



NAS Nantong Weekly Breakfast Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 早餐	中式早餐	西式早餐	中式早餐	西式早餐	中式早餐
	Chinese breakfast	Western breakfast	Chinese breakfast	Western breakfast	Chinese breakfast
	新鲜水果	新鲜水果	新鲜水果	新鲜水果	新鲜水果
	Fresh fruits	French fruits	Fresh fruits	Fresh fruits	Fresh fruits
	鲜肉包※△☆	黄油小球※O☆	紫菜虾皮小云吞※△#☆	牛角面包※O☆	红烧牛肉面※△☆
	Minced pork bun	(配黄油/果酱)	Wonton soup	(配黄油/果酱)	Braised beef noodles
	红豆沙包※O△☆	Breakfast roll	农家卤鸡蛋△☆	Croissant	soup
	Red bean bun	(Served with butter or jam)	Spiced corned egg	(served with butter/jam)	菜心
	白粥	鸡肉早餐肠※		培根	Choy sum
	Plain congee	Chicken sausage		Bacon	煎蛋☆
	艇仔粥#☆	火腿※		牛肉早餐肠※	Fried eggs
	Seafood congee	Ham		Beef sausage	
	水煮土鸡蛋☆	西式双面煎蛋☆		西式牛奶炒蛋 O☆	
	Boiled eggs	Fried eggs		Scrambled eggs	
	谷类可选(玉米片, 全麦维, 谷维滋) ※O		谷类可选(玉米片, 全麦维, 谷维滋) ※O		
	Choice of cereal (corn Flakes, all bran, honey nut)		Choice of cereal (corn Flakes, all bran, honey nut)		



Drinks 饮料	Choice of drink among Milk, Soybean milk, Water, Yoghurt 牛奶,豆浆,水,酸奶选一
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OUR HEALTHY EATING KEY

- ※ Gluten Content 面粉 Δ Legumes Product 豆类
 O Dairy Product 牛奶 # Shell Fish & Seafood 鱼&海鲜 ☆ Eggs Product 鸡蛋

NAS Nantong Weekly Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack 早点	提子司康※O☆ Scone 酸奶 Yogurt O	白桃丹麦※O☆ White peach danish 酸奶 Yogurt O	桂花糕※O☆ Osmanthus cake 酸奶 Yogurt O	香草蛋糕※O☆ Vanilla cake 酸奶 Yogurt O	巧克力面包※O☆ Chocolate bread 酸奶 Yogurt O
套餐	虫草花炖土鸡汤 Cordyceps flower & chicken soup 天妇罗虾※#☆ Tempura prawns	荠菜豆腐蛋羹△☆ Tofu, shepherds purse & eggs soup 叉烧滑蛋△☆	罗宋汤※ Borsch soup 意大利肉酱面※☆ Pasta Bolognese	龙骨海带汤# Pork & kelp soup 酸甜鱼柳※#☆ Sour & sweet fish fillet	水鸭萝卜汤 Duck soup 椰汁牛肉O☆ Stewed coconut & beef



Set Menu	沙爹鸡柳※☆ Chicken satay 玉米粒 Sweet corn 白灼广东菜心△ Guangdong cabbage	Scrambled eggs & BBQ pork 台湾红烧牛肉△ Soy braised beef 蒜蓉炒西葫芦 Zucchini 菜心 Choy sum	扒意式香肠※ Grilled sausage 意式炖蔬菜 Ratatouille 西兰花 Broccoli	四喜丸子△☆ Braised pork ball 三丝银芽△ Bean sprout 上汤本地生菜☆ Lettuce	黑胡椒烤鸡腿 Roast chicken drums 甜椒炒土豆丝 Sautéed bell pepper & potatoes 芥兰苗 Cabbage mustard
Vegetarian option 素食精选	蔬菜炖豆腐△ Stewed tofu & vegetables	鸡蛋土豆芝士派 O☆ Eggs & potatoes pie	蔬菜咖喱炒面※☆ Curried glass noodle&vegetables	酸甜玉子豆腐△ Sour & sweet tofu	蔬菜蛋炒饭☆ Fried rice with vegetables & eggs
Fruit station 水果吧	Fresh fruit selection				
Drinks station 饮料吧	Daily choice of Water or Yoghurt				
Afternoon snack 午点	芝麻豆沙面包※O△☆ Sesame & red bean bread 牛奶 O Milk	葡式蛋挞※O☆ Egg tart 豆奶 O△ Soy milk	蔓越莓面包※O☆ Cranberry bread 牛奶 O Milk	牛角※O☆ Croissant 豆奶 O△ Soy milk	苹果 Apple 牛奶 O Milk

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△ Legumes Product 豆类



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Shell Fish & Seafood 鱼&海鲜

☆ Eggs Product 鸡蛋

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	水/酸奶选一 Water/Yoghurt 各式时令水果选一 Selection seasonal fruits	水/酸奶选一 Water/Yoghurt 各式时令水果选一 Selection seasonal fruits	水/酸奶选一 Water/Yoghurt 各式时令水果选一 Selection seasonal fruits	水/酸奶选一 Water/Yoghurt 各式时令水果选一 Selection seasonal fruits	
晚餐 Dinner	白萝卜牛骨汤 Turnips & beef soup 蚝油牛肉 #△ Beef with oyster sauce 干锅仔鸭△ Duck in dry pot 上汤娃娃菜☆ Baby cabbage 蒜蓉油麦菜 Leaf lettuce	西洋菜猪骨汤 Watercress & pork soup 鱼香肉丝△☆ Yu-xiang shredded pork loin 酸菜鱼柳 #△☆ Boiled fish with pickled cabbage 藕片 Lotus root 杭白菜 Hang cabbage	西红柿蛋汤☆ Tomato & eggs soup 孜然小酥肉※△☆ Crispy pork loin XO 酱炒海鲜 #△ Stir-fried seafood & vegetables 干锅手撕包菜△ Cabbage 菜苔 Green vegetables	香菇炖土鸡汤 Mushroom & chicken soup 关东煮※ #△☆ oden 姜烧猪肉△☆ Pork chop with ginger sauce 红薯 Sweet potatoes 白灼西生菜△ Iceberg	



南通诺德安达学校
NORD ANGLIA SCHOOL
NANTONG

No.99, Jiangcheng Road,
Sutong Technology Park, Nantong,
Jiangsu, China
江苏省南通市苏通科技产业园区, 江成路 99 号
E info.nantong@nacis.cn

Vegetarian option 素食精选	奶油蘑菇意大利面 ※O☆ Mushroom pasta	韩式芝士年糕※△O Cheese dumpling (Korean style)	蔬菜春卷※☆ Spring roll	奶油芝士焗蔬菜※O Gratin vegetables	
Evening Snack 夜宵	麦芬※O☆ Muffin 酸奶 O Yogurt	黑芝麻汤圆※△ Sweet dumpling	叉烧酥※O△☆ BBQ pork pastry 酸奶 O Yogurt	大理石蛋糕※O☆ Marble cake 酸奶 O Yogurt	

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