

The Week 9 Menu for SSFLS Fusion II Department

苏科外融合二部 2021-2022学年第一学期第九周营养食谱

Date: October 25- October 29
日期: 10月25日-10月29日

Menu 食谱	Meals 餐点	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五
	Morning Snack 早点	儿童纯牛奶	养乐多	儿童纯牛奶	卡式酸奶	儿童纯牛奶
		虾饺皇	蓝莓芝士松饼	蛋酥卷	提拉米苏	蔓越莓曲奇饼干
		青提	冬枣	智利蓝莓	龙眼	红提
		海苔	坚果	海苔	坚果	海苔
	Lunch 午餐	Milk, Shrimp dumpling, Green grapes, Nori	Yakurt, Blueberry cheese muffin, Winter dates, Nuts	Milk,Egg roll cake, Blueberry, Nori	Yogurt,Tiramisu, Longan,Nuts	Milk, Cranberry cookies, Red grapes, Nori
		<i>寻味澳门 Macau</i>	<i>寻味英国 England</i>	<i>寻味河南 Henan</i>	<i>寻味美国 America</i>	<i>寻味上海 Shanghai</i>
						
		鲜菠萝咕咾肉	百里香柠檬鸡腿	葱爆孜然羊肉	牛排	橙香牛仔粒
		虾仁滑蛋	土豆泥	醋溜木须	洋葱圈	元宝虾
		芝心墨鱼丸	纯素椰子油香草时蔬	老汤炖豆腐	蛤蜊蒸蛋	石锅香芋
		广东菜心	蒜泥金针菇	上汤娃娃菜	蒜泥空心菜	清炒茼蒿
		干炒牛河	奶油鸡肉意面	河南烩面	披萨	米饭
		猪肚鸡汤	南瓜汤	胡辣汤	美式浓汤	荠菜双菇汤
		水果沙拉	牛油果沙拉	水果沙拉	凯撒沙拉	哈密瓜
	Afternoon Snack 午点	Sweet and sour pork in pineapple, Shrimp slide egg, Cuttlefish balls with cheese heart, Guangdong vegetables, Rice noddle stir-fry,, Pork belly chicken soup, Fruit Salad	Thyme lemon chicken drumsticks, Mashed potatoes, Vegan coconut oil herb, Dried garlic mushroom, Creamy chicken pasta, Pumpkin soup, Avocado salad	Lamb with onion and cumin, Vinegar fried pork slice, Stew tofu in the soup,Sauce vegetables, Henan stewed noodles, Sticky soup, Fruit Salad	The steak, Onion rings, Steamed Egg with Clams, Cabbage, Pizza, American soup, Caesar salad	Orange flavored denim cubes, Shrimp, Stone bowl taro, Stir-fried vegetable, Rice, Vegetable and two mushroom soup, Hami melon
		冰火菠萝包	泡泡小馄饨	蝴蝶飞飞	杨枝甘露	芝士威化饼干 卡士酸奶
		龙眼 泰国金果 圣女果	蜜桔 冬枣 哈密瓜	甜橙 西梅 苹果	白玉瓜 西梅 苹果	龙眼 蓝莓 血柚
	Dinner 晚餐	Ice fire pineapple bun, Fruits	Huntun, Fruits	Butterfly biscuit, Fruits	Sweet soup, Fruits	Cheese waffee biscuit, Yogurt, Fruits
		金汤肥牛	红烧小排	椒麻鸡	鸡丝面、无锡小笼包、青菜包、奶黄包、蒸芋头、清炒土豆丝、香干肉丝、酸奶、香蕉	N
		蟹黄豆腐	山药炒鸡片	蒜泥小白菜		
		甜椒炒藕片	红枣南瓜	腊味小炒		
		干锅豇豆	蛋皮菠菜	上汤西兰花		
		米饭	三鲜水饺	虾仁炒饭	Chicken slice noodle, Wuxi xiaolongbao, Green vegetable bao, Cream bao, Steamed taro, Fried shredded potatoes, Fried dried toufu with pork slice, Yogurt, Banana	
		紫菜蛋花汤	冬笋榨菜肉丝汤	番茄鸡蛋汤		
		哈密瓜、香蕉	火龙果、苹果	橘子、小面包		
		蒸南瓜	蒸山药	蒸紫薯		
		Golden fatty beef soup, Crab toufu, Pepper fried lotus, Dried pot vegetable, Rice, Cabbage egg soup, Hami melon, Banana,Steamed pumpkin	Sauced pork rib, Yam fried chicken fillets, Red pumpkin, Egg with vegetable, Three flavor dumpling, Dragon fruit, Apple, Steamed yams	Pepper chicken, Garlic puree cabbage, Flavoured small frying, Sauce broccoli, Shrimp fried rice, Tomato egg soup, Tangerine, Bread Steamed purple potatoes		