



Menu

Weekly Menu

2023.9.18 - 2023.9.22



PEOPLE MAKE PLACES



早餐 Breakfast



Menu

周一 • Monday

周二 • Tuesday

周四 • Thursday

周五 • Friday

中式 Chinese Style	紫菜牛肉粥 Beef Porridge With Seaweed	紫薯黑米粥 Purple Potato And Black Rice Porridge	皮蛋瘦肉粥 Congee With Minced Pork and Preserved Egg	菜干咸骨粥 Congee With Dried Vegetables And Salted Bones
	肉包 Meat Buns	手抓饼 Pancake	蒸饺 Steamed Dumplings	白糖发糕 Steamed White Sugar Cake
	三丝炒面 Stir-Fried Noodles With Three Shredded Vegetables	萝卜牛腩汤米粉 Rice Noodles Soup With Radish And Beef Brisket	猪杂汤米粉 Rice Noodles Soup With Pork	香菇肉沫蒸猪肠粉 Steamed Rice Noodles With Mushroom and Pork
西式 Western Style	烤培根 Grilled Bacon	煎鸡肉肠 Chicken Sausage	印度咖喱角 Indian Samosa	沙茶牛肉丸 Satay Beef Balls
	卜卜米/牛奶 Rice Krispies/Milk	多种莓干麦片/牛奶 Multi-berry Cereal /Milk	玉米片/牛奶 Corn Flakes / Milk	原味麦片/牛奶 Original Cereal/Milk
	迷你卷 Mini Roll	菠萝包 Pineapple Bun	提子吐司 Raisin Toast	肉松包 Meat Floss Bun
蛋制品 Egg Product	水煮蛋 Boiled Egg	茶叶蛋 Tea Egg	卤蛋 Spiced Egg	蒸水蛋 Steamed Egg



午餐 - 中西式套餐

Lunch - Chinese & Western Style Set Menu

SHEKOU
INTERNATIONAL
SCHOOL

周一 • Monday

周二 • Tuesday

周四 • Thursday

周五 • Friday

西式主菜 Western Main Dish	可乐鸡块 Chicken Nuggets With Coke	西式炖牛肉 Western Style Beef Stew	浦烧猪扒 Porcini Pork Chop	美式BBQ烧鸡翅 American BBQ BBQ Chicken Wings
中式主菜 Chinese Main Dish	中芹豆干炒肉 Stir-fried Pork with Dried Chinese Celery and Beans	清蒸龙利鱼 Steamed Fish	荷兰豆炒腊味 Stir-Fried Dutch Beans with Preserved Vegetables	香菇菜花炒肉片 Stir Fried Sliced Pork with Shiitake and Cauliflower
蔬菜 Vegetable	蒜蓉芥菜 Mustard With Garlic	上汤大白菜 Cabbage in Soup	蒜香油麦菜 Garlic Lettuce	椒丝杭白菜 Hangzhou Cabbage With Shredded Pepper
例汤 Soup	沙白冬瓜肉沫汤 Sabaek Winter Melon Soup with Pork Foam	紫菜鸡蛋汤 Egg Soup With Seaweed	番茄鸡蛋汤 Tomato And Egg Soup	罗宋汤 Borscht
西式主食 Western Staple Food	烤红薯 Roasted Sweet Potato	黑椒炒蝴蝶粉 Fried Black Pepper Butterfly Pasta	茄汁炒意面 Stir-Fried Spaghetti With Tomato Sauce	烟肉洋葱炒薯 Fried Potatoes With Onion & Bacon
中式主食 Chinese Staple Food	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
水果 Fruit	火龙果 Dragon Fruit	西瓜 Watermelon	水果青瓜 Cucumber	苹果 Apple

Menu



午餐 - 韩式套餐 Lunch - Korean Style Set Menu



Menu

周一 • Monday

周二 • Tuesday

周四 • Thursday

周五 • Friday

韩式主菜 Korean Main Dish	韩式京葱爆肥牛 Sautéed Fatty Beef with Korean Scallions	韩式土豆炖鸡 Korean Style Chicken Stew With Potato	韩式青椒鸭 Korean Duck with Green Pepper	泡菜豆腐炖花肉 Kimchi & Tofu Stew With Pork
西式主菜 Western Main Dish	可乐鸡块 Chicken Nuggets With Coke	西式炖牛肉 Western Style Beef Stew	浦烧猪扒 Porcini Pork Chop	美式BBQ烧鸡翅 American BBQ Chicken Wings
蔬菜 Vegetable	拌豆芽 Mixed Bean Sprouts	泡菜 Kimchi	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	韩式大酱汤 Korean Style Soybean Soup	五花肉泡菜汤 Pork Kimchi Soup	海带牛肉汤 Beef Seaweed Soup
主食 Staple food	烤红薯 Roasted Sweet Potato	黑椒炒蝴蝶粉 Fried Black Pepper Butterfly Pasta	茄汁炒意面 Stir-Fried Spaghetti With Tomato Sauce	烟肉洋葱炒薯 Fried Potatoes With Onion & Bacon
	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
水果 Fruit	火龙果 Dragon Fruit	西瓜 Watermelon	水果青瓜 Cucumber	苹果 Apple



点心 - 学生 Snack - Students



周一 • Monday

周二 • Tuesday

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	草莓泡芙 Strawberry puff	奶酪包 Cheese Bun	鲜果塔 Fresh Fruit Tart
饮品 Drink	牛奶 Milk	牛奶 Milk	牛奶 Milk	牛奶 Milk

下午点心 Afternoon Snack

水果 Fruit	苹果 Apple	哈密瓜 Cantaloup	柚子 Pomelo	香蕉 Bananas
饮品 Drink	原味酸奶 Original Yogurt	雪耳莲子红枣糖水 Snow Fungus, Lotus Seed and Red Date Sugar Water	无花果百合糖水 Fig and Lily Sugar Water	原味酸奶 Original Yogurt

Menu

