

# Keystone Academy Breakfast Menu

北京市鼎石学校早餐菜单

2020.12.07-12.11

# Weekly Menu



	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
7:00-7:45	Boiled Egg 煮鸡蛋	Scrambled Egg with Spring Onion 葱花炒鸡蛋	Steamed Egg 鸡蛋羹	Scrambled Egg 西式炒鸡蛋	Five Spiced Egg 五香卤鸡蛋
	Crispy -fried Spring Roll 酥炸春卷	Crispy Bacon 香脆烤培根	Japanese Fish with Soya Sauce 日式煎鱼配酱油汁	Chicken Sausage 鸡肉早餐肠	Deep Fried Chicken Nuggets 酥炸鸡块
	Baked Potato 焗土豆	Potato Ball 土豆球	Country Potato 乡村炒土豆	Cajun Potato Wedge 卡真土豆角	Hash Brown 薯饼
	Vegetable/ Roasted Pumpkin 蔬菜/香烤南瓜	Vegetable/ Steamed Sweet Potato 蔬菜/蒸红薯	Vegetable/ Corn on the Cob 蔬菜/奶香玉米棒	Vegetable/ Gratin Tomato with Cheese 蔬菜/芝士焗番茄	Vegetable/ Mini Sweet Potato 蔬菜/蒸紫薯
	Fried Rice with Vegetable / Fried Rice Noodles with Egg and Vegetable 番茄蔬菜炒饭/蔬菜鸡蛋炒米粉	Fried Rice with Sausage & Mixed Vegetable/Saut�ed Rice Noodles with Egg 香肠蔬菜炒饭/鸡蛋炒河粉	Fried Rice with Egg and Vegetable/ Fried Noodles with Cabbage 鸡蛋炒饭/圆白菜炒面	Seafood Fried Rice/ Saut�ed Egg Noodles with Vegetable 海鲜炒饭/炒鸡蛋面	Korean Style Fried Rice with Bacon / Fried Rice Noodles with Vegetable 泡菜培根炒饭/ 蔬菜炒米粉
	Scallion Pancake/ Baked Sesame Bun 葱花饼/芝麻烧饼	Pan-fried Pork Dumpling/ Pan-fried Veggie Dumpling 猪肉锅贴/素锅贴	Steamed Beef and Celery Dumpling/Veggie Dumpling 牛肉芹菜蒸饺/素蒸饺	Pork Pancake/ Veggie Pancake 猪肉馅饼/素馅饼	Pork Bun/Veggie Bun 三鲜猪肉包子/素包子
	Congee with Dates 小枣米粥	Black Rice Congee 紫米粥	Corn Congee with Sweet Potato 棒渣红薯粥	Pumpkin Congee 南瓜粥	Millet Congee 小米粥
	Breakfast Tofu 豆腐脑	Wonton Soup 馄饨	Soya Milk 豆浆	Chicken Noodles Soup 鸡丝汤面	Black Sesame Paste 黑芝麻糊
	Egg Pancake 鸡蛋灌饼	Chicken Vegetable Wrap 鸡肉生菜卷	Youtiao/ Beijing Zucchini Pancake 油条/西葫芦糊塌子	Shredded Potatoes Wrap 土豆丝卷饼	English Muffin with Bacon and Scrambled Egg 英式松饼配培根炒蛋
	Salad/Cheese Platter 沙拉/芝士盘				
Assorted Danish & Toast/Whole Wheat Bread 各种丹麦包和全麦面包					
Variety of Cereal with Milk 各种谷类配牛奶					
Fruit/ Yogurt/Juice 水果/ 酸奶 /果汁					

Chartwells

### Nutritional Facts

营养分析:

Nutritional Recommendation:

营养摄入建议

Energy (Kcal)

431

Energy (Kcal)

450

Protein (g)

19

Protein (g)

18

Carbohydrate (g)

55

Carbohydrate (g)

56

Fat (g)

15

Fat (g)

17

Salt(mg)

913

Salt(mg)

900

Keystone Academy PS Lunch Menu  
北京市鼎石学校小学午餐菜单  
2020.12.07-12.11

# Weekly Menu



	Monday 星期一	Tuesday 星期二	Wednesday 星期三 Shaanxi Food Promotion 陕西美食节	Thursday 星期四	Friday 星期五
Snack 10:15	Chocolate Danish 巧克力丹麦 Fruit 水果	Cookies 饼干 Fruit 水果	Garlic Bread 蒜蓉面包 Fruit 水果	Brownies 布朗尼