

The Week 16 Menu for SSFLS Fusion II Department

苏科外融合二部 2021-2022学年第一学期第十六周营养食谱

Date: December 13 - December 17

日期: 12月13日-12月17日

Menu 食谱	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
	Lunch 午餐	Milk, Blueberry, Nori <i>寻味澳门 Macau</i>	Orange juice, Longan, Nuts <i>寻味印尼 Indonesia</i>	Milk, Red grapes, Nori <i>寻味河南 Henan</i>	Yakult, Green grapes, Nuts <i>寻味英国 England</i>	Milk, Cherry tomatoes, Nori <i>寻味南京 Nanjing</i>
						
		鲜菠萝咕咾肉	沙爹牛肉	葱爆孜然羊肉	百里香柠檬鸡腿	清炖狮子头
		虾仁滑蛋	手打牛肉丸	醋溜木须	土豆泥	盐水鸭
		芝心墨鱼丸	炸茄子	老汤炖豆腐	纯素椰子油香草时蔬	南京素什锦
		广东菜心	玉米包菜	上汤娃娃菜	蒜泥金针菇	蒜片油麦菜
		干炒牛河	印尼炒饭		鸡肉意面	米饭
		菌菇汤	海鲜汤	河南烩面	南瓜汤	青菜蛋花汤
		水果沙拉	印尼沙拉	水果沙拉	牛油果沙拉	水果沙拉
	Afternoon Snack 午点	Sweet and sour pork with pineapple, Egg with Shrimps, Cuttlefish balls with cheese filling, Guangdong vegetables, Rice noddle stir-fry, Mushroom soup, Fruit Salad	Satay beef, Handmade beef meat ball, Fried eggplant, Corn cabbage, Indonesian fried rice, Seafood soup, Indonesian salad	Lamb with onion and cumin, Vinegar fried pork slice, Stew tofu in the soup,Sauce vegetables, Henan stewed noodles, Fruit Salad	Thyme lemon chicken drumsticks, Mashed potatoes, Vegan coconut oil herb, Dried garlic mushroom,Chicken pasta, Pumpkin soup, Avocado salad	Steam pork ball, Salty duck, Nanjing mixed vegetable, Sliced garlic and greased wheat,Rice, Vegetable egg soup,Fruit Salad
		曲奇	桂花糖芋艿	麻薯	冰糖雪梨红枣羹	泡芙
		蜜桔、龙眼	蓝莓、小番茄	冬枣、蜜桔	香蕉、蓝莓	红提、蜜桔
Dinner 晚餐	Dinner 晚餐	Cookie, Fruits	Sweet taro soup, Fruits	Rice cake, Fruits	Ice sugar soup, Fruits	Puff, Fruits
		鹌鹑蛋烧肉	香菇烩牛肉	香酥黄金虾	百叶包肉	
		肉末西兰花	番茄炒蛋	肉末炖蛋	山药炒鸡片	
	Dinner 晚餐	手撕包菜	甜椒土豆丝	茭白炒茄子	红枣南瓜	
		蚝油生菜	肉末茄子	豆芽炒粉丝	酸菜老豆腐	
		米饭	三鲜水饺	糙米饭	香菇牛肉面	
		冬瓜海米汤	三鲜水饺	玉米排骨汤	小蜜瓜、香蕉	
		香梨、苹果	火龙果、香蕉	香梨、橘子		N
	Dinner 晚餐	Sauced pork, Pork with brocolli,Dried vegetables, Sauce lettuce, Rice, Wintermelon soup, Pear, Apple	Beef with mushroom, Tomato with egg, Pepper with potato,Pork with eggplant , Three fresh dumplings, Dragon fruit,Banana	Shrimp, Pork steamed egg, Fried eggplant with water bamboo, Fried bean sprouts with vermicelli,Brown rice, Corn rib soup, Pear, Orange	Dried toufu cover meat, Fried chicken slices with yam, Steam red date with pumpkin, Cabbage, Toufu with pickled cabbage, Mushroom and beef noodle, Melon, Banana	