

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 2025.3.10	周二Tuesday 2025.3.11	周三Wednesday 2025.3.12	周四Thursday 2025.3.13	周五Friday 2025.3.14
上午点心 Morning snack	牛角包 Croissant	甜甜圈 Doughnut	蔓越莓米糕 Cranberry rice cake	小餐包 Round bread	红豆饼 Red bean cake
午餐套餐 Lunch Set menu	酱爆肉片 Diced pork with bean sauce	奥尔良鸡腿汉堡 Chicken burger	滑蛋虾仁 fried egg with shrimp	茄汁鸡肉焗通心粉 Spaghetti with chicken and tomato sauce	蜜汁小肉圆 Stewed pork ball in brown sauce
	茄汁吮指鱼块 Fried fish	火山烤肠 Baked sausage	蜜汁叉烧肉 Char siu	上校鸡块 Chicken nuggets	鸡蛋包肉 Eggs with Minced Meat
	白菜炒素 Cabbage with gluten and carrot	干锅有机花菜 Cauliflower with pork	咖喱土豆 Curry potato	西兰花炒肉片 Fried broccoli with pork	荷塘小炒 Fried lotu root
	米饭 Rice	三丝牛心菜 Fried sausage	米饭 Rice	蒸胡萝卜 Steamed carrot	米饭 Rice
		薯格 Crisscut poatoes		薯格 Crisscut poatoes	
汤Soup	番茄蛋汤 Tomatoes and eggs soup	豆腐羹 Tofu soup	三丝肉丝汤 Vegetables and meat soup	罗宋汤 Borsch	紫菜蛋汤 seaweed and egg soup
水果Fruit	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 2025.3.10	周二Tuesday 2025.3.11	周三Wednesday 2025.3.12	周四Thursday 2025.3.13	周五Friday 2025.3.14
上午点心 Morning snack	牛角包 Croissant	甜甜圈 Doughnut	蔓越莓米糕 Cranberry rice cake	小餐包 Round bread	红豆饼 Red bean cake
中餐套餐 Chinese Food Set menu	黑胡椒牛仔粒 Beef with black pepper	粉蒸大肉 Steamed pork	糖醋肉排 sweet and sour ribs	番茄土豆烩牛腩 Braised beef with potato and tomato	百叶结烧肉 Braised pork with dried tofu
	西葫芦胡萝卜炒肉丝 Fried Zucchini with carrot and pork	番茄炒蛋 Fried eggs with tomatoes	花菜肉片 Cauliflower with pork	蚝油双菇肉片 Fried pork with two kinds of mushroom	鱼香茄子 Yu-Shiang Eggplant
	红烧肉末豆腐 Braised tofu with pork	冬瓜炒红肠 Fried red sausage with white melon	芹菜肉末粉丝 Fried pork with bean vermicelli and celery	玉米粒炒肉末 Corn niblets with minced pork	西芹炒火腿 Celery with ham
	葱油南瓜 Fried pumpkin	三丝牛心菜 Fried sausage	咖喱土豆 Curry potato	葱油萝卜丝 Fried shredded turnip	荷塘小炒 Fried lotu root
	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
西餐套餐 western food Set menu	肉酱意大利面 Spaghetti with meat sauce	台式卤肉饭 Braised pork rice	奥尔良鸡腿汉堡 Chicken burger	泰式咖喱鸡排饭 Curry rice with fried chicken chop	肉酱意大利两头尖 Spaghetti with meat sauce
	吮指鱼块 Fried fish		西餐烤鳕鱼排 Roasted codfish		香酥鸡肉块 Chicken nuggets
	干锅有机花菜 Cauliflower with pork		西葫芦肉片 Fried Zucchini with pork		西芹炒火腿 Celery with ham
	手撕包菜 Cabbage		三色绿豆芽 Fried green bean sprout and green pepper		胡萝卜块 Steamed carrot
	地瓜条 Sweet potato fries		烤土豆 Baked potato		薯条 Fried chips
面条 Noodles	辣肉面 Spicy meat noodle	红烧肉圆面 Stewed pork ball noodle	鱼香肉丝面 Yu-Shiang Shredded Pork noodle	菌菇卤肉面 Beef with mushroom noodle	红烧大肉面 Braised pork noodle
特色餐 Weekly Special	番茄鸡蛋肉丁拌面 Noodles with tomato, egg, and meat	番茄鸡蛋肉丁拌面 Noodles with tomato, egg, and meat	番茄鸡蛋肉丁拌面 Noodles with tomato, egg, and meat	番茄鸡蛋肉丁拌面 Noodles with tomato, egg, and meat	番茄鸡蛋肉丁拌面 Noodles with tomato, egg, and meat
汤Soup	番茄蛋汤 Tomatoes and eggs soup	豆腐羹 Tofu soup	三丝肉丝汤 Vegetables and meat soup	罗宋汤 Borsch	紫菜蛋汤 seaweed and egg soup
水果Fruit	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 2025.3.10	周二Tuesday 2025.3.11	周三Wednesday 2025.3.12	周四Thursday 2025.3.13	周五Friday 2025.3.14
