

The Week 15 Menu for SSFLS Fusion II Department

苏科外融合二部 2021-2022学年第一学期第十五周营养食谱

Date: December 6 - December 10
日期: 12月6日-12月10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
	Lunch 午餐	Milk, Blueberry, Nori <i>寻味宜兴 Yixing</i>	Orange juice, Longan, Nuts <i>寻味重庆 Chongqing</i>	Milk, Red grapes, Nori <i>寻味德国 Germany</i>	Yakult, Green grapes, Nuts <i>寻味山东 Shandong</i>	Milk, Cherry tomato, Nori <i>寻味安徽 Anhui</i>
						
		红烧肉	口水鸡	德国香肠拼盘	炒小公鸡	红烧龙利鱼
		腌笃鲜	豌豆尖炒重庆腊肉	香烤大虾	木须肉	辣椒炒肉
		外婆菜炒蛋	宽粉炒肉末	西芹百合	豆芽粉条	清炒土豆丝
		蒜泥茼蒿	清炒刀豆	孜然土豆片	上汤娃娃菜	空心菜
		乌米饭	豌杂米线	米饭	海鲜疙瘩汤	米饭
		青菜蛋花汤	鲜肉丸子汤	牛肉汤		西红柿蛋花汤
		水果沙拉	蔬菜沙拉	凯撒沙拉	水果沙拉	果冻橙
		Sauced pork, Bamboo with salty meat, Vegetables with egg, Garlic vegetables, Purple sticky rice, Vegetables egg soup, Fruit salad	Spicy chicken, Vegetables fried Chongqing salty meat, Wide noodle with pork pieces, Fried vegetables, Rice noodle, Meat ball soup, Vegetable salad	German sausage platter, Fragrant roast shrimp, Celery, lily, Potato chips with cumin, Rice, Beef soup, Caesar salad	Fried chicken, Muxu Pork, Bean sprouts vermicelli, Sauce vegetables, Seafood noodle soup, Fruit salad	Sauced fish, Pepper fried pork slice, Fried potato slice, Vegetables, Rice, Tomato egg soup, Orange
Menu 食谱	Afternoon Snack 午点	桂花糕	涪陵油醪糟汤圆	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	Sweet dumpling, Fruits	Coconut milk dessert, Fruits	Ice sugar soup, Fruits	Puff, Fruits
	Dinner 晚餐	红烧鸡翅根	洋葱牛肚	洋葱爆牛心	百叶包肉	N
		肉粒杏鲍菇	青椒香干炒肉丝	肉末炖蛋	山药炒鸡片	
		手撕干锅包菜	红枣南瓜	手撕干锅包菜	红枣南瓜	
		蚝油生菜	茭白炒茄子	豆芽炒粉丝	酸菜老豆腐	
		糙米饭	三鲜水饺	糙米饭	香菇牛肉面	
		三丝羹		冬瓜排骨汤		
		香梨、苹果	火龙果、香蕉	香梨、苹果	小蜜瓜、香蕉	
		Sauced chicken, Pork with mushroom, Dried vegetables, Sauce lettuce, Brown rice, Three vegetables soup, Pear, Apple	Onion tripe, Stir-fried shredded pork with green pepper, Red jujube pumpkin, Fried eggplant with water bamboo, Three fresh dumplings, Dragon fruit, Banana	Onion fried beef heart, Pork steamed egg, Dry pot cabbage, Fried bean sprouts with vermicelli, Brown rice, Vegetables rib soup, Pear, Apple	Fried chicken slices with yam, Steam red date with pumpkin, Cabbage, Tofu with pickled cabbage, Mushroom and beef noodle, Melon, Banana	