

The Week 19 Menu for SSFLS Fusion II Department 苏科外融合二部 2021-2022学年第一学期第十九周营养食谱

Date: January 4 - January 7

 日期: 1月4日-1月7日

Meals 餐点	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五
Morning Snack 早点	橙汁	纯牛奶	养乐多	纯牛奶
	草莓	红提	晴王葡萄	车厘子
	坚果	海苔	坚果	海苔
	Orange juice, Strawberry, Nuts	Milk, Red grapes, Nori	Yakult, Green grapes, Nuts	Milk, Cherry, Nori
Lunch 午餐	<div>寻味美国 <i>America</i></div> <div></div>	<div>寻味云南 <i>Yunnan</i></div> <div></div>	<div>寻味加拿大 <i>Canada</i></div> <div></div>	<div>寻味扬州 <i>Yangzhou</i></div> <div></div>
	黑椒牛排	汽锅鸡	蒙特利尔熏肉	红烧狮子头
	香烤大虾	云南炒腊肉	干酪浇肉汁土豆条	大煮干丝
	摇滚薯条	滇味小炒杏鲍菇	芝士焗南瓜	芙蓉蒸蛋
	白灼西兰花	清炒刀豆	上汤娃娃菜	蒜泥茼蒿
	热狗、汉堡	土鸡米线	米饭	韭菜鸡蛋、荠菜猪肉饺子
	牛肉汤		土豆番茄汤	
	水果沙拉	蔬菜沙拉	凯撒沙拉	水果沙拉
	Beef with pepper sauce, Roast shrimp, Fried potato, Broccoli, Hotdog, Hamburger, Beef soup, Fruit salad	Steam chicken, Yunnan fried salty meat, Fried mushroom, Fried bean vegetables, Chicken rice noodle soup, Vegetable salad	Montreal Smoked Meat, Poutine,Cheese Baked Pumpkin, Vegetable, Rice, Potato Tomato Soup, Caesar Salad	Sauced pork ball, Boiled toufu slice, Steamed egg, Garlic vegetables, Dumpings, Fruit salad
	Afternoon Snack 午点	果蔬干	鲜花饼	青菜面
蓝莓、小番茄		冬枣、砂糖橘	香蕉、蓝莓	山楂条
Dried vegetables, Fruits		Flower cake, Fruits	Vegetable noodle, Fruits	Cake, Hawthorn strip
Dinner 晚餐	奥尔良烤鸡	黑椒牛柳	金汤肥牛	N
	茭白炒肉丝	虾仁炖蛋	山药炒鸡片	
	蒜泥小白菜	蒜泥豇豆	红枣南瓜	
	青椒土豆丝	豆芽粉丝	蒜蓉西兰花	
	米饭	米饭	番茄鸡蛋面	
	虾米萝卜汤	紫菜蛋花汤	小蜜瓜、香蕉	
	红提、小面包	香梨、橙子		
	Roast chicken, Water bamboo fried pork, Garlic vegetables, Pepper fried potato slices, Rice, Carrot soup, Red grapes, Bread	Beef, Steamed egg with shrimps, Garlic vegetables, Bean with potato noodle, Rice, Egg soup, Pear, Orange	Spicy beef roll, Yam fried pork, Steam pumpkin, Garlic broccoli, Tomato egg noodle, Sweet melon, Banana	