

The Week 13 Menu for SSFLS Fusion II Department

苏科外融合二部 2021-2022学年第一学期第十三周营养食谱

Date: November 22 - November 26

日期：11月22日-11月26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
		蓝莓	龙眼	红提	晴王葡萄	樱桃番茄
		海苔	坚果	海苔	坚果	海苔
	Lunch 午餐	Milk, Blueberry, Nori <i>寻味南京 Nanjing</i>	Yogurt, Longan, Nuts <i>寻味英国 England</i>	Milk, Red grapes, Nori <i>寻味台湾 Taiwan</i>	Yakult, Green grapes, Nuts <i>寻味西班牙 Spanish</i>	Milk, Cherry tomato, Nori <i>寻味广西 Guangxi</i>
						
		清炖狮子头	百里香柠檬鸡腿	台湾三杯鸡	西班牙肉丸	芋头扣肉
		蟹黄嫩豆腐	土豆泥	虾仁滑蛋	西班牙土豆饼	油焖茄子
		南京素什锦	纯素椰子油香草时蔬	上汤娃娃菜	皮斯托	石锅豆腐
		蒜片油麦菜	蒜泥金针菇	香菇青菜	香烤茄子小番茄	空心菜
		米饭	奶油鸡肉意面	台湾卤肉饭	米饭	咸肉菜饭
		鸭血粉丝汤	南瓜汤	菌菇汤	海鲜汤	菌菇牛骨汤
		水果沙拉	牛油果沙拉	水果沙拉	牛油果沙拉	橙子
		Steam pork ball, Crab toufu, Nanjing mixed vegetable, Sliced garlic and greased wheat,Rice, Duck blood noodle soup,Fruit Salad	Thyme lemon chicken drumsticks, Mashed potatoes, Vegan coconut oil herb, Dried garlic mushroom, Creamy chicken pasta, Pumpkin soup, Avocado salad	Taiwan chicken, Shrimp slide egg, Sauced vegetable, Mushroom with vegetable, Pork sauce rice, Mushroom soup, Fruit Salad	Spanish meat ball, Spanish omelette, Pisto, Roasted eggplant and small tomato, Rice, Seafood soup, Avocado salad	Taro with pork, Oil steam eggplant, Toufu, Vegetable, Salty meat fried rice, Mushroom beef bone soup, Orange
	Afternoon Snack 午点	赤豆元宵	时蔬粥	鳕鱼肠	冰糖雪梨红枣羹	华夫饼
		蜜桔、龙眼	蓝莓、小番茄	冬枣、蜜桔	香蕉、蓝莓	红提、蜜桔
		Sweet soup, Fruits	Vegetable porridge, Fruits	Cod, Fruits	Ice sugar soup, Fruits	Waffle, Fruits
	Dinner 晚餐	洋葱爆牛心	红烧狮子头	孜然鱿鱼	洋葱牛肚	N
		肉末炖蛋	肉汤百叶结	番茄炒蛋	青椒香干炒肉丝	
		手撕干锅包菜	蒜片菠菜	干锅藕片	红枣南瓜	
		豆芽炒粉丝	丝瓜毛豆	青椒炒银牙	茭白炒茄子	
		糙米饭	蔬菜肉末炒年糕	米饭	三鲜水饺	
		冬瓜排骨汤	虾米萝卜汤	紫菜蛋花汤	火龙果、香蕉	
		香梨、苹果	小蜜瓜、香蕉	蜜桔、小面包		
		Onion fried beef heart, Pork steamed egg,Dry pot cabbage, Fried bean sprouts with vermicelli,Brown rice, Vegetable rib soup, Pear, Apple	Sauced pork ball, Dried toufu, Garlic vegetable, Bean with vegetable, Vegetable fried sticky cake, Shrimp carrot soup, Melon, Banana	Cumin squid, Tomato scrambled eggs, Dry pot lotus root, Stir-fried vegetable with pepper, Rice, Nori egg drop soup, Tangerine,Bread	Onion tripe, Stir-fried shredded pork with green pepper, Red jujube pumpkin, Fried eggplant with water bamboo, Three fresh dumplings, Dragon fruit,Banana	