

BREAKFAST

早餐

MENU 菜单



2026年11月
November
2026

2 Nov

- 鸡肉香菇粥
Chicken & Shiitake
Mushroom Congee
- 白水蛋
Boiled Eggs
- 卤肉配时蔬
Boiled Pork with Soy
Sauce & Vegetables
- 素馅饼
Vegetable Stuffed
Pancake
- 鸡米花
Popcorn Chicken
- 糖拌西红柿
Sugar-Sprinkled
Tomatoes
- 炒小油菜鱼豆腐
Stir-fried Baby Bok Choy
with Bean Curd

3 Nov

- 红薯糯米粥
Sweet Potato & Glutinous
Rice Congee
- 煎蛋
Fried Eggs
- 蜜汁鸡柳
Chicken Stick with
Honey
- 香酥麻花
Deep Fried Dough Twist
- 紫薯卷
Sweet Potato Roll
- 辣白菜
Napa Cabbage with
Chilli
- 芹菜炒土豆条
Stir-fried Celery with
Potato Sticks

4 Nov

- 西红柿疙瘩汤
Tomato Soup with
Dough Drop
- 茶叶蛋
Tea Eggs
- 培根
Bacon
- 油炸糕
Fried Cake
- 葱爆鸡肉片
Stir-fried Chicken with
chives
- 爽口腌黄瓜
Pickled Cucumber
- 蒸玉米
Steamed Corn

5 Nov

- 白粥
Rice Congee
- 烤蛋饼
Roasted Egg Cake
- 香煎火腿
Pan Fried Ham
- 小馒头
Steamed Bun
- 西兰花炒虾仁
Stir-fried Broccoli
with Shrimp
- 凉拌海带丝
Tossed Seaweed
- 清炒蔬菜
Stir-fried Vegetables

6 Nov

- 清汤蔬菜面
Boiled Noodles with
Vegetables
- 炒鸡蛋
Scrambled Eggs
- 蔬菜肉丸
Braised Meat Balls
with Vegetables
- 小花卷
Steamed Bread Twist
- 角瓜炒口蘑
Stir-Fried Mushroom
with Zucchini
- 凉拌粉丝
Rice Noodle Salad
- 蒸山药
Steamed Yam

星期WEEK	蛋白质PRO(g)	脂肪FAT(g)	碳水CARB(g)	热量KCAL(kcal)	蛋白质供能比 PROTEIN SUPPLY RATIO	脂肪供能比 FAT SUPPLY RATIO	碳水供能比 CARB SUPPLY RATIO
周一 MON.	29.5	20.8	85.2	662	18%	28%	54%
周二 TUE.	33	29.2	119.5	880	16%	30%	54%
周三 WED.	33	24.3	101.5	763	18%	29%	53%
周四 THU.	42	44.2	107	1000	17%	30%	53%
周五 FRI.	31	29.2	118	850	15%	30%	55%

项目 ITEMS	参考值 NRV
蛋白质供能比（占总能量） PROTEIN SUPPLY RATIO	10%~20%
脂肪供能比（占总能量） FAT SUPPLY RATIO	20%~30%
碳水化合物供能比（占总能量） CARB SUPPLY RATIO	50%~65%
年龄段 AGE · 每日能量 DAILY ENERGY	男 M / 女 F（kcal/日 DAILY）
6~8Y	1700 / 1550
9~11Y	2100 / 1900
12~14Y	2450 / 2100
15~17Y	2900 / 2350
18Y	2600 / 2100
3~5Y (Appx)	1250 / 1200

- 蛋类
EGG
- 牛奶
MILK
- 海鲜类
SEAFOOD
- 坚果类
NUTS
- 豆类
SOY
- 面粉类
GLUTEN
- 蜂蜜
HONEY
- 胡椒类
PEPPER
- 猪肉
PORK
- 鸭肉
DUCK
- 牛肉
BEEF
- 鸡肉
CHICKEN
- 羊肉
BUTTER

所有餐食均配备主食及新鲜水果。蔬菜供应将根据实际供货情况作相应调整。

All meals are served with staple food and fresh fruit. All vegetables are subjects to changes due to availability.

LUNCH

午餐

MENU
菜单



2026年11月
November
2026

2 Nov

3 Nov

4 Nov

5 Nov

6 Nov

国际餐 精选: International Selection:	国际餐 精选: International Selection:	国际餐 精选: International Selection:	国际餐 精选: International Selection:	国际餐 精选: International Selection:
<div>黑椒汁鸡扒 Grilled Chicken with Black Pepper Sauce</div> <div>黄油时蔬 Buttered Vegetables</div> <div>茄汁意面 Spaghetti with Napoletana Sauce</div> <div>中餐精选: Chinese Selection:</div> <div>土豆炖牛腩 Braised Beef with Potato</div> <div>肉末茄子 Stir-fried Eggplant with Minced Pork</div> <div>清炒菠菜 Stir-fried Spinach</div> <div>海带豆腐汤 Bean Curd & Kelp Soup</div>	<div>墨西哥饼 Mexican Taco</div> <div>西红柿、西生菜、玉米粒 with Tomato, lettuce, and Corn Kernels</div> <div>墨西哥牛肉酱 Mexican-Style Beef Sauce</div> <div>中餐精选: Chinese Selection:</div> <div>萝卜焖羊肉 Braised Lamb Cube with Radish</div> <div>炒三丝(肉丝、豆芽、 豆腐皮)</div> <div>Stir-fried Shredded Pork, Sprout & Tofu Skin</div> <div>清炒大白菜 Stir-Fried Vegetables</div> <div>红枣鸡汤 Chicken Soup with Red Dates</div>	<div>日式烤鱼 Teriyaki Fish</div> <div>洋葱圈 Onion Rings</div> <div>蜂蜜烤南瓜 Baked Pumpkin</div> <div>中餐精选: Chinese Selection:</div> <div>台湾卤肉 Braised Pork with Bean Curd</div> <div>杏鲍菇炒肉碎 Stir-fried Pork with Mushrooms</div> <div>清炒油麦菜 Stir-Fried Lettuce</div> <div>脊骨玉米汤 Pork Bone Soup with Corn</div>	<div>孜然烤鸡柳 Roasted Chicken with Cumin</div> <div>培根四季豆 Stir-fried Kidney Beans with Bacon</div> <div>奶香土豆泥 Mashed Potato</div> <div>中餐精选: Chinese Selection:</div> <div>葱爆海虾 Stir-Fried Shrimp with Shallot</div> <div>酱烧豆腐 Stewed Bean Curd with Pork</div> <div>五彩炒肉丁 Stir-fried Pork with Vegetables</div> <div>粉丝肉片汤 Pork Slice Soup</div>	<div>印度咖喱鱼 Curried Fish</div> <div>咖喱角 Samosa</div> <div>印度香米饭 Biryani</div> <div>中餐精选: Chinese Selection:</div> <div>话梅烧排骨 Braised Pork Ribs with Plums</div> <div>上汤娃娃菜 Baby Cabbage with Salted Egg</div> <div>豉油菜心 Steamed Choy Sum with Black Bean Sauce</div> <div>胡萝卜脊骨汤 Pork Bone Soup with Carrot</div>

星期WEEK	蛋白质PRO(g)	脂肪FAT(g)	碳水CARB(g)	热量KCAL(kcal)	蛋白质供能比 PROTEIN SUPPLY RATIO	脂肪供能比 FAT SUPPLY RATIO	碳水供能比 CARB SUPPLY RATIO
周一 MON.	45	47.5	90	973	19%	44%	37%
周二 TUE.	48	62	60	1000	19%	56%	24%
周三 WED.	52	50	63	905	23%	50%	28%
周四 THU.	43	50	70	905	19%	50%	31%
周五 FRI.	44	43	77	875	20%	44%	35%

项目 ITEMS	参考值 NRV
蛋白质供能比（占总能量） PROTEIN SUPPLY RATIO	10%~20%
脂肪供能比（占总能量） FAT SUPPLY RATIO	20%~30%
碳水化合物供能比（占总能量） CARB SUPPLY RATIO	50%~65%
年龄段 AGE · 每日能量 DAILY ENERGY	男 M / 女 F (kcal/日 DAILY)
6~8Y	1700 / 1550
9~11Y	2100 / 1900
12~14Y	2450 / 2100
15~17Y	2900 / 2350
18Y	2600 / 2100
3~5Y (Appx)	1250 / 1200
年龄段 AGE · 每日蛋白质 DAILY PROTEIN	男 M / 女 F (g/日 DAILY)
6~8Y	40
9~11Y	50
12~14Y	65 / 60
15~17Y	75 / 60
18Y	65 / 55
3~5Y (Appx)	30
蛋类 EGG	
牛奶 MILK	
海鲜类 SEAFOOD	
坚果类 NUTS	
豆类 SOY	
面粉类 GLUTEN	
蜂蜜 HONEY	
胡椒类 PEPPER	
猪肉 PORK	
鸭肉 DUCK	
牛肉 BEEF	
鸡肉 CHICKEN	
羊肉 BUTTER	

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DINNER

晚餐

MENU 菜单



2026年11月
November
2026

2 Nov

番茄滑肉片
Sliced Pork with
Tomato

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木耳炒鸡蛋
Stir-fried Egg with
Fungus

香肠披萨
Sausage Pizza

什锦香草蔬菜
Grilled Mushroom &
Carrot

西式炒面
Fried Noodles

3 Nov

农家炖
Braised Pork with
Potato

西芹炒百合
Stir-fried Celery
with Lily

椒盐鸡翅
Chicken Wing with
Salted & Pepper

苹果醋拌烧椒
Roasted Peppers with
Apple Cider Vinegar

烤冷面
Korean Pasta

4 Nov

萝卜丝炖海虾
Shredded Radish
Stewed with Shrimp

清炒莴笋片
Stir-fried Lettuce

西红柿时蔬炖猪梅肉
Braised Pork with
Tomato & Vegetables

火腿芝士三明治
Cheese Ham
Sandwich

骨肉相连
Chicken and Cartilage
Skewers

5 Nov

猪肉炖酸菜
Braised Pork with
Pickled Cabbage

清爽小炒
Stir-Fried Fungus &
Vegetables

菲律宾烩鸡肉
Braised Chicken
Adobo

焗土豆片
Stir-Fried Potatoes

芝士焗花菜
Baked Cauliflower

6 Nov

星期WEEK	蛋白质PRO(g)	脂肪FAT(g)	碳水CARB(g)	热量KCAL(kcal)	蛋白质供能比 PROTEIN SUPPLY RATIO	脂肪供能比 FAT SUPPLY RATIO	碳水供能比 CARB SUPPLY RATIO
周一 MON.	36	45.2	70	830	17%	49%	34%
周二 TUE.	43	39	35	670	26%	52%	21%
周三 WED.	33	32	50	615	21%	47%	33%
周四 THU.	44	45	72	865	20%	47%	33%

项目 ITEMS	参考值 NRV
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年龄段 AGE · 每日蛋白质 DAILY PROTEIN	男 M / 女 F（g/日 DAILY）
6~8Y	40
9~11Y	50
12~14Y	65 / 60
15~17Y	75 / 60
18Y	65 / 55
3~5Y (Appx)	30
蛋类 EGG	牛奶 MILK
海鲜类 SEAFOOD	坚果类 NUTS
豆类 SOY	面粉类 GLUTEN
蜂蜜 HONEY	胡椒类 PEPPER
猪肉 PORK	鸭肉 DUCK
牛肉 BEEF	鸡肉 CHICKEN
羊肉 BUTTER	

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Early Years

儿童餐

MENU 菜单



2026年11月
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2026

2 Nov

香草鸡扒
Grilled Chicken with Herbs

黄油时蔬
Buttered Vegetables

土豆炖牛腩
Braised Beef with Potato

茄汁意面
Spaghetti with Neapolitan Sauce

海带豆腐汤
Bean Curd & Kelp Soup

素馅饼
Vegetable Stuffed Pancake

酸奶
Yogurt

小橘子
Small Orange

3 Nov

墨西哥饼
Mexican Taco
西红柿、西生菜、玉米粒
with Tomato, Lettuce and Corn Kernel

墨西哥牛肉酱
Mexican-Style Beef Sauce

萝卜焖羊肉
Braised Lamb Cube with Radish

炒三丝（肉丝、豆芽、豆腐皮）
Stir-fried Shredded Pork, Sprout and Tofu Skin

粉丝肉片汤
Pork Slice Soup

小馒头
Steamed Bun

果汁
Juice

4 Nov

日式烤鱼
Teriyaki Fish

洋葱圈
Onion Ring

杏鲍菇炒肉碎
Stir-Fried Pork with Mushroom

清炒油麦菜
Stir-Fried Lettuce

脊骨玉米汤
Pork Bone Soup With Corn

油炸糕
Fried Cake

酸奶
Yogurt

小猕猴桃
Small Kiwi

5 Nov

烤鸡柳
Roasted Chicken

角瓜炒肉
Stir-Fried Zucchini with Pork

奶香土豆泥
Mashed Potato

葱爆海虾仁
Stir-Fried Shrimp with Shallot

红枣鸡汤
Chicken Soup with Red Dates

紫薯卷
Sweet Potato Roll

果汁
Juice

小梨子
Small Pear

6 Nov

印度咖喱鱼
Curried Fish

咖喱角
Samosa

话梅烧排骨
Braised Pork Ribs with Plums

上汤娃娃菜
Baby Cabbage with Salted Egg

胡萝卜脊骨汤
Pork Bone Soup with Carrot

小花卷
Steamed Bread Twist

酸奶
Yogurt

小葡萄
Diced Grape

小香蕉
Small Banana

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