

## The Week 11 Menu for SSFLS Fusion II Department 苏科外融合二部 2021-2022学年第一学期第十一周营养食谱

Date: November 8 - November 12  
日期: 11月8日-11月12日

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	橙汁
	智利蓝莓 海苔	冬枣 坚果	青提 海苔	龙眼 坚果	红提 海苔
	Milk, Blueberry, Nori	Yakult, Jujube, Nuts	Milk, Green grapes, Nori	Yogurt, Prune, Nuts	Juice, Red grapes, Nori
	<i>寻味无锡 Wuxi</i>	<i>寻味新加坡 Singapore</i>	<i>寻味广西 Guangxi</i>	<i>寻味印度 India</i>	<i>寻味河南 Henan</i>
Lunch 午餐					
	清蒸鲈鱼	咖喱大虾	冰川茄子	印度烤鱼	醋溜木须
	木耳炒香干	秋葵炒蛋	石锅豆腐	花菜西红柿	老汤炖豆腐
	石烹原味鸡枞菌	蒜泥空心菜	空心菜	蒜泥茼蒿	上汤娃娃菜
	糙米饭	海鲜炒米粉	米饭	咖喱饭	河南烩面
	青菜蛋花汤	土豆番茄汤	菌菇牛骨汤	印式蘑菇汤	河南烩面
	水果沙拉	凯撒沙拉	水果沙拉	青沙拉	水果沙拉
Menu 食谱	Sweet sauced pork ribs, Steamed bass, Stir-fried fungus and dried tofu, Stone cook original chicken fir fungus, Brown rice, Vegetable and egg soup, Fruit Salad	Sauced beef rib, Curry prawns, Okra scrambled eggs, Cabbage, Hainan chicken rice, Potato and tomato soup, Caesar Salad	Cinnamon Sour Soup Beef, Glacier Eggplant, Tofu in Stone Pot, Water spinach, Rice, Mushroom Beef Bone Soup, Fruit salad	Curry potato and beef, India grilled fish, Cauliflower tomato, Mashed garlic vegetable, Curry rice, Indian mushroom soup, Green salad	Lamb with onion and cumin, Vinegar fried pork slice, Stew tofu in the soup, Sauce vegetables, Henan stewed noodles, Fruit Salad
Afternoon Snack 午点	奶酪棒	肥牛乌冬面	冰糖葫芦	四红汤 (红枣、红豆、红皮花生、红糖、银耳)	蜂蜜柚子茶
	香蕉 白火龙果 橙子	龙眼 泰国金果 蓝莓	蜜桔 冬枣 西梅	冬枣 猕猴桃 苹果	青提 雪梨 红火龙果
	Cheese stick, Fruits	Beef noodle, Fruits	Ice-sugar hawthorn, Fruits	Sweet soup, Fruits	Honey fruit tea, Fruits
Dinner 晚餐	孜然牛肉片	番茄鱼片	椒盐大虾	臊子面、无锡小笼包、青菜包、奶黄包、蒸玉米、清炒土豆丝、香干肉丝、龙眼、香蕉	N
	干锅千页豆腐	茭白炒肉丝	家常豆腐		
	甜椒炒藕片	甜椒土豆丝	西芹炒百合		
	手撕包菜	蒜泥西兰花	蒜泥豇豆		
	米饭	三鲜水饺	米饭		
	紫菜蛋花汤	火龙果、苹果	番茄鸡蛋汤		
	哈密瓜、香蕉	蒸山药	橘子、面包		
蒸南瓜		蒸紫薯			
Beef, Dried pot tofu, Bell pepper stir-fry slices, Fried vegetable, Rice, Cabbage egg soup, Hami melon, Banana, Steamed pumpkin	Tomato fish pieces, Fried vegetable with meat slices, Sweet pepper potato shreds, Garlic broccoli, Three fresh dumplings, Dragon fruit, Apple, Steamed yam	Salt and pepper prawns, Homemade tofu, Stir-fried lily with celery, Garlic vegetable, Rice, Tomato egg soup, Tangerine, Bread, Steamed purple potatoes	Sauced noodle, Wuxi xiaolongbao, Green vegetable baozi, Cream baozi, Steamed corn, Fried shredded potatoes, Fried dried tofu with pork slice, Longan, Banana		