



AISB-Hope International

Holding forth truth Inspiring excellence Sharpening character

School Lunch Menu- February

Monday(2.1)		Tuesday (2.2)		Wednesday(2.3)		Thursday(2.4)		Friday(2.5)	
Curry Chicken	Chicken 50g Potato 30g Carrot 30g	Beef Tomato Pasta	Tomato 15g Beef 10g Pasta150g	Pineapple Chicken	Chicken 80g Pineapple 20g	Beef, Potato with Mushroom	Beef 80g Mushroom 30g Potato 30g	Fish-flavored Shredded Pork	Pork 50g Carrot 30g Green Pepper20g
Stir-Fried Zucchini	Zucchini100g	Fried Chicken Fillet	Chicken 80g Flour 10g	Stir-fired Chinese Cabbage & Mushroom	Chinese Cabbage 90g Mushroom 30g	Stir-fried Cabbage	Cabbage 100g	Stir-fied Brocoli	Brocoli 100g
Rice	Rice 120g	Oat & Rice Porridge	Oat 10g Rice10g	Rice	Rice 120g	Rice	Rice 120g	Rice	Rice 120g
Red Bean Porridge	Red Bean 10 Rice 10g			Millet Porridge	Millet 15g	Pumpkin Porridge	Pumpkin 20g Rice 10g	Seaweed Egg Soup	Seaweed 2g Egg10g
Protein (g)	Fat (g)	Energy (KJ)	Calcium (mg)	Iron (mg)	Zinc (mg)	Vitamin C (mg)	Retinol (ug)	Retinol (mg)	Riboflavin (mg)
40	30	950	50	5.5	6.5	90	200	0.3	0.2
Monday(2.15)		Tuesday(2.16)		Wednesday2.17)		Thursday(2.18)		Friday(2.19)	
				Braised Beef Brisket with Tomato and Potato	Beef 50g Potato 30g Tomato 10g Onion 10g	Baked Cheese Rice with Beef , Bacon & Sausage	Beef 30g Bacon 10g Sausage 10g Pineapple 10g Bell Pepper 10g Cheese15g Rice100g	Kung-Pao Chicken	Chicken 80g Carrot 20g Bell Pepper 20g
				Stir-fired Bell Pepper	Potato 60g Bell Pepper 40g	Stir-Fired Cabbage	Cabbage100g	Tomato & Potato	Tomato 30g Potato 80g
				Rice	Rice 120g	Egg & Tomato Soup	Tomato 10g Egg 10g	Rice	Rice 120g
				Quinoa Porridge	Quinoa 10g Rice10g			Millet Porridge	Millet 30g
Protein (g)	Fat (g)	Energy (KJ)	Calcium (mg)	Iron (mg)	Zinc (mg)	Vitamin C (mg)	Retinol (ug)	Retinol (mg)	Riboflavin (mg)
42	29	920	56	5.6	6.2	92	210	0.5	0.3
Monday(2.22)		Tuesday(2.23)		Wednesday(2.24)		Thursday(2.25)		Friday(2.26)	
Teriyaki Chicken	Chicken100g	Beef stew with potatoes	Beef 60g Potato 80g Carrot 30g	Quick-fried Shredded pork	Pork 60g Bell pepper 20g Carrot 20g	Beef Tomato Pasta	Tomato 15g Beef 10g Tomato 150g	Sour Sweet Chicken with Tomato	Chicken 100g Bell Pepper 20g Carrot 20g
Stir -fried Bean Sprout	Bean Sprout 100g	Stir-fried Cauliflower with Tomato	Cauliflower 100g	Stir -fried Bean Sprout	Bean Sprout 100g	Fried Chicken	Chicken 80g Flour 10g	Stir-fried Chinese Cabbage & Mushroom	Mushroom 20g Chinese Cabbage 80g
Rice	Rice120g	Rice	Rice 120g	Rice	Rice 120g	Oat & Rice Porridge	Oat 10g Rice10g	Rice	Rice120g
Egg &Tomato Soup	Tomato10g Egg10g	Seaweed Egg Soup	Seaweed 2g Egg10g	Red Bean Porridge	Red Bean 10g Rice10g			Corn Porridge	Cornmeal & Rice 120g
Protein (g)	Fat (g)	Energy (KJ)	Calcium (mg)	Iron (mg)	Zinc (mg)	Vitamin C (mg)	Retinol (ug)	Retinol (mg)	Riboflavin (mg)
45	26	890	53	5.2	6.5	96	190	0.5	0.3



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校餐菜单- 2 月

周一(2.1)		周二(2.2)		周三(2.3)		周四(2.4)		周五(2.5)	
咖喱鸡	鸡肉 50g 土豆 30g 胡萝卜 30g	牛肉番茄意面	番茄 15g 牛肉 10g 意面 150g	菠萝鸡块	鸡肉 80g 菠萝 20g	牛肉土豆杏鲍菇	牛肉 80g 杏鲍菇 30g 土豆 30g	鱼香肉丝	猪肉 50g 胡萝卜 30g 青椒 20g
炒青瓜	西葫芦 100g	炸鸡柳	鸡肉 80g 面粉 10g	炒白菜蘑菇	白菜 90g 平菇 30g	清炒圆白菜	圆白菜 100g	炒菜花	菜花 100g
米饭	大米 120g	燕麦粥	燕麦 10g 大米 10g	米饭	大米 120g	米饭	大米 120g	米饭	大米 120g
红豆粥	红豆 10g 大米 10g			小米粥	小米 15g	南瓜粥	南瓜 20g 大米 10g	紫菜蛋花汤	紫菜 2g 鸡蛋 10g
蛋白质(克)	脂肪(克)	能量(千焦)	钙(毫克)	铁(毫克)	锌(毫克)	维生素C(毫克)	视黄醇当量(微克)	视黄醇当量(微克)	核黄素(毫克)
40	30	950	50	5.5	6.5	90	200	0.3	0.2
蛋白质(克)	脂肪(克)	能量(千焦)	钙(毫克)	铁(毫克)	锌(毫克)	维生素C(毫克)	视黄醇当量(微克)	视黄醇当量(微克)	核黄素(毫克)
0	0	0	0	0	0	0	0	0	0
周一(2.15)		周二(2.16)		周三(2.17)		周四(2.18)		周五(2.19)	
				番茄土豆牛腩	牛肉 50g 土豆 30g 西红柿 10g 洋葱 10g	牛肉培根香肠芝士焗饭	牛肉 30g 培根 10g 香肠 10g 菠萝 10g 柿子椒 10g 奶酪 15g 米饭 100g	宫保鸡丁	鸡肉 80g 胡萝卜 20g 柿子椒 20g
				土豆炒柿子椒	土豆 60g 柿子椒 40g	手撕包菜	圆白菜 100g	西红柿土豆	西红柿 30g 土豆 80g
				米饭	大米 120g	番茄蛋花汤	西红柿 10g 鸡蛋 10g	米饭	大米 120g
				藜麦粥	藜麦 10g 大米 10g			小米粥(小米 30g)	小米 30g
蛋白质(克)	脂肪(克)	能量(千焦)	钙(毫克)	铁(毫克)	锌(毫克)	维生素C(毫克)	视黄醇当量(微克)	视黄醇当量(微克)	核黄素(毫克)
42	29	920	56	5.6	6.2	92	210	0.5	0.3
周一(2.22)		周二(2.23)		周三(2.24)		周四(2.25)		周五(2.26)	
照烧鸡排	鸡肉 100g	牛肉烩土豆	牛肉 60g 土豆 80g 胡萝卜 30g	溜肉段	猪肉 60g 柿子椒 20g 胡萝卜 20g	牛肉番茄意面	番茄 15g 牛肉 10g 意面 150g	番茄糖醋鸡柳	鸡肉 100g 柿子椒 20g 胡萝卜 20g
炒豆芽	豆芽 100g	番茄菜花	菜花 100g	炒豆芽	豆芽 100g	炸鸡块	鸡肉 80g 面粉 10g	蘑菇炒白菜	平菇 20g 白菜 80g
米饭	大米 120g	米饭	大米 120g	米饭	大米 120g	燕麦粥	燕麦 10g 大米 10g	米饭	大米 120g
番茄蛋花汤	西红柿 10g 鸡蛋 10g	紫菜蛋花汤	紫菜 2g 鸡蛋 10g	红豆粥	红豆 10g 大米 10g			玉米粥	大米 120g
蛋白质(克)	脂肪(克)	能量(千焦)	钙(毫克)	铁(毫克)	锌(毫克)	维生素C(毫克)	视黄醇当量(微克)	视黄醇当量(微克)	核黄素(毫克)
45	26	890	53	5.2	6.5	96	190	0.5	0.3