

The Week 20 Menu for SSFLS Fusion II Department

苏科外融合二部 2021-2022学年第一学期第二十周营养食谱

Date: January 10- January 14 日期：1月10日-1月14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
Lunch 午餐					
	苏式酱方	藏书羊肉	锅包肉	迷迭香烤鸡	牛排、香烤鸡翅、炭香牛仔骨、大虾、芙蓉蒸蛋、山药小炒、广东菜心、蛋炒饭、意大利面、菌菇汤、笑脸薯饼、巧克力瀑布、水果拼盘
	冬笋炒肉丝	刀豆虾仁	萝卜炖牛肉	洋葱圈	
	鸡汁茼蒿	蛋皮菠菜	地三鲜	肉末茄子	
	红枣蒸南瓜	上汤娃娃菜	香菇青菜	清炒长豇豆	
	腊味炒饭	三鲜水饺、韭菜鸡蛋水饺	糙米饭	意式经典玛格丽特披萨	牛排、香烤鸡翅、炭香牛仔骨、大虾、芙蓉蒸蛋、山药小炒、广东菜心、蛋炒饭、意大利面、菌菇汤、笑脸薯饼、巧克力瀑布、水果拼盘
	番茄土豆汤		菠菜鸡蛋汤	番茄浓汤	
	水果沙拉	蔬菜沙拉	水果沙拉	麦蔬沙拉	
	Sauced pork, Bamboo fried pork slice, Vegetables, Steam red dates and pumpkin, Fried rice with salty meat, Potato and tomato soup, Fruit Salad	Lamb meat, Shrimp with beans, Egg with vegetables, Sauced vegetables, Three-fresh dumplings, Vegetable egg dumplings, Vegetable salad	Pork, Radish with beef, Three mixed vegetables, Mushroom with vegetables, Brown rice, Vegetable egg soup, Fruit Salad	Rosemary roast chicken, Onion rings, Pork with eggplant, Fried vegetables, Classic Italian margherita pizza, Basil tomato mushroom pasta, Tomato soup, Wheat caprese	Steak, Roast chicken wings, Beef ribs, Prawns, Steamed egg, Chinese yam with vegetables, Vegetables, Fried rice with egg, Pasta, Mushroom soup, Potato, Chocolate, Fruit Platter
Afternoon Snack 午点	芝士威化饼干	南瓜饼	麻薯	冬日苏式暖锅	原味戚风蛋糕
	蜜桔、龙眼	蓝莓、小番茄	冬枣、蜜桔	香蕉、蓝莓	山楂条
	Cheese biscuit, Fruits	Pumpkin pancake, Fruits	Rice cake, Fruits	Warm soup, Fruits	Cake, Hawthorn strip
Dinner 晚餐	土豆炖牛腩	香菇烩牛肉	茄汁鱼片	百叶包肉	N
	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	
	香梨、苹果	火龙果、香蕉	香梨、橘子	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	
	Sauced beef with potato, Pork with brocolli,Dried vegetables, Sauce lettuce, Rice, Duck soup, Pear, Apple	Beef with mushroom, 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		