

# 上海市民办中芯学校1-2年级菜单

## Weekly lunch menu of SMIC G1 to G2

	周一Monday 2025.6.2	周二Tuesday 2025.6.3	周三Wednesday 2025.6.4	周四Thursday 2025.6.5	周五Friday 2025.6.6
上午点心 Morning snack		牛角包 Croissant	甜甜圈 Doughnut	桂花糕 osmanthus cake	小餐包 Round bread
午餐套餐 Lunch Set menu		滑蛋虾仁 fried egg with shrimp	肉酱意大利面 Spaghetti with meat sauce	茄汁咕咾肉 sweet and sour pork	咖喱牛肉 Curried beef
		烤鸡腿 Roasted chicken leg	吮指鱼块 Fried fish	京酱肉丝 Pork with Bean Sauce	小酥肉 Fried pork
		小青菜 Fried green vegetables	双椒炒肉片 Fried meat with color pepper	白菜炒素 Cabbage with gluten and carrot	手撕包菜 Cabbage
		米饭 Rice	清炒西葫芦 Fried Zucchini	米饭 Rice	米饭 Rice
		米饭 Rice	春卷 Spring roll		
汤Soup		紫菜蛋汤 seaweed and egg soup	番茄蛋汤 Tomatoes and eggs soup	牛肉羹 Beef Soup	蔬菜蛋花汤 Vegetable egg soup
水果Fruit		水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit

上海市民办中芯学校3-5年级菜单

Weekly lunch menu of SMIC G3 to G5

	周一Monday 2025.6.2	周二Tuesday 2025.6.3	周三Wednesday 2025.6.4	周四Thursday 2025.6.5	周五Friday 2025.6.6
上午点心 Morning snack		牛角包 Croissant	甜甜圈 Doughnut	桂花糕 osmanthus cake	小餐包 Round bread
中餐套餐 Chinese Food Set menu		五彩虾仁 Stir-fried Shrimp with assorted vegetables	南乳大肉 Pork Chop with soy sauce	香酥鸭腿 Duck leg	咖喱牛肉 Curried beef
		番茄炒蛋 Fried eggs with tomatoes	麻婆豆腐 stewed beancurd with minced pork	芹菜肉末炒粉丝 Fried pork with bean vermicelli and celery	鱼香茄子 Yu-Shiang Eggplant
		双菇肉片 Fried pork with two kinds of mushroom	青甜椒炒肉丝 Sweet green pepper and shredded meat	莴笋木耳炒蛋 Fried stem lettuce with egg and wood ear	西葫芦炒肉丝 Fried Zucchini with pork
		小青菜 Fried green vegetables	清炒西葫芦 Fried Zucchini	白菜炒素 Cabbage with gluten and carrot	手撕包菜 Cabbage
		米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
西餐套餐 western food Set menu		泰式咖喱鸡排饭 Curry rice with fried chicken chop	鸡肉汉堡 Chicken burger	肉酱意大利两头尖 Spaghetti with meat sauce	台湾卤肉饭 Braised pork rice
			吮指鱼块 Fried fish	烤鸭腿 Roasted duck leg	
			青椒土豆肉片 Fried green pepper and potato with meat	素肠炒肉片 Fried dry tofu with meat	
			清炒西葫芦 Fried Zucchini	胡萝卜 Steamed carrot	
			薯格 Crisscut poatoes	烤土豆 Baked potato	
面条 Noodles		红烧鸡腿面 Braised chicken leg noodle	红烧大排面 Pork Chop with soy sauce noodle	菌菇牛肉面 Pot-stewed meat with mushroom noodle	辣肉面 Spicy meat noodle
特色餐 Weekly Special		番茄肉丝炒刀削面 Fried noodles with tomatoes and shredded meat	番茄肉丝炒刀削面 Fried noodles with tomatoes and shredded meat	番茄肉丝炒刀削面 Fried noodles with tomatoes and shredded meat	番茄肉丝炒刀削面 Fried noodles with tomatoes and shredded meat
汤Soup		紫菜蛋汤 seaweed and egg soup	番茄蛋汤 Tomatoes and eggs soup	牛肉羹 Beef Soup	蔬菜蛋花汤 Vegetable egg soup
水果Fruit		水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit

上海市民办中芯学校6-12年级菜单

Weekly lunch menu of SMIC G6 toG12

	周一Monday 2025.6.2	周二Tuesday 2025.6.3	周三Wednesday 2025.6.4	周四Thursday 2025.6.5	周五Friday 2025.6.6
中餐套餐1 Chinese Food Set menu 1		炸猪排 Fried pork chop	吮指鱼块 Fried fish	茄汁咕佬肉 sweet and sour pork	咖喱牛肉 Curried beef
		双菇肉片 Fried pork with two kinds of mushroom	青甜椒炒肉丝 Sweet green pepper and shredded meat	西芹炒方腿 Celery with ham	上海炒酱 Fried dry tofu and wild rice shoots with pork
		小青菜 Fried green vegetables	清炒西葫芦 Fried Zucchini	白菜炒素 Cabbage with gluten and carrot	手撕包菜 Cabbage
		米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
中餐套餐2 Chinese Food Set menu 2		五彩虾仁 Stir-fried Shrimp with assorted vegetables	南乳大肉 Pork Chop with soy sauce	香酥鸭腿 Duck leg	咖喱牛肉 Curried beef
		番茄炒蛋 Fried eggs with tomatoes	麻婆豆腐 stewed beancurd with minced pork	芹菜肉末炒粉丝 Fried pork with bean vermicelli and celery	鱼香茄子 Yu-Shiang Eggplant
		双菇肉片 Fried pork with two kinds of mushroom	青甜椒炒肉丝 Sweet green pepper and shredded meat	莴笋木耳炒蛋 Fried stem lettuce with egg and wood ear	西葫芦炒肉丝 Fried Zucchini with pork
		小青菜 Fried green vegetables	清炒西葫芦 Fried Zucchini	白菜炒素 Cabbage with gluten and carrot	手撕包菜 Cabbage
		米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
西餐套餐 western food Set menu		泰式咖喱鸡排饭 Curry rice with fried chicken chop	鸡肉汉堡 Chicken burger	肉酱意大利两头尖 Spaghetti with meat sauce	台式卤肉饭 Braised pork rice
			吮指鱼块 Fried fish	烤鸭腿 Roasted duck leg	
			青椒土豆肉片 Fried green pepper and potato with meat	素肠炒肉片 Fried dry tofu with meat	
			清炒西葫芦 Fried Zucchini	胡萝卜 Steamed carrot	
			薯格 Crisscut poatoes	烤土豆 Baked potato	

上海市民办中芯学校6-12年级菜单

Weekly lunch menu of SMIC G6 toG12

	周一Monday 2025.6.2	周二Tuesday 2025.6.3	周三Wednesday 2025.6.4	周四Thursday 2025.6.5	周五Friday 2025.6.6
面条		红烧鸡腿面 Braised chicken leg noodle	红烧大排面 Pork Chop with soy sauce noodle	菌菇牛肉面 Pot-stewed meat with mushroom noodle	辣肉面 Spicy meat noodle
Noodles		五花肉豇豆蒸面 Steamed noodles with diced pork and long beans	五花肉豇豆蒸面 Steamed noodles with diced pork and long beans	五花肉豇豆蒸面 Steamed noodles with diced pork and long beans	五花肉豇豆蒸面 Steamed noodles with diced pork and long beans
特色餐 Weekly Special		酸辣粉 Hot and sour rice noodles	酸辣粉 Hot and sour rice noodles	酸辣粉 Hot and sour rice noodles	酸辣粉 Hot and sour rice noodles
		水果披萨 Fruit pizza	水果披萨 Fruit pizza	水果披萨 Fruit pizza	水果披萨 Fruit pizza
		牛肉粉丝汤 Beef soup with vermicelli	牛肉粉丝汤 Beef soup with vermicelli	牛肉粉丝汤 Beef soup with vermicelli	牛肉粉丝汤 Beef soup with vermicelli
		韩式拌饭 Korean mixed rice	韩式拌饭 Korean mixed rice	韩式拌饭 Korean mixed rice	韩式拌饭 Korean mixed rice
汤Soup		紫菜蛋汤 seaweed and egg soup	番茄蛋汤 Tomatoes and eggs soup	牛肉羹 Beef Soup	蔬菜蛋花汤 Vegetable egg soup
水果Fruit		水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit