



嘉兴市诺德安达学校
NAS JIAXING

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No. 353 Qingze Road, Nanhu District, Jiaxing, Zhejiang

浙江省嘉兴市南湖区庆泽路 353 号

每周早餐菜单 weekly Breakfast Menu

	MONDAY6.23	TUESDAY6.24	WEDNESDAY6.25	THURSDAY6.26	FRIDAY6.27
套餐 Set Menu	中式早餐 Chinese breakfast * * * * * 新鲜水果 Fresh fruits 广东炒米粉※△☆ Fried rice noodles 流沙包※O☆ Steamed bun with cream custard & egg yolk 白粥 Plain congee 青菜瘦肉粥△☆ Minced pork & choy sum congee (粥附三种小菜) 卤蛋△☆ Marinated eggs	西式早餐 Western breakfast * * * * * 新鲜水果 Fresh fruits 牛奶燕麦粥 O△ Milk oats 黄油面包※O☆ (配黄油/果酱) Butter bread (Served with butter or jam) 火腿※ Ham 牛肉早餐肠※ Grilled beef sausage 西式炒蛋 O☆ Scrambled eggs	中式早餐 Chinese breakfast * * * * * 新鲜水果 Fresh fruits 西红柿鸡蛋打卤面※△☆ Scrambled eggs & tomato noodles soup 小米糕※O△☆ Steamed couscous pudding 菜心 Choy sum	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 or jam) 培根 Bacon 鸡肉早餐肠※ Grilled chicken sausage 茄汁焗豆△ Baked bean 薯饼※O hash brown 煎蛋☆ Fried eggs	中式早餐 Chinese breakfast * * * * * 新鲜水果 Fresh fruits 糍粑油条※△☆ Fried bread stick 三鲜蒸饺※# △☆ Steamed dumpling 白粥 Plain congee 八宝粥△ Mixed congee (粥附三种小菜) 煮蛋☆ Boiled eggs
	西式早餐配谷类可选(玉米片, 全麦维, 谷维滋) ※O western breakfast served with choice of cereal (corn flakes, all bran, honey nut) 牛奶,豆奶,酸奶选一 Choice of drink among Milk, Soybean milk, Yoghurt 每日新鲜水果 Fresh fruits				

OUR HEALTHY EATING KEY

※ Gluten Content 面粉

△ Legumes Product 豆类

O Dairy Product 牛奶

Shell Fish & Seafood 鱼&海鲜

☆ Eggs Product 鸡蛋



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每周午餐菜单 Weekly Lunch Menu

	MONDAY6.23	TUESDAY6.24	WEDNESDAY6.25	THURSDAY6.26	FRIDAY6.27
套餐 Set Menu	冬瓜猪骨汤 Wax gourd & pork bone soup 卤味萝卜炖牛腩△ Braised beef brisket & daikon 酸梅鸭△ Spiced duck breast 银芽春韭炒香干△ Bean sprout & vegetables 白灼生菜△ Iceberg	淮山香菇鸡汤 Chinese yam, mushroom & chicken soup 薯仔烧黑猪五花△☆ Braised pork belly & baby potato 手剥虾仁滑蛋 # △☆ Scrambles eggs & shrimps 上汤娃娃菜☆ Baby cabbage 菜心 Choy sum	奶油玉米汤※O Cream of corn soup 三文鱼蔬菜芝士焗蛋※ # O☆ Salmon frittata 香草烤鸡△ Herbed roast chicken 里昂土豆 Lyonnaise potatoes 青甘蓝 Cabbage	娃娃菜老豆腐鸡汤△ Baby cabbage, tofu & chicken soup 台式红烧牛肉△ Taiwan braised beef 海皇粉丝煲※ # △☆ Steamed seafood & bean vermicelli 酱烧翠瓜△ Zucchini 蒜蓉油麦菜 Indian lettuce	意大利蔬菜汤※ Minestrone 经典肉酱意面※O☆ Pasta Bolognese 奶酪脆皮鸡※△☆ Fried chicken drums served with cheese sauce 薯条※ French fries 西兰花 & 胡萝卜 & 玉米粒 Broccoli & carrot & sweet corn
特色美食 Specialties Cuisine	岐山臊子面※△☆ Braised diced pork & vegetables noodles soup 各式小菜及时令蔬菜 Side dish & Seasonal vegetables	凤梨炒牛柳△☆ Stir-fried beef fillet& pineapple 芥兰鸡蛋炒饭☆ Fried rice with eggs & vegetables 时令蔬菜 Seasonal vegetables	兰州牛肉拉面※△☆ Lanzhou beef noodles 各式小菜及时令蔬菜 Side dish & Seasonal vegetables	泰式红咖喱鸡※O☆ Thai chicken curry 茉莉香米饭 Thai fragrant rice 时令蔬菜 Seasonal vegetable	日式豚骨拉面※△☆ Tonkotsu ramen 各式小菜及时令蔬菜 Side dish & Seasonal vegetables
其他 Others	每日新鲜水果 Daily Fresh fruit / 每日粗粮 Daily healthy choices/每日酸奶 Daily choice of Yoghurt				

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Shell Fish & Seafood 鱼&海鲜

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每周晚餐菜单 Weekly Dinner Menu

	MONDAY6.23	TUESDAY6.24	WEDNESDAY6.25	THURSDAY6.26	FRIDAY6.27
套餐 Set Menu	茶树菇老鸭汤 Cyclocybe aegerita & duck soup 蒜香骨※△☆ Crispy pork ribs with garlic 椰香咖喱虎虾※ # O△ Tiger prawn curry 炆炒土豆丝△ Bell pepper & potatoes 杭白菜炒油面筋△ Hang cabbage & fried gluten ball	红腰豆煲猪骨汤△ Red kidney bean & pork bone soup Western 烤安格斯牛肉意大利面※△☆ Grilled angus beef pasta 菠菜 Spinach Asian 泰式酸辣鸡腿肉※△☆ Thai sour & spicy chicken 茉莉香米饭 Thai fragrant rice 泰式炒时蔬△ Thai fried seasonal vegetables	牛肉粉丝汤 △ Beef & bean vermicelli soup 浓香番茄炖猪扒△☆ Pork chops stew with tomato 天妇罗大虾附辣椒酱※ # △☆ Prawn tempura 金玉满堂△ Stir-fried corn, green pea & Chinese yam 黄豆酱炒空心菜△ Water spinach	摩洛哥蔬菜汤△ Moroccan chickpea soup Western 德式烤咸猪肘香肠拼盆※ German pork knuckle & sausage 脆皮土豆 O Crispy potatoes 西兰花 Broccoli Asian 日式滑蛋鸡肉饭※△☆ Japanese chicken & eggs rice 日式炒时蔬△ Japanese fried seasonal vegetables	
素食精选 Vegetarian option	罗汉斋△ Stewed bean curd ,Chinese yam ,mushroom ,carrot ,snow bean & bean vermicelli	素麻婆豆腐△ Mapao tofu	地三鲜△ Braised eggplant ,potato & bell pepper	梅干菜蒸芋头△ Steamed taro & preserved vegetables	
其他 Others	每日新鲜水果 Daily Fresh fruit / 每日粗粮 Daily healthy choices/每日酸奶 Daily choice of Yoghurt				

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每周点心/夜宵菜单 Weekly Snack Menu

	MONDAY6.23	TUESDAY6.24	WEDNESDAY6.25	THURSDAY6.26	FRIDAY6.27
上午点心 Morning snack	玛德琳蛋糕※O☆ Madeleine	奶香棒※O☆ Vanilla bread stick	杂粮乳酪面包※O△☆ Whole wheat cheese bread	巧克力面包※O☆ Chocolate bread	牛奶手撕面包※O☆ Milk bread
	酸奶 O Yoghurt	酸奶 O Yoghurt	酸奶 O Yoghurt	酸奶 O Yoghurt	酸奶 O Yoghurt
下午点心 Afternoon snack	松松面包※O△☆ Meat floss bread	猪扒包※O△☆ Lunch meat bread	豆乳面包※O△☆ Soy milk bread	水乳酪面包※O☆ cheese bread	甜甜圈※O☆ Donut
	牛奶 O Milk	果汁 Fruit juice	燕麦奶 O Oat milk	牛奶 O Milk	果汁 Fruit juice
夜宵 Evening Snack	苹果派※O☆ Apple pie	原味菠萝包※O☆ Pineapple bread	巧克力北海道※O☆ Chocolate Hokkaido toast	蛋挞※O△☆ Egg tart	
	酸奶 O Yoghurt	酸奶 O Yoghurt	酸奶 O Yoghurt	酸奶 O Yoghurt	

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