Potatoes	五香毛豆 Spiced Edamame	茄汁炒意面 Stir-Fried Spaghetti With Tomato 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

Shekou  
International  
School

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

<b>韩式主菜</b> Korean Main Dish	韩式金沙玉米鱼柳 Korean Style Golden Corn Fish Fillet	黄豆芽炖烤肉 Roast Pork Stew With Soybean Sprouts	韩式辣炒鱿鱼 Korean Style Spicy Fried Squid	韩式酱烤茄子 Korean Roasted Eggplant	泡菜豆腐炖花肉 Kimchi & Tofu Stew With Pork
<b>西式主菜</b> Western Main Dish	香橙鸭胸 Spiced Orange Duck Breast	吉列雪鱼柳 Gillette Snowfish Fillet	洋葱鸡扒 Onion Chicken Steak	咖喱土豆鱼丸 Curry Potato Fish Balls	猪扒汉堡 Pork Chop Burger
<b>蔬菜</b> Vegetable	拌杂菜 Mixed Vegetables	泡菜 Kimchi	天妇罗炸杂菜 Fried Tempura Mixed Vegetables	海草 Seaweed	拌杂菜 Mixed Vegetables
<b>例汤</b> 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
<b>主食</b> Staple food	法香烤土豆 Roasted Potatoes	五香毛豆 Spiced Edamame	茄汁炒意面 Stir-Fried Spaghetti With Tomato 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
<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

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)	葡式蛋挞 Portuguese Egg Tart	奥利奥司康 Oreo Scone	蔓越莓曲奇 Cranberry Cookies	红豆椰奶糕 Red Bean Coconut Milk Cake	苹果派 Apple Pie
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	木瓜西米露 Papaya Sago	原味酸奶 Original Yogurt	莲子百合汤 Lotus Seed and Lily Soup	原味酸奶 Original Yogurt

Menu

