

## The Week 14 Menu for SSFLS Fusion II Department

### 苏科外融合二部 2021-2022学年第一学期第十四周营养食谱

Date: November 29 - December 3  
日期: 11月29日-12月3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	橙汁	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
		Milk, Blueberry, Nori	Orange juice, Longan, Nuts	Milk, Red grapes, Nori	Yakult, Green grapes, Nuts	Milk, Cherry tomato, Nori
	Lunch 午餐	<b>寻味苏州 Suzhou</b>	<b>寻味韩国 Korea</b>	<b>寻味东北 North east</b>	<b>寻味印尼 Indonesia</b>	<b>生日自助 Birthday celebration</b>
						
		枫镇大肉	生菜包肉	锅包肉	沙爹牛肉	红烧龙利鱼、牛排、烤鸡、上汤 西兰花、干锅茶树菇、菠菜、海 鲜汤、薯条、水果拼盘
		炒肉	辣炒鱿鱼	蒜泥大虾	手打牛肉丸	
		雪菜肉丝	泡菜炒年糕	地三鲜	炸茄子	
		炒素	长豇豆、上汤娃娃菜	香菇青菜	玉米包菜	
		苏式面	石锅拌饭	糙米饭	印尼炒饭	
		水果沙拉	大酱汤	菠菜鸡蛋汤	海鲜汤	
			青沙拉	水果沙拉	印尼沙拉	
		Pork, Fried meat with vegetable, Fried mixed vegetable, Suzhou noodle, Fruit salad	Roast meat roll, Spicy squid, Salty vegetable fried sticky rice roll, Vegetable, Sauced mixed rice, Sauced soup, Vegetable salad	Pork, Garlic shrimp, Three vegetable mixed, Mushroom with vegetable, Brown rice, Vegetable egg soup, Fruit salad	Satay beef, Hand beat beef meatballs, Fried eggplant, Corn cabbage, The Indonesian Fried rice, Seafood soup, Indonesia salad	Braised longli fish, Steak, Roast chicken, Broccoli, Dried mushrooms, Spinach, Seafood soup, French fries, Fruit platter
	Afternoon Snack 午点	桂花糕	时蔬粥	椰奶小方	冰糖雪梨红枣羹	泡芙
		蜜桔、龙眼	蓝莓、小番茄	冬枣、蜜桔	香蕉、蓝莓	红提、蜜桔
		Osmanthus cake, Fruits	Vegetable porridge, Fruits	Coconut milk dessert, Fruits	Ice sugar soup, Fruits	Puff, Fruits
	Dinner 晚餐	红烧鸡翅根	姑苏和牛小排	苏式走油肉	油爆太湖草虾	N
		肉粒杏鲍菇	太湖银鱼赛螃蟹	五花肉炒有机花菜	外婆小炒肉	
		手撕干锅包菜	蒜片菠菜	干锅藕片	红枣南瓜	
		蚝油生菜	香菇伴青菜	三色玉米粒	荷塘小炒	
		糙米饭	咸肉菜饭	米饭	三鲜水饺	
		三丝羹	东山草鸡汤	翡翠白玉羹	火龙果、香蕉	
		香梨、苹果	小蜜瓜、香蕉	蜜桔、小面包		
		Sauced chicken, Pork with mushroom, Dried vegetable, Sauce lettuce, Brown rice, Three vegetable soup, Pear, Apple	Sauced pork rib, Fried egg with Taihu fish,, Garlic vegetable, Mushroom with vegetable, Vegetable fried rice, Chicken soup, Melon, Banana	Pork, Vegetable fried pork slice, Dried lotus root, Corn pieces, Rice, Vegetable egg soup, Tangerine, Bread	Fried shrimp, Fried pork, Red dates with pumpkin, Mixed vegetable, Three fresh dumplings, Dragon fruit, Banana	