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

上海市民办中芯学校6-12年级菜单

Weekly lunch menu of SMIC G6 toG12

	周—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
		炸猪排	吮指鱼块	茄汁咕咾肉	咖喱牛肉
		Fried pork chop	Fried fish	sweet and sour pork	Curried beef
		双菇肉片	青甜椒炒肉丝	西芹炒方腿	上海炒酱
中餐套餐1 Chinese Food		Fried pork with two kinds of mushroom	Sweet green pepper and shredded meat	Celery with ham	Fried dry tofu and wild rice shoots with pork
Set menu 1		小青菜	清炒西葫芦	白菜炒素	手撕包菜
		Fried green vegetables	Fried Zucchini	Cabbage with gluten and carrot	Cabbage
		米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
		五彩虾仁	南乳大肉	香酥鸭腿	咖喱牛肉
		Stir-fried Shrimp with assorted vegetables	Pork Chop with soy sauce	Duck leg	Curried beef
		番茄炒蛋	麻婆豆腐	芹菜肉末炒粉丝	鱼香茄子
		Fried eggs with tomatoes	stewed beancurd with minced pork	Fried pork with bean vermicelli and celery	Yu-Shiang Eggplant
中餐套餐2 Chinese Food		双菇肉片	青甜椒炒肉丝	莴笋木耳炒蛋	西葫芦炒肉丝
Set menu 2		Fried pork with two kinds of mushroom	Sweet green pepper and shredded meat	Fried stem lettuce with egg and wood ear	Fried Zucchini with pork
		小青菜	清炒西葫芦	白菜炒素	手撕包菜
		Fried green vegetables	Fried Zucchini	Cabbage with gluten and carrot	Cabbage
		米饭	米饭	米饭	米饭
		Rice	Rice	Rice	Rice
			鸡肉汉堡	肉酱意大利两头尖	
			Chicken burger	Spaghetti with meat sauce	
			吮指鱼块 Fried fish	烤鸭腿 Roasted duck leg	
			青椒土豆肉片	素肠炒肉片	
西餐套餐 western food		泰式咖喱鸡排饭 Curry rice with fried chicken chop	Fried green pepper and potato with meat	Fried dry tofu with meat	台式卤肉饭 Braised pork rice
Set menu			清炒西葫芦	胡萝卜	·
			Fried Zucchini	Steamed carrot	
			薯格	烤土豆	
			Crisscut poatoes	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—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	红烧大排面	菌菇牛肉面	辣肉面
		Braised chicken leg noodle	Pork Chop with soy sauce noodle	Pot-stewed meat with mushroom noodle	Spicy meat noodle
Noodles		五花肉豇豆蒸面	五花肉豇豆蒸面	五花肉豇豆蒸面	五花肉豇豆蒸面
		Steamed noodles with diced pork and long beans	Steamed noodles with diced pork and long beans	Steamed noodles with diced pork and long beans	Steamed noodles with diced pork and long beans
特色餐 Weekly Special		酸辣粉	酸辣粉	酸辣粉	酸辣粉
		Hot and sour rice noodles			
		水果披萨	水果披萨	水果披萨	水果披萨
		Fruit pizza	Fruit pizza	Fruit pizza	Fruit pizza
		牛肉粉丝汤	牛肉粉丝汤	牛肉粉丝汤	牛肉粉丝汤
		Beef soup with vermicelli			
		韩式拌饭	韩式拌饭	韩式拌饭	韩式拌饭
		Korean mixed rice	Korean mixed rice	Korean mixed rice	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	水果	水果	水果
7) XII I GIL		Fruit	Fruit	Fruit	Fruit