

## The Week 8 Menu for SSFLS Fusion II Department 苏科外融合二部 2021-2022学年第一学期第八周营养食谱

Date: October 18- October 22  
日期: 10月18日-10月22日

| Meals<br>餐点           | Monday<br>周一  | Tuesday   | Wednesday<br>周三  | Thursday<br>周四  | Friday<br>周五  |
|-----------------------|---|---|--|---|---|
|                       | 周一  | 周二  | 周三   | 周四  | 周五  |
| Morning Snack<br>早点   | 儿童纯牛奶   | 养乐多   | 儿童纯牛奶  | 卡式酸奶  | 橙汁  |
|                       | 虾饺皇<br>青提<br>海苔   | 迷你小烧麦<br>西梅<br>坚果   | 南瓜饼<br>智利蓝莓<br>海苔  | 甜糯芋艿<br>冬枣<br>坚果  | 麻薯<br>红提<br>海苔  |
|                       | Milk, Shrimp dumpling, Green grapes, Nori   | Yakurt, Small rice baozi, Prune, Nuts   | Milk, Pumpkin pancake, Blueberry, Nori   | Yogurt, Steamed taro, Jujube, Nuts  | Juice, Sticky rice pancake, Red grapes, Nori  |
|                       | <b>寻味香港 Hong Kong</b>   | <b>寻味印度 India</b>   | <b>寻味山东 Shandong</b>   | <b>寻味新加坡 Singapore</b>  | <b>寻味常州 Changzhou</b>   |
| Lunch<br>午餐           |   |    |   |    |    |
|                       | 鲜菠萝咕咾肉  | 土豆牛肉咖喱  | 炒小公鸡   | 肉骨茶   | 红烧小排  |
|                       | 芥蓝虾仁  | 印度烤鱼  | 木须肉  | 咖喱大虾  | 蟹粉豆腐  |
|                       | 茄子煲   | 花菜西红柿   | 豆芽粉条   | 秋葵炒蛋  | 清炒茭白  |
|                       | 广东菜心  | 蒜泥茼蒿  | 上汤娃娃菜  | 蒜泥空心菜   | 西红柿炒蛋   |
|                       | 干炒牛河  | 咖喱饭   | 海鲜疙瘩汤  | 海南鸡饭  | 米饭  |
|                       | 青菜蛋花汤   | 印式蘑菇汤   | 水果沙拉   | 土豆番茄汤   | 莼菜银鱼羹   |
| 水果沙拉                  | 青沙拉   |   | 凯撒沙拉   | 哈密瓜   |   |
|                       | Sweet and sour pork in pineapple, Kale shrimps, Eggplant in clay pot, Guangdong vegetables, Rice noodle stir-fry, Green vegetable egg soup, Fruit salad | Curry potato and beef, Indian style fish, Cauliflower tomato, Mashed garlic vegetable, Curry rice, Indian mushroom soup, Green salad              | Fried chicken, Muxu Pork, Bean sprouts vermicelli, Sauce vegetables, Seafood noodle soup, Fruit salad  | Bak kut the, Curry prawns, Scrambled eggs with okra, Cabbage, Hainan chicken rice, Potato and tomato soup, Caesar Salad                         | Braised spareribs, Crab tofu, Stir-fried water bamboo, Scrambled egg with tomato, Rice, Water shield and silver fish soup, Hami melon |
| Afternoon Snack<br>午点 | 冰火菠萝包   | 海参小米粥   | 仙贝小饼   | 牛肉鲜蔬汤面  | 蟹小方   |
|                       | 龙眼 泰国金果 圣女果   | 蜜桔 冬枣 哈密瓜   | 白玉瓜 西梅 苹果  | 青提 雪梨 白火龙果  | 甜橙 蓝莓 哈密瓜   |
|                       | Ice fire pineapple buns, Fruits   | Sea cucumber and millet porridge, Fruits  | Senbei biscuits, Fruits  | Beef noodle soup with fresh vegetables, Fruits  | Crab xiaofang, Fruits   |
| Dinner<br>晚餐          | 金汤肥牛  | 肉饼炖蛋  | 椒盐大虾   | 海鲜砂锅粥、无锡小笼包、青菜包、奶黄包、蒸玉米、清炒土豆丝、香干肉丝  | N   |
|                       | 干锅千页豆腐  | 茨菇肉片  | 家常豆腐   |   |   |
|                       | 甜椒炒藕片   | 甜椒土豆丝   | 西芹炒百合  |   |   |
|                       | 豉油豆角  | 蒜泥西兰花   | 肉汤烧素鸡  |   |   |
|                       | 米饭  | 三鲜水饺  | 米饭   |   |   |
|                       | 紫菜蛋花汤   | 火龙果   | 番茄鸡蛋汤  |   |   |
|                       | 哈密瓜   | 蒸山药   | 橘子   |   |   |
| 蒸南瓜                   |   | 蒸紫薯   |  |   |   |
|                       | Golden fatty beef soup, Dried pot tofu, Bell pepper stir-fry slices, Oil beans, Rice, Cabbage egg soup, Hami melon, Steamed pumpkin                     | Meatloaf stewed egg, Shredded mushroom meat slices, Sweet pepper potato shreds, Garlic broccoli, Three fresh dumplings, Dragon fruit, Steamed yam | Salt and pepper prawns, Homemade tofu, Stir-fried lily with celery, Roasted vegetarian chicken in broth, Rice, Tomato egg soup, Tangerine, Steamed purple potatoes | Seafood porridge, Wuxi xiaolongbao, Green vegetable baozi, Cream baozi, Steamed corn, Fried shredded potatoes, Fried dried tofu with pork slice |   |