

The Week 12 Menu for SSFLS Fusion II Department

苏科外融合二部 2021-2022学年第一学期第十二周营养食谱

Date: November 15 - November 19
日期: 11月15日-11月19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	纯牛奶	卡士酸奶	纯牛奶	养乐多	纯牛奶
		车厘子	龙眼	红提	晴王葡萄	樱桃番茄
		海苔	坚果	海苔	坚果	海苔
		Milk, Cherry, Nori	Yogurt, Longan, Nuts	Milk, Red grapes, Nori	Yakult, Green grapes, Nuts	Milk, Cherry tomato, Nori
		寻味西安 Xi'an	寻味意大利 Italy	寻味澳门 Macau	寻味日本 Japan	寻味徐州 Xuzhou
	Lunch 午餐					
		铁锅炖牛肉	迷迭香烤鸡	鲜菠萝咕咾肉	小炒牛肉	徐州地锅鸡
		虾仁玉米粒	洋葱圈	虾仁滑蛋	芝士年糕	丰味一锅鲜
		砂锅土豆粉	香煎时蔬	芝心墨鱼丸	中华海草	铁板茄子
		蒜片油麦菜	蛋黄焗南瓜	广东菜心	西兰花	西红柿炒蛋
		biangbiang面	意式经典玛格丽特披萨	干炒牛河	豚骨拉面	紫米饭
		紫菜蛋花汤	番茄浓汤	菌菇汤		玉米排骨汤
		水果沙拉	麦蔬沙拉	水果沙拉	牛油果沙拉	橙子
		Stewed beef in an iron pot, Shrimp with corn piece, Potato powder in casserole, Sliced garlic and greased wheat, Biangbiang noodle, Nori egg drop soup,Fruit Salad	Rosemary roast chicken, Onion rings, Pan fry green vegetable, Classic Italian margherita pizza, Basil tomato mushroom pasta, Tomato soup, Wheat caprese	Sweet and sour pork in pineapple, Shrimp slide egg, Cuttlefish balls with cheese heart, Guangdong vegetables, Rice noddle stir-fry,Mushroom soup, Fruit Salad	Fried beef, Cheese sticky rice roll, The seaweed, Broccoli, Tonkotsu ramen, Avocado salad	Xuzhou Local Pot Chicken, A pot of fresh flavor, Sizzling eggplant, Scrambled Eggs with Tomatoes, Purple rice, Corn rib soup, Orange
		Afternoon Snack 午点	奶酪棒	时蔬粥	鳕鱼肠	冰糖雪梨红枣羹
	香蕉 白火龙果 橙子		龙眼 泰国金果 蓝莓	蜜桔 冬枣 车厘子	冬枣 猕猴桃 苹果	无籽提 雪梨 红火龙果
	Cheese stick, Fruits		Vegetable porridge, Fruits	Cod, Fruits	Ice sugar soup, Fruits	Waffle, Fruits
	Dinner 晚餐	金汤肥牛卷	百叶包肉	烤鸡翅	酱爆鱿鱼须	N
		醋溜藕片	山药炒鸡片	麻辣鱼豆腐	西芹炒虾糕	
		豉油豆角	红枣南瓜	花菜炒肉丝	彩椒平菇炒蛋	
		蒜泥西兰花	酸菜老豆腐	蒜泥小白菜	醋溜土豆丝	
		米饭	香菇牛肉面	米饭	三鲜水饺	
		山药草鸡汤		番茄蛋花汤		
		火龙果、苹果	小蜜瓜、香蕉	蜜桔、小面包	香梨、香蕉	
Golden fatty beef soup, Vinegar slip lotus root, Slices soy bean, Garlic mashed broccoli, Rice, Yam chicken soup, Dragon fruit, Apple		Fried chicken slices with yam, Steam red date with pumpkin, Cabbage, Tofu with pickled cabbage, Mushroom and beef noodle, Melon, Banana	Roasted chicken wings, Spicy fish Tofu, Cauliflower fried pork, Garlic puree cabbage, Rice, Tomato egg soup, Orange, Bread	Stir-fried squid with celery, Vegetable fried shrimp piece, Color Pepper and mushroom fried egg, Vinegar potato, Dumplings, Pear, Banana		