

# Weekly Menu

2023.5.15–2023.5.19



# 早餐 Breakfast

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

|                     |   |  |   |  |   |
|---------------------|---|--|---|--|---|
| 中式<br>Chinese Style | 紫菜牛肉粥<br>Beef Porridge With Seaweed         | 绿豆粥<br>Green Bean Porridge                 | 青菜鸡丝粥<br>Porridge With Chicken & Vegetables | 白粥<br>White Porridge                       | 广式猪杂粥<br>Cantonese Pork Congee                  |
|                     | 豆沙包<br>Red Bean Bun                         | 胡萝卜猪肉蒸饺<br>Steamed Carrot & Pork Dumplings | 烤红薯<br>Roasted Sweet Potato                 | 炸油条<br>Deep-Fried Dough Stick              | 奶香小馒头<br>Creamy Buns                            |
|                     | 榨菜肉沫拌面<br>Noodles With Minced Pork & Pickle | 牛肉丸汤河粉<br>Rice Noodle Soup With Beef Ball  | 热干面<br>Hot Dry Noodles                      | 豉油皇炒面<br>Fried Noodles With Soy Sauce King | 肉丝炒陈村粉<br>Fried Rice Noodles With Shredded Pork |
| 西式<br>Western Style | 鸡肉肠<br>Chicken Sausage                      | 煎培根<br>Pan-Fried Bacon                     | 猪肉肠<br>Pork Sausage                         | 洋葱培根炒薯角<br>Onion Bacon With Potato         | 烤火腿<br>Grilled Ham                              |
|                     | 多种莓干麦片/牛奶<br>Multi-berry Cereal /Milk       | 卜卜米/牛奶<br>Rice Krispies/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                 |
|                     | 炭烧吐司<br>Charcoa Toast                       | 法式蒜香面包<br>French Garlic Bread              | 椰蓉小餐包<br>Coconut Bun                        | 沙拉包<br>Salad Bun                           | 南瓜欧包<br>Pumpkin Bun                             |
| 蛋制品<br>Egg Product  | 火腿炒蛋<br>Scrambled Eggs With Ham             | 茶叶蛋<br>Tea Egg                             | 蒸水蛋<br>Steamed Eggs                         | 卤蛋<br>Spiced Egg                           | 菜脯煎蛋<br>Omelette With Preserved Vegetables      |

Shekou  
International  
School

Menu



# 午餐 – 中西式套餐

## Lunch – Chinese & Western Style Set Menu

Shekou  
International  
School

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

|                             |  |   |  |   |  |
|-----------------------------|--|---|--|---|--|
| 西式主菜<br>Western Main Dish   | 土豆咖喱牛肉<br>Beef Curry With Potatoes                     | 日式照烧鸡<br>Japanese Style Teriyaki Chicken                      | 香橙鸭胸<br>Orange Duck Breast                             | 奥尔良烤鸡翅<br>Orleans Grilled Chicken Wings         | 鸡肉酱披萨<br>Meat(Chicken) Sauce Pizza         |
| 中式主菜<br>Chinese Main Dish   | 清蒸鱼<br>Steamed Fish                                    | 青椒土豆炒肉丝<br>Fried Shredded Pork With Green Pepper And Potatoes | 豉油鸡<br>Soy Sauce Chicken                               | 肉沫虾仁蒸蛋<br>Steamed Egg With Shrimp & Minced Pork | 鹌鹑蛋红烧肉<br>Braised Pork with Quail Egg      |
| 蔬菜<br>Vegetable             | 手撕包菜<br>Shredded Cabbage                               | 蒜蓉菜心<br>Garlic Vegetables                                     | 蒜香西兰花<br>Garlic Broccoli                               | 上汤奶白菜<br>Creamy Cabbage in Superior Soup        | 白灼生菜<br>Boiled Lettuce                     |
| 例汤<br>Soup                  | 冬瓜海带龙骨汤<br>Pork Bone Soup With Wintermelon and Seaweed | 奶油玉米浓汤<br>Creamy Corn Soup                                    | 绿豆莲藕猪骨汤<br>Pork Bone Soup With Green Bean & Lotus Root | 鲜蔬芙蓉汤<br>Furong Vegetable Soup                  | 虫草花乌鸡汤<br>Chicken Soup With Cordyceps      |
| 西式主食<br>Western Staple Food | 烤红薯<br>Roasted Sweet Potato                            | 芝士土豆泥<br>Cheese Mashed Potato                                 | 肉酱茄汁意面<br>Spaghetti with Pork and Tomato Sauce         | 水煮玉米<br>Boiled Corn                             | 黑椒炒意粉<br>Fried Spaghetti with Black Pepper |
| 中式主食<br>Chinese Staple Food | 米饭<br>Rice   | 米饭<br>Rice  | 米饭<br>Rice   | 米饭<br>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

Shekou  
International  
School

周一 • Monday

周二 • Tuesday

周三 • Wednesday

周四 • Thursday

周五 • Friday

|                             |  |   |   |   |   |
|-----------------------------|--|---|---|---|---|
| 韩式主菜<br>Korean Main Dish    | 韩式豆角烤肉<br>Korean Grilled Pork With Beans | 韩式海带炖鱼豆腐<br>Korean Style Seaweed With Fish Tofu | 韩式黄豆芽炒五花肉<br>Korean Style Stir-Fried Pork With Soy Bean Sprouts | 韩式糖醋肉<br>Korean Style Sweet Sour Pork   | 韩式肥牛<br>Korean Style Fatty Beef             |
| 西式主菜<br>Western Main Dish   | 土豆咖喱牛肉<br>Beef Curry With Potatoes       | 日式照烧鸡<br>Japanese Style Teriyaki Chicken        | 香橙鸭胸<br>Orange Duck Breast                                      | 奥尔良烤鸡翅<br>Orleans Grilled Chicken Wings | 鸡肉酱披萨<br>Meat (Chicken) Sauce Pizza         |
| 蔬菜<br>Vegetable             | 韩式泡菜<br>Kimchi                           | 韩式炸时蔬<br>Korean Style Deep-fried Vegetable      | 海草<br>Seaweed   | 拌黄豆芽<br>Mixed Soy Bean Sprouts          | 拌杂菜<br>Mixed Vegetables                     |
| 例汤<br>Soup                  | 韩式海带牛肉汤<br>Korean Seaweed Beef Soup      | 嫩豆腐辣白菜汤<br>Kimchi Tofu Soup                     | 韩式大酱汤<br>Korean Style Soybean Soup                              | 海带豆腐汤<br>Seaweed Rofu Soup              | 蛤蜊大酱汤<br>Clam Soybean Soup                  |
| 西式主食<br>Western Staple Food | 烤红薯<br>Roasted Sweet Potato              | 芝士土豆泥<br>Cheese Mashed Potato                   | 肉酱茄汁意面<br>Spaghetti with Pork And Tomato Sauce                  | 水煮玉米<br>Boiled Corn                     | 黑椒炒贝壳粉<br>Fried Spaghetti with Black Pepper |
| 中式主食<br>Chinese Staple Food | 米饭<br>Rice                               | 米饭<br>Rice                                      | 米饭<br>Rice  | 米饭<br>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



# 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) | 原味麻薯<br>Original Mochi | 蜂蜜蛋糕<br>Honey Cake | 日式抹茶曲奇<br>Japanese Style Matcha<br>Cookies | 红豆面包<br>Red Bean Bread | 草莓芝士磅蛋糕<br>Strawberry Cheese<br>Pound Cake |
| 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 | 冰糖苹果枸杞饮<br>Rock Sugar Apple And<br>Wolfberry Drink | 原味酸奶<br>Original Yogurt | 牛乳绿豆沙<br>Milk Mung Bean Paste | 原味酸奶<br>Original Yogurt |

Menu

