

The Week 17 Menu for SSFLS Fusion II Department

苏科外融合二部 2021-2022学年第一学期第十七周营养食谱

Date: December 20 - December 24 日期：12月20日-12月24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	<div>寻味苏州 Suzhou</div> 	<div>冬至 Winter Solstice</div> 	<div>寻味东北 North east</div> 	<div>寻味意大利 Italy</div> 	<div>自助 Buffet</div> 
	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、纸杯蛋糕、姜饼人饼干、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	香煎时蔬	
	红枣蒸南瓜	上汤娃娃菜	香菇青菜	蛋黄焗南瓜	
	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	
	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, Pan fry green vegetable, 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,Cup cake,Ginger biscuit, Fruit Platter
	Afternoon Snack 午点	芝士威化饼干	泡泡小云吞	麻薯	冰糖雪梨红枣羹
蜜桔、龙眼		蓝莓、小番茄	冬枣、蜜桔	香蕉、蓝莓	山楂条
Cheese biscuit, Fruits		Huntun, Fruits	Rice cake, Fruits	Ice sugar soup, Fruits	Honey grapefruit tea, 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		
	香梨、苹果	火龙果、香蕉	香梨、橘子	小蜜瓜、香蕉	
	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	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	