中餐套餐1 Chinese Food Set menu 1	瓦块鱼 Braised fish in brown sauce	红烧猪手 Braised Trotter in Red Sauce	小炒黄牛肉 Stir-fried beef	干锅基围虾 Dry pot shrimp	酱爆猪肝 Stir-Fried Pork Liver in Sauce
	红烧肉末豆腐 Braised tofu with pork	冬瓜炒红肠 Fried red sausage with white melon	芹菜肉末粉丝 Fried pork with bean vermicelli and celery	上海炒酱 Fried dry tofu and wild rice shoots with pork	青椒土豆肉片 Fried green pepper and potato with meat
	葱油南瓜 Fried pumpkin	三丝牛心菜 Fried sausage	咖喱土豆 Curry potato	葱油萝卜丝 Fried shredded turnip	荷塘小炒 Fried lotu root
	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
中餐套餐2 Chinese Food Set menu 2	黑胡椒牛仔粒 Beef with black pepper	粉蒸大肉 Steamed pork	糖醋肉排 sweet and sour ribs	番茄土豆烩牛腩 Braised beef with potato and tomato	百叶结烧肉 Braised pork with dried tofu
	西葫芦胡萝卜炒肉丝 Fried Zucchini with carrot and pork	番茄炒蛋 Fried eggs with tomatoes	花菜肉片 Cauliflower with pork	蚝油双菇肉片 Fried pork with two kinds of mushroom	鱼香茄子 Yu-Shiang Eggplant
	红烧肉末豆腐 Braised tofu with pork	冬瓜炒红肠 Fried red sausage with white melon	芹菜肉末粉丝 Fried pork with bean vermicelli and celery	玉米粒炒肉末 Corn niblets with minced pork	西芹炒火腿 Celery with ham
	葱油南瓜 Fried pumpkin	三丝牛心菜 Fried sausage	咖喱土豆 Curry potato	葱油萝卜丝 Fried shredded turnip	荷塘小炒 Fried lotu root
	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice	米饭 Rice
西餐套餐 western food Set menu	肉酱意大利面 Spaghetti with meat sauce	台式卤肉饭 Braised pork rice	奥尔良鸡腿汉堡 Chicken burger	泰式咖喱鸡排饭 Curry rice with fried chicken chop	肉酱意大利两头尖 Spaghetti with meat sauce
	吮指鱼块 Fried fish		西餐烤鳕鱼排 Roasted codfish		香酥鸡肉块 Chicken nuggets
	干锅有机花菜 Cauliflower with pork		西葫芦肉片 Fried Zucchini with pork		西芹炒火腿 Celery with ham
	手撕包菜 Cabbage		三色绿豆芽 Fried green bean sprout and green pepper		胡萝卜块 Steamed carrot
	地瓜条 Sweet potato fries		烤土豆 Baked potato		薯条 Fried chips

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 2025.3.10	周二Tuesday 2025.3.11	周三Wednesday 2025.3.12	周四Thursday 2025.3.13	周五Friday 2025.3.14
面条 Noodles	辣肉面 Spicy meat noodle	红烧肉圆面 Stewed pork ball noodle	鱼香肉丝面 Yu-Shiang Shredded Pork noodle	菌菇卤肉面 Beef with mushroom noodle	红烧大肉面 Braised pork noodle
	豆角五花肉蒸面 Steamed noodles with beans and pork belly	豆角五花肉蒸面 Steamed noodles with beans and pork belly	豆角五花肉蒸面 Steamed noodles with beans and pork belly	豆角五花肉蒸面 Steamed noodles with beans and pork belly	豆角五花肉蒸面 Steamed noodles with beans and pork belly
特色餐 Weekly Special	红油抄手 Dumplings in Spicy Sauce	红油抄手 Dumplings in Spicy Sauce	红油抄手 Dumplings in Spicy Sauce	红油抄手 Dumplings in Spicy Sauce	红油抄手 Dumplings in Spicy Sauce
	广式炒牛河 Canton beef chow Fun	广式炒牛河 Canton beef chow Fun	广式炒牛河 Canton beef chow Fun	广式炒牛河 Canton beef chow Fun	广式炒牛河 Canton beef chow Fun
	至尊水果披萨 Fruit pizza	至尊水果披萨 Fruit pizza	至尊水果披萨 Fruit pizza	至尊水果披萨 Fruit pizza	至尊水果披萨 Fruit pizza
	麻辣米线 Spicy rice noodles	麻辣米线 Spicy rice noodles	麻辣米线 Spicy rice noodles	麻辣米线 Spicy rice noodles	麻辣米线 Spicy rice noodles
	麻辣豆腐盖浇饭 Spicy tofu and rice	麻辣豆腐盖浇饭 Spicy tofu and rice	麻辣豆腐盖浇饭 Spicy tofu and rice	麻辣豆腐盖浇饭 Spicy tofu and rice	麻辣豆腐盖浇饭 Spicy tofu and rice
汤Soup	番茄蛋汤 Tomatoes and eggs soup	豆腐羹 Tofu soup	三丝肉丝汤 Vegetables and meat soup	罗宋汤 Borsch	紫菜蛋汤 seaweed and egg soup
水果Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit