

WEEKLY MENU



Vegetarian



Seafood



Halal



STATION	MONDAY 12.4	TUESDAY 12.5	WEDNESDAY 12.6	THURSDAY 12.7	FRIDAY 12.8
Soup 汤	Seaweed & Egg Soup 紫菜蛋花汤	Pear Tremella Soup 银耳雪梨汤	Pumpkin Congee 南瓜粥	Chinese Yam and Egg White Soup NEW 芙蓉山药汤	Egg and Tomato Soup 番茄蛋花汤
MS-HS Set Menu A 初高中 午餐套餐A	NEW 法式芥末烤鸡 Sautéed Zucchini 炒节瓜 Tortilla 墨西哥饼	Tuna Carbonara 金枪鱼奶油意面 Sautéed Vegetable 黄油时蔬	Roast Pork 烤猪梅肉 Snow Pea, Carrot & Corn 青豆胡萝卜配玉米 Homemade Soft Roll 自制小餐包	Roasted Chicken Breast w/ Onion Gravy 烤鸡胸配洋葱汁 Mixed Vegetable 混合什蔬 Roasted Pumpkin 蜜汁烤南瓜	NEW 番茄罗勒烤鱼 Sautéed Zucchini with Carrot 西葫芦胡萝卜 Roasted Potato 烤土豆
MS-HS Set Menu B 初高中 午餐套餐B	Braised Pork Meatballs with White Gourd 冬瓜烧猪肉丸子 Sautéed Bok Choy 清炒油菜 Steamed Rice 米饭 Steamed Pumpkin 蒸南瓜	NEW 苏式酱鸭胸 Stir Fried Pak Choi 清炒奶白菜 Steamed Rice 米饭 Hanamaki 自制燕麦馒头	Scrambled Egg with Tomato 番茄炒蛋 Sautéed Cabbage with Tofu 白菜豆腐 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Stir Fried Pork With Celery 香芹猪肉丝 Sautéed Cabbage 清炒圆白菜 Steamed Rice 米饭	Halal 葱爆牛肉 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭 Steamed Corn 蒸玉米

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
640	31.5	76.0	20.9

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STATION	MONDAY 12.4	TUESDAY 12.5	WEDNESDAY 12.6	THURSDAY 12.7	FRIDAY 12.8
MSHS Daily Special Asian 初高中亚式特式	Crispy Chicken 香酥鸡腿 Sautéed Bok Choy 清炒油菜 Fried Rice with Mixed Vegetable 蔬菜炒饭	Braised Pork Rice 台式卤肉饭 Braised Egg 卤蛋 Green Vegetables 白灼蔬菜	Pho 越南牛肉粉 Poached Vegetable 白灼蔬菜	Solar Term-Major Snow 农历大雪 Stewed Lamb in Brown Sauce 红焖羊肉 Sauteed Baby Cabbage 炒娃娃菜 Steamed Rice 米饭	Sliced Fish in Hot Chili Oil 水煮鱼 Shredded Potato with Green Pepper 尖椒土豆丝 Steamed Rice 白米饭
MSHS Daily Special Western 初高中西式特式	American Hot Dog 美式热狗 French Fries 薯条 Mixed Vegetables 混合时蔬 Ketchup/Mustard 番茄沙司/黄芥末	Roasted Calamari 西班牙烤鱿鱼 Mushroom and Cauliflower 烤蘑菇和花菜 English Muffin 英式玛芬面包	Chicken Biryani 印度鸡肉炒饭 Mixed Vegetables 混合时蔬	Spaghetti/Penne 意大利直面/斜切面 Beef Bolognese 牛肉酱 Tomato Sauce 番茄酱 Mixed Vegetables 混合时蔬	BBQ Ribs 美式烧烤猪大排 Caribbean Vegetable Stew 加勒比慢煮炖菜 Bread 面包
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit 牛奶/酸奶/100%果汁 + 水果				

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
566	29.2	59.2	25.9

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STATION	MONDAY 12.11	TUESDAY 12.12	WEDNESDAY 12.13	THURSDAY 12.14	FRIDAY 12.15
Soup 汤	Soybean Paste Stew 大酱汤	Egg & Corn Soup 鸡茸粟米羹	Red Bean Congee 红豆粥	Minced Beef & Tofu Soup 西湖牛肉羹	Chongqing Small Rice Dumpling 山城小汤圆
MS-HS Set Menu A 初高中 午餐套餐A	 Breaded Chicken & Cheese With Mornay Sauce 芝士鸡胸肉配奶油酱 Grilled Zucchini 烤青瓜 Garlic Bread 蒜香面包	Braised Sausage 红烩猪肉肠 Sauteed Vegetable 黄油时蔬 Baked Sweet Potato 烤红薯	 Braised Beef 红烩牛肉 Sauteed Vegetable 黄油时蔬 Homemade Soft Roll 自制小餐包	Curry Chicken 印度咖喱鸡 Mixed Vegetable 混合什蔬 Naan 印度烤饼	 Spaghetti with Bacon and Mushroom 芝士培根蘑菇番茄意面 Green Vegetables 炒时蔬
MS-HS Set Menu B 初高中 午餐套餐B	Braised Pork with Taro 芋头红烧肉 Braised Cabbage with Bean Curd 千张烧白菜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Sweet & Sour Chicken 咕咾鸡 Sautéed Bok Choy with Mushroom 香菇油菜 Steamed Rice 米饭 Steamed Sponge Cake 自制发糕	Steamed Fish in Soya Sauce 清蒸鱼 Sautéed Cabbage with Vermicelli 圆白菜炒粉丝 Steamed Rice 米饭	 Braised Beef with Potato 土豆烧牛肉 Stir-Fried Cabbage with Tofu 白菜豆腐 Steamed Rice 米饭	 Braised Pork with Tofu 猪肉豆花 Stir-fry Black Fungus and Celery 木耳芹菜 Steamed Rice 米饭 Steamed Corn 蒸玉米

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
650	36.7	80.8	21.4

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STATION	MONDAY 12.11	TUESDAY 12.12	WEDNESDAY 12.13	THURSDAY 12.14	FRIDAY 12.15
MSHS Daily Special Asian 初高中亚式特式	Sichuan Crispy Smoked Duck 香酥樟茶鸭 Sautéed Choi Sim 清炒菜心 Steamed Rice 白米饭	 Sichuan Maocai (Spicy Mixed Dish) 四川冒菜 Steamed Rice 米饭	Xin Jiang Braised Chicken 新疆大盘鸡 Braised Noodle 拉条子 Vegetable 蔬菜	Braised Fish with Pickled Vegetable 酸菜鱼 Stir-Fried Cabbage 炆炒包菜 Steamed Rice 米饭	 Chongqing Food Promotion 重庆美食节 Chongqing Spicy Chicken 重庆辣子鸡 Chongqing Noodle 重庆小面
MSHS Daily Special Western 初高中西式特式	 Bibimbap 石锅拌饭 Beef Slice/ Mushroom/Zucchini/ Carrot/ Bean Sprout/Egg 肥牛/蘑菇/西葫芦/ 胡萝卜/豆芽/鸡蛋 Kimchi 泡菜	 Teriyaki Beef with Enoki Mushroom 照烧金针肥牛 Steamed Rice 米饭	 Japanese Flavor Sesame, Pork & Seaweed Rice 日式芝麻猪肉海苔饭 Sautéed Green Vegetables 炒小青菜	Pork Panini 猪肉帕尼尼 Roasted Potato 烤土豆 Mixed Vegetable 黄油时蔬	 Chongqing Wanzhou Roasted Fish 重庆万州烤鱼 Stir-Fried Cabbage 炆炒包菜 Steamed Rice 米饭
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit 牛奶/酸奶/100%果汁 + 水果				

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
501	29.4	55.0	18.7

WEEKLY MENU



Vegetarian



Seafood



Halal



STATION	MONDAY 12.18	TUESDAY 12.19	WEDNESDAY 12.20	THURSDAY 12.21	FRIDAY 12.22
Soup 汤	Lotus Root & Pork Soup 莲藕瘦肉汤	Tomato & Egg Soup 番茄蛋花汤	Cream of Pumpkin Soup 奶油南瓜汤	Jujube and Tremella Soup 红枣银耳汤	
MS-HS Set Menu A 初高中 午餐套餐A	Teriyaki Chicken 照烧鸡 Sautéed Spinach 炒菠菜 Soft Roll 软面包	Grilled Duck Breast with Mushroom Gravy 香煎鸭胸蘑菇汁 Gratin Cauliflower 奶油菜花 Butter Potato 黄油土豆	Braised Beef Meatball 意式烩牛肉丸 Stir-Fried Vegetable 黄油时蔬 Gratin Potato 奶油焗土豆	Grilled Pork with Gravy 铁扒猪排配肉汁 Roasted Vegetable 烤什蔬 Mashed Potato 奶香土豆泥	Holiday
MS-HS Set Menu B 初高中 午餐套餐B	Steamed Egg with Shrimp 虾仁蒸蛋 Sautéed Cabbage with Tofu 白菜豆腐 Steamed Rice 米饭 Steamed Corn 蒸玉米	Sweet & Sour Fish 糖醋鱼 Wok-Fried Cabbage with Carrot 胡萝卜炒圆白菜 Steamed Rice 米饭 Hanamaki 自制双色花卷	Braised Pork 红烧肉 Stewed White Gourd 烧冬瓜 Steamed Rice 白米饭	Braised Beef with Turnip 萝卜牛腩 Braised Gourd with Mushroom 香菇烧冬瓜 Steamed Rice 米饭 Steamed Purple Sweet Potato 蒸紫薯	Holiday

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
569	28.4	80.5	15.6

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STATION	MONDAY 12.18	TUESDAY 12.19	WEDNESDAY 12.20	THURSDAY 12.21	FRIDAY 12.22
MSHS Daily Special Asian 初高中亚式特式	Hainan Chicken 海南鸡 Chicken Rice 鸡饭 Poached Vegetable 白灼蔬菜	Sautéed Beef Slice in Hot Chilli Oil 巴蜀水煮牛肉 Stir-Fried Cabbage 清炒杭白菜 Steamed Rice 米饭	Braised Beef Noodle Soup 红烧牛肉面 Green Vegetables 白灼蔬菜	NEW Japanese Style Scrambled Egg with Beef 日式滑蛋牛肉 Stir-Fried Broccoli with Carrot 菜花配胡萝卜 Steamed Rice 米饭	Holiday
MSHS Daily Special Western 初高中西式特式	Beef Cheeseburger 牛肉芝士汉堡 French Fries 薯条 Mixed Vegetable 混合什蔬	Spanish Garlic Chicken with Bread 西班牙蒜香鸡腿 配面包 Spanish Vegetable Stew 西班牙风味炖菜	Christmas 圣诞美食节 Roasted Ham 烧烤圣诞火腿 Bread 面包 Vegetable 时蔬 Christmas Rice Pudding 圣诞米饭布丁	Lahori Chicken Curry 印度咖喱鸡 Sauteed Mixed Vegetables 田园混合时蔬 Naan 印度烤饼	Holiday
Beverage 饮品	Milk/Yogurt/100% Juice + Fruit 牛奶/酸奶/100%果汁 + 水果				

NUTRITIONAL FACTS 营养成分表 (100g)

Energy 能量(Kcal)	Protein 蛋白质(g)	Carb 碳水化合物(g)	Fat 脂肪(g)
538	37.8	62.9	17.1