



嘉兴市诺德安达学校
NAS JIAXING

中小学3月21日-3月25日校餐预告

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 早餐	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 虾皮紫菜蛋花汤# ☆ Dried small shrimps, nori & eggs soup 水饺※△☆ Chinese dumpling 春卷※△☆ Spring roll 煎蛋☆ Fried eggs	西式早餐 Western breakfast 新鲜水果 Fresh fruits 芝士面包※O☆ Baked cheese bread 火腿※ Ham 鸡肉早餐肠※ Grilled chicken sausage 西式炒蛋O☆ Scrambled eggs 谷类可选(玉米片, 全 麦维, 谷维滋) ※O Choice of cereal (corn Flakes, all bran, honey nut	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 蒸饺※△☆ Steamed dumpling 流沙包※O☆ Steamed egg yolk bun 白粥 Plain congee 皮蛋瘦肉粥☆ Minced pork & preserved eggs congee 水煮土鸡蛋☆ Boiled egg	西式早餐 Western breakfast 新鲜水果 Fresh fruits 牛角面包※O☆ (配黄油/果酱) Croissant (Served with butter/jam) 培根 Bacon 牛肉早餐肠※ Grilled beef sausage 西式炒蛋O☆ Scrambled eggs 谷类可选(玉米片, 全 麦维, 谷维滋) ※O Choice of cereal (corn Flakes, all bran, honey nut)	中式早餐 Chinese breakfast 新鲜水果 Fresh fruits 牛肉馅饼※O△☆ Beef pie 小米糕※O△ Couscous pudding 白粥 Plain congee 生菜香菇海鲜粥△ # ☆ Iceberg, mushroom & seafood congee 茶叶蛋△☆ Tea eggs
Drinks 饮料 addition	Choice of drink among Milk, Soybean milk, Yoghurt 牛奶, 豆奶, 酸奶选一				

OUR HEALTHY EATING KEY

※ Gluten Content 面粉

O Dairy Product 牛奶

☆ Eggs Product 鸡蛋

△ Legumes Product 豆类

Shell Fish & Seafood 鱼&海鲜



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Morning Snack 早点	蓝莓麦芬※O☆ Blueberry muffin 酸奶 Yogurt O	中式蒸元气米糕 ※O△☆ Steamed rice pudding 酸奶 Yogurt O	甜甜圈※O☆ Donut 酸奶 Yogurt O	中式蒸蔓越莓米糕 ※O△☆ Steamed cranberry pudding 酸奶 Yogurt O	全麦水果面包 ※O△☆ Whole wheat & dried fruit bread 酸奶 Yogurt O
Set Menu 套餐	什菌汤 Mixed mushroom soup 黑椒牛仔粒△☆ Wok-fried beef with black pepper 台式三杯里脊※△☆ Stewed pork loin with three cup sauce 玉米粒 Sweet corn 广东菜心 Guangdong cabbage	意大利蔬菜汤※△ Minestrone 培根芝士披萨※O☆ Bacon & Cheese pizza 意式传统炖牛肉※ Stewed beef & vegetables 胡萝卜 Carrot 西兰花 Broccoli	白萝卜猪骨汤 White turnip & pork soup 支竹红烧肉△ Braised pork belly & bean curd sticks 香酥鸡※△ Crispy chicken 鱼香茄子△ Braised eggplant 本地菜心 Choy sum	泰式蔬菜汤O Thai vegetables soup 泰式黄咖喱鱼※O#☆ Thai fish curry 泰式柠檬叶香茅烤猪肉△ Thai roast pork loin 白灼西生菜△ Iceberg 菠菜 Spinach	海鲜蛋羹#☆ Seafood & eggs soup 肥牛滑蛋△☆ Scrambled beef & eggs 陈皮鸭腿△ Braised duck legs 培根炒包菜△ Stir-fried bacon & cabbage 上海青 Choy sum
Vegetarian 素食精选	秋葵炒蛋△☆ Scrambled okra & eggs	蔬菜土豆焖饭△ Fried rice with vegetables & potato	蔬菜炒米粉※☆ Fried vegetables & glass noodles	芝士番茄意大利面 ※O☆ Pasta with tomato sauce	香菇菜包※△☆ Steamed vegetables buns
Afternoon snack 午点	牛油果面包※O☆ Avocado bread 牛奶 O Milk	菠萝包※O☆ Pineapple bread 果汁 Fruit juice	巧克力面包※O☆ Chocolate bread 牛奶 O Milk	芝士培根面包※O☆ Cheese & bacon bread 果汁 Fruit juice	芝麻豆沙面包 ※O△☆ Red bean bread 牛奶 O Milk

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Shell Fish & Seafood 鱼&海鲜



中小学3月21日-3月25日校餐预告

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dinner 晚餐	酸奶 Yoghurt 各式时令水果选一 Selection seasonal fruits	酸奶 Yoghurt 各式时令水果选一 Selection seasonal fruits	酸奶 Yoghurt 各式时令水果选一 Selection seasonal fruits	酸奶 Yoghurt 各式时令水果选一 Selection seasonal fruits	
	西红柿蛋汤☆ Tomato & eggs soup 蒜香骨※△☆ Crispy pork ribs 蒜蓉粉丝蒸扇贝※#△ Steamed scallop 白灼金针菇△ Needles mushroom 杭白菜 Hang cabbage	冬阴功汤※#O Tom yam gong soup 罗勒炒鸡粒△☆ Stir-fried chicken with basil leaves 银芽海鲜粉丝煲※#△☆ Seafood clay pot with bean vermicelli & vegetables 娃娃菜 Baby cabbage 菜心苗 Choy sum	西洋菜煲猪骨汤 Watercress & pork soup 港式咖喱鱼蛋※O#☆ Curry fish ball 菠萝咕咾肉※△☆ Sour & sweet meat & pineapple 火腿凤梨炒饭△ Fried rice with ham & pineapple 芥兰 Kai lan	奶油南瓜汤※O Cream of pumpkin soup 意大利番茄罗勒虎虾※# Tiger prawn & basil with tomato sauce 奥尔良烤鸡△ Roast chicken 里昂土豆 Lyonnais potatoes 生菜	
	黄花菜,菌菇烩豆包△☆ Braised tofu & vegetables	包菜红薯粉丝※△ Stir-fried sweet potato vermicelli & cabbage	蔬菜芝士塔※O☆ Vegetables quiche	蔬菜鸡蛋饼※△☆ Vegetables & eggs wraps	
素食精选 Vegetarian option					
夜宵 Evening Snack	鸡肉芝士三明治※O☆ Chicken & cheese sandwich 酸奶 Yogurt O	手工饼干※O☆ Biscuit 热巧克力O Hot chocolate	鸡蛋三明治※O#☆ Eggs sandwich 酸奶 Yogurt O	黑芝麻汤圆※△ Sweet dumpling	

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嘉兴市诺德安达学校
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3月14日-3月18日回顾 (周一)





嘉兴市诺德安达学校
NAS JIAXING

3月14日-3月18日回顾 (周二)





嘉兴市诺德安达学校
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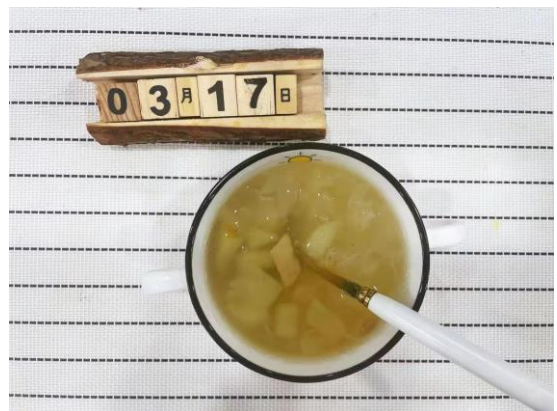
3月14日-3月18日回顾 (周三)





嘉兴市诺德安达学校
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3月14日-3月18日回顾 (周四)





嘉兴市诺德安达学校
NAS JIAXING

3月14日-3月18日回顾 (周五)

