北京市房山区诺德安达学校
NAS BEIJING, FANGSHAN

# 早餐
# BREAKFAST

## 星期一 MONDAY

中式早餐 · · · · · · · Chinese breakfast
新鲜水果 · · · · · · · Fresh fruits
虾皮紫菜蛋花汤
Dried small shrimps, nori & eggs soup
白菜猪肉水饺※△☆
Chinese dumpling
油条※△☆ · · · · · Fried bread stick
煮蛋☆· · · · · · · · · Boiled eggs

牛奶,豆奶,酸奶选一
Choice of drink among,Milk
Soybean milk, Yogurt

## 星期二 TUESDAY

西式早餐· · · · · · · Western breakfast
新鲜水果· · · · · · · Fresh fruits
意大利肉酱芝士面包※0☆
Minced beef & cheese bread
西式炒蛋0☆· · · ·Scrambled eggs
谷类可选(玉米片，全麦维，谷维滋) ※0
Choice of cereal
(corn Flakes, all bran, honey nut)

牛奶,豆奶,酸奶选一
Choice of drink among Milk,
Soybean milk, Yogurt

## 星期三 WEDNESDAY

中式早餐· · · · · · · · ·Chinese breakfast
新鲜水果· · · · · · · · ·Fresh fruits
香菇肉燥面※△☆
Soy braised minced pork noodles soup
菜心· · · · · · · · · · · · ·Choy sum
卤土鸡蛋△☆· · · · ·Marinated egg

有机豆浆
Organic soybean milk

## 星期四 THURSDAY

西式早餐· · · · · · · · · ·Western breakfast
新鲜水果· · · · · · · · · ·Fresh fruits
早餐面包※0☆· · · ·Breakfast roll
牛肉早餐肠※· · · · · Grilled beef sausage
脆培根· · · · · · · · · · · ·Bacon
西式双面煎蛋☆· · · ·Fried eggs
谷类可选(玉米片，全麦维，谷维滋) ※0
Choice of cereal
(corn Flakes, all bran, honey nut)

牛奶,豆奶,酸奶选一
Choice of drink among Milk,
Soybean milk, Yogurt

## 星期五 FRIDAY

中式早餐· · · · · · · · · · · ·Chinese breakfast
新鲜水果· · · · · · · · · · · ·Fresh fruits
小笼包※△☆· · · · · · · Steamed dumpling
桂花糕※0△☆
Steamed osmanthus pudding
白粥· · · · · · · · · · · · · · ·Plain congee
鸡丝菜粥△☆
Chicken & choy sum congee
五香茶叶蛋△☆· · · · ·Tea eggs

有机豆浆· · · · · · · · · · · ·Organic soybean milk

食物内含
OUR HEALTHY EATING KEY
※面粉
Gluten Content
△ 豆类
Legumes Product
0 牛奶
Dairy Product
#鱼&海鲜
Shell Fish & Seafood
☆ 鸡蛋
Eggs Product

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# 午餐
# LUNCH

## 星期一 MONDAY

全麦葡萄干面包····Raisin bread
酸奶·····Yogurt

雪梨猪骨汤
Watercress & pork ribs soup
黑椒蒜子牛肉粒△☆
Stir-fried beef cubes in black pepper sauce
海鲜炖豆腐#△☆
Stewed seafood,eggs & tofu
海米冬瓜△
Dried shrimps & white gourd
本地菜心·····Choy sum

沙茶酱炒米粉※O△☆
Stir-fried glass noodles with vegetables & eggs

苹果·····Apple
牛奶·····Milk

## 星期二 TUESDAY

巧克力面包·····Chocolate Bread
酸奶·····Yogurt

菌菇汤☆·····Mushroom soup
春笋红烧肉△
Stewed pork berry & bamboo shoot
广式隔水蒸鸡△·····Steamed chicken
三丝银芽△·····Bean sprout
广东菜心·····Guangdong cabbage

日式蔬菜蛋炒饭△☆
Fried rice & vegetables

蓝莓麦芬 ※O☆·····Blueberry muffin
果汁·····Fruit juice

## 星期三 WEDNESDAY

提子香草丹麦酥※O☆·····Raisin Danish
酸奶·····Yogurt

红腰豆莲藕猪骨汤△
Kidney bean, lotus root & pork soup
日式咖喱肥牛※O·····Beef curry
日式猪排佐塔塔酱※△☆
Deep fried pork chop served tartar sauce
白灼金针菇△·····Needles mushroom
本地生菜·····Lettuce

扒蔬菜照烧汁△
Grilled vegetables with teriyaki sauce

蛋挞※O☆·····Egg tart
牛奶·····Milk

## 星期四 THURSDAY

卡仕达面包※O☆
Cream custard bread
酸奶·····Yogurt

竹荪炖鸡汤
Chicken & bamboo fungus soup
梅菜蒸腹肉△
Braised pork belly & preserved vegetables
凤梨茄汁煨虾仁※☆△#
Sour & sweet shrimps & pineapple
鲍汁奶白菜#△
Chinese green vegetables
上海青·····Choy sum

泰式炒河粉※O☆
Fried rice noodles & vegetables with Thai style

绿豆饼※O△☆····Mung bean pastry
果汁·····Fruit juice

## 星期五 FRIDAY

红豆面包※O△☆ ····Red bean bread
酸奶 ····· Yogurt

奶油南瓜番茄浓汤O
Pumpkin & tomato cream soup
法式勃艮第炖牛肉※O
Stewed beef & vegetables
普罗旺斯香草烤鸡腿△
Provence roast chicken drums
蜂蜜胡萝卜·····Carrot
西兰花····· Broccoli

西班牙鸡蛋派O☆
Spanish omelette

香梨 ····· Pear
牛奶 ····· Milk

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☆ 鸡蛋
Eggs Product

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# 晚餐
# DINNER

## 星期一 MONDAY

酸奶·····Yoghurt
各式时令水果选一
Selection seasonal fruits

罗宋汤※·····Borsch soup
榄角蜜汁焗排骨△
Pork riblet with olive & honey sauce
小瓜炒牛柳△☆
Stir-fried beef fillet & zucchini potatoes
甜椒土豆丝
Sautéed bell pepper & potatoes
芥兰·····Kaila

麻婆豆腐△
Stewed tofu in hot sauce

红豆沙小圆子※△·····Sweet dumpling

## 星期二 TUESDAY

酸奶·····Yoghurt
各式时令水果选一
Selection seasonal fruits

淮山牛肉汤
Beef & Chinese yam soup
番茄豆花鱼※△#☆
Stewed fish, tomato & tofu
彩椒生炒黑猪里脊△☆
Stir-fried shredded pork loin & bell pepper
豉油蒸萝卜△··Steamed white turnip
油麦菜····· Leaf lettuc

香葱蔬菜蛋炒饭☆
Fried rice with vegetables & egg

黄油司康※O☆ ····· Scone
酸奶O·····Yogurt

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## 星期三 WEDNESDAY

酸奶·····Yoghurt
各式时令水果选一
Selection seasonal fruits

鲜蔬鸡茸玉米蛋羹☆
Vegetables, chicken & eggs soup
水煮牛肉△☆··Poached beef & vegetables
姜母鸭※#····Wok-fried ginger duck legs
甜豌豆△····· Green pea
西生菜··· Iceberg

素食小炒△····Stir-fried mixed vegetables

银耳小米粥△
White fungus & couscous congee

## 星期四 THURSDAY

酸奶·····Yoghurt
各式时令水果选一
Selection seasonal fruits

涮涮锅※#△☆
(附肥牛,肉丸,虾丸,鱼豆腐,胡萝卜,金针菇
香菇,娃娃菜,海带,豆腐,年糕,面)
(boiled beef , Meat ball, Shrimps ball,
fish cake,carrot,mushrooms, baby cabbage,
Kelp,tofu,rice cake, noodles)

宫保斋△·····Soy braised mushrooms

小米糕※O△☆····Couscous pudding
酸奶O·····Milk