

## The Week 18 Menu for SSFLS Fusion II Department 苏科外融合二部 2021-2022学年第一学期第十八周营养食谱

Date: December 27 - December 31  
日期: 12月27日-12月31日

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
	<b>寻味南京 Nanjing</b>	<b>寻味德国 Germany</b>	<b>寻味重庆 Chongqing</b>	<b>寻味韩国 Korea</b>	<b>寻味宜兴 Yixing</b>
Lunch 午餐					
	红烧狮子头	德国香肠拼盘	口水鸡	生菜包肉	红烧肉
	蛋皮菠菜	香烤大虾	豌豆尖炒重庆腊肉	辣炒鱿鱼	腌笃鲜
	南京素什锦	西芹百合	宽粉炒肉末	泡菜炒年糕	外婆菜炒蛋
	蒜片油麦菜	孜然土豆片	清炒刀豆	长豇豆、上汤娃娃菜	蒜泥茼蒿
	韭菜鸡蛋饺子	米饭	豌杂米线	石锅拌饭	咸肉菜饭
	水果沙拉	牛肉汤	鲜肉丸子汤	大酱汤	青菜蛋花汤
	凯撒沙拉	蔬菜沙拉	青沙拉	水果沙拉	
	Sauced pork ball, Egg with vegetable, Nanjing mixed vegetable, Sliced garlic and greased wheat, Vegetable with egg dumplings, Fruit Salad	German sausage platter, Fragrant roast shrimp, Celery, lily, Potato chips with cumin, Rice, Beef soup, Caesar salad	Spicy chicken, Vegetable fried Chongqing salty meat, Wide noodle with pork pieces, Fried vegetable, Rice noodle, Meat ball soup, Vegetable salad	Roast meat roll, Spicy squid, Salty vegetable fried sticky rice roll, Vegetable, Sauced mixed rice, Sauced soup, Vegetable salad	Sauced pork, Bamboo with salty meat, Vegetable with egg, Garlic vegetable, Salty meat fried rice, Vegetable egg soup, Fruit salad
Afternoon Snack 午点	芝士威化饼干	泡泡小云吞	麻薯	时蔬粥	蜂蜜柚子茶
	蜜桔、龙眼	蓝莓、小番茄	冬枣、蜜桔	香蕉、蓝莓	山楂条
	Cheese biscuit, Fruits	Huntun, Fruits	Rice cake, Fruits	Vegetable porridge, Fruits	Honey grapefruit tea, Hawthorn strip
Dinner 晚餐	土豆炖牛腩	鹤鹑蛋烧肉	茄汁鱼片	百叶包肉	
	肉末西兰花	番茄炒蛋	虾仁炖蛋	山药炒鸡片	
	手撕包菜	甜椒土豆丝	茭白炒茄子	香芹炒香干	
	蚝油生菜	肉末茄子	清炒长豇豆	白灼生菜	
	米饭	米饭	米饭	香菇牛肉面	
	松茸老鸭汤	榨菜肉丝汤	玉米排骨汤	小蜜瓜、香蕉	N
	香梨、苹果	火龙果、香蕉	香梨、橘子		
	Sauced beef with potato, Pork with broccoli, Dried vegetables, Sauce lettuce, Rice, Duck soup, Pear, Apple	Pork with small egg, Tomato with egg, Pepper with potato, Pork with eggplant, Rice, Salty vegetable with pork soup, Dragon fruit, Banana	Sauced fish, Shrimp steamed egg, Fried eggplant with water bamboo, Fried bean sprouts with vermicelli, Rice, Corn rib soup, Pear, Orange	Dried tofu cover meat, Fried chicken slices with yam, Steam red date with pumpkin, Cabbage, Tofu with pickled cabbage, Mushroom and beef noodle, Melon, Banana	