

















weekly menu

Wellington TJ Y2 - Y13 Lunch Menu

Menu 2021.3.8-2021.3.12



| | Monday 星期一 | Tuesday 星期二 | Wednesday 星期三 | Thursday 星期四 | Friday 星期五 |
|--------------|---|---|---|---|--|
| Soup | Tomato and egg soup 西红柿鸡蛋汤 | Borsch 红菜汤 | Seaweed and egg soup 紫菜蛋花汤 | Cream of mushroom soup 奶油蘑菇汤 | Pumpkin porridge 南瓜粥 |
| Western Dish |  New Orleans style grilled chicken wings 奥尔良翅根 Roasted zucchini 烤西葫芦 Mixed bean 三色豆 Couscous 中东小米 Rice 米饭 |  Crispy bacon and pork tenderloin 酥皮培根猪里脊 Tosca braised vegetable and chickpeas 托斯卡那炖菜和鹰嘴豆 Baked celery and pumpkin 焗西芹南瓜 Mashed peas/Rice 青豆泥/米饭 |  Chicken parmesan 帕尔玛干酪鸡 Grilled vegetable with black vinegar 黑醋扒蔬菜 Baked tomato with herb 香草焗番茄 Mashed potatoes 土豆泥 Rice 米饭 |  Mexican beef taco 墨西哥牛肉塔口 Sautéed spinach and bacon 扒菠菜培根  Baked pumpkins 焗南瓜 Rice 米饭 |  Hamburger 猪肉汉堡 Baked zucchini and carrot with butter 黄油汁西胡萝卜条 Chips 炸薯条 Rice 米饭 |
| Asian Dish | Fried vegetable noodle in soya bean sauce 豉油蔬菜炒面 Fried celery with garlic 蒜香炒芹菜 Fried egg 香煎荷包蛋  Chicken stick 川香鸡柳 |  Chicken Teriyaki 日式照烧鸡 Braised wax gourd 烧冬瓜 Stir-fried tomato with egg 番茄炒鸡蛋 Rice 米饭 |  Stewed pork 台湾卤肉 Spicy bean curd 麻婆豆腐 Chinese flowering cabbage with garlic 蒜蓉菜心 Rice 米饭 |  Fried chicken leg with Korean chili sauce 韩式辣椒酱煎鸡腿 Korean style fried zucchini 韩式煎西葫芦 Fried potato with kimchi 辣白菜炒土豆 Rice 米饭 |  Stewed beef with tomato and potato 番茄土豆炖牛腩 Stir-fried cabbage with vinegar 醋溜白菜 Fried cauliflower 炒菜花 Rice 米饭 |
| Noodle |  Minced noodles 山西臊子面 With red bean bun 配: 豆沙包 |  Spicy and sour chicken rice noodles 酸辣鸡丝米线 With spring rolls 配: 炸春卷 |  Korean hot pot noodles 韩式部队火锅面 With seaweed rice ball 配: 紫菜饭团 |  Pork roll with tomato sauce 茄汁猪肉面卷 With garlic bread 配: 香蒜面包 |  Braised chicken leg noodles 红烧鸡腿面 With mantou 配: 黄金小馒头 |

Chartwells

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|-----------------------------|---------------|-------------|------------------|---------|------------|
| Nutritional Facts | Energy (Kcal) | Protein (g) | Carbohydrate (g) | Fat (g) | Sodium(mg) |
| 营养分析: | 713 | 29 | 84 | 29 | 1032 |
| Nutritional Recommendation: | Energy (Kcal) | Protein (g) | Carbohydrate (g) | Fat (g) | Sodium(mg) |
| 营养摄入建议 | 760 | 30 | 95 | 29 | 1200 |

Wellington TJ Nest(including Y1) Lunch Menu
Menu 2021.3.8-2021.3.12

weekly menu



| | Monday 星期一 | Tuesday 星期二 | Wednesday 星期三 | Thursday 星期四 | Friday 星期五 |
|--------------------|--|--|---|---|--|
| Morning Snack | Cherry tomato 小西红柿 Mini steamed sugar triangle bun 迷你糖三角 | Dragon fruit 火龙果 Banana cake 香蕉蛋糕 | Grapefruit 柚子 Red bean shortbread 松酥排 | Apple 苹果 Honey bread 蜂蜜面包 | Orange 橘子 Glutinous rice rolls 糯米卷 |
| | Asian | Western | Asian | Western | Asian |
| Lunch 午餐 | Tomato and egg soup 西红柿鸡蛋汤 Fried noodles with pork 天津猪肉丝炒面 Sautéed parsley with garlic 蒜香炒西芹 Fried egg 香煎荷包蛋 Rice 米饭 Non-pork meal: 无猪肉餐: Fried chicken carrot noodle 鸡肉胡萝卜炒面 | Borsch 红菜汤 Fried chicken in French style 法式鸡排 Grilled vegetable with black vinegar 黑醋扒蔬菜 Baked tomato with herb 香草焗番茄 Baked sweet potato 烤红薯 Rice 米饭 | Seaweed and egg soup 紫菜蛋花汤 Stewed pork 台式卤肉 Mixed shredded vegetable 彩色三丝 Fried carrot cucumber and potato 素烧三丁 (胡萝卜 黄瓜 土豆) Rice 米饭 Non-pork meal: 无猪肉餐: Chicken parmesan 帕尔玛干酪鸡 | Cream of mushroom soup 奶油蘑菇汤 Spaghetti with beef sauce 牛肉酱意粉 Garlic bread 蒜蓉面包 Baked spinach and Bacon 菠菜培根 Fried vegetable with herbs 香草炒时蔬 Rice 米饭 | Pumpkin porridge 南瓜粥 Sweet and sour chicken meat balls 酸甜鸡肉球 Vegetarian eggplant 素烧茄条 Fried egg with cucumber 黄瓜炒鸡蛋 Rice/Roast potatoes 米饭/烤土豆 |
| Afternoon Snack | Pear 酥梨 Ham rolls 火腿卷 | Muskmelon 伊丽莎白瓜 Toast with butter and parsley 黄油香芹面包片 | Banana 香蕉 Chives and egg meat bun 香葱鸡蛋小肉龙 | Melon 哈密瓜 Meat sauce on baguette 肉酱法棍 | Pear 水晶梨 Chive crispy 香葱酥饼 |

Chartwells



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| 营养摄入建议 | 760 | 30 | 95 | 29 | 1200 |

Wellington TJ Snack Menu

Menu 2021.3.8-2021.3.12

weekly menu



| | Monday 星期一 | Tuesday 星期二 | Wednesday 星期三 | Thursday 星期四 | Friday 星期五 |
|------------------------------------|---|--|--|---|------------------------------------|
| Y2-Y6 | | | | | |
| Morning Snack | Cherry tomato 小番茄 Banana cake 香蕉蛋糕 | Pear 雪梨 Butter bread 黄油面包 | Grapefruit 柚子 Jam bread 果酱吐司 | Apple 苹果 Honey Bread 蜂蜜面包 | Orange 蜜桔 Cream cake 奶油蛋糕 |
| Afternoon Snack | Banana 香蕉 Tomato and garlic bread 番茄香蒜餐包 | Muskmelon 伊丽莎白瓜 Tomato cheese pizza 番茄芝士披萨 | | Melon 哈密瓜 Egg sandwich 鸡蛋迷你三明治 | |
| Y7-Y13 | | | | | |
| Morning snack RMB5/each | Puff 泡芙 |  Beef sausage 牛肉香肠 |  Vegetable and chicken pastry 蔬菜鸡肉饼 | Fried rice with egg 蛋炒饭 | Chinese fried noodles 中式炒面 |

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weekly menu

Wellington TJ Breakfast & Dinner Menu

Menu 2021.3.8-2021.3.12



| | Monday 星期一 | Tuesday 星期二 | Wednesday 星期三 | Thursday 星期四 | Friday 星期五 |
|-----------|---|---|--|--|---|
| Breakfast | Oatmeal and rice porridge 燕麦大米粥 Creamy bun 奶黄包 Fried egg 荷包蛋 Fried Chinese cabbage with vinegar 醋溜炒津白 Pork sausage 香煎猪肉早餐肠  Non-pork meal: 无猪肉餐: Beef sausage 牛肉早餐肠 | Millet congee 小米粥  Egg pancake 鸡蛋饼 Roasted chicken 烤鸡肉 Fried egg 炒鸡蛋 Fried vegetable with black bean sauce 豉汁菜心 | Seaweed and egg soup 紫菜蛋花汤  Bread with chicken sauce 鸡肉酱面包 Steamed eggs with chives 香葱蒸蛋  Baked tomato with herb 香草焗番茄 Beef sausage 牛肉早餐肠 | Soya bean milk 豆浆 Mexico pan cake 墨饼 Fried bread stick 油条 Fried egg 炒鸡蛋  Grilled ham 煎火腿片 Fried vegetable 清炒油麦菜  Non-pork meal: 无猪肉餐: Grilled chicken leg 烤鸡腿 | Noodle with tomato and egg soup 西红柿鸡蛋面汤 Red bean bun 豆沙包 Tea flavour egg 茶叶蛋 Fried broccoli and carrot 炒西兰花胡萝卜  Chicken sausage 鸡肉早餐肠 |
| Soup | Ham and vegetable porridge 火腿蔬菜粥 | Mushroom and chicken porridge 香菇鸡肉粥 | Lean pork congee 瘦肉粥 | Vegetable and rice porridge 蔬菜大米粥 | |
| Dinner |  Korean fried chicken 韩式炸鸡 Fried sweet corn 炒甜玉米粒 Fried vegetables 韩式炒蔬菜 Rice 米饭 |  Stewed beef with tomato 番茄牛肉 Fried bean sprout with vinegar 醋溜豆芽 Sautéed rape with mushrooms 香菇油菜 Rice 米饭 |  Spaghetti bolognese 意式肉酱面 Sautéed broccoli 煎扒西兰花 Pesto Bread 蒜蓉法棍 |  Chicken and mushroom noodle 香菇鸡腿面 With egg, chinese cabbage and chicken 配:卤蛋、快菜、鸡腿 Rice 米饭 | |

Chartwells

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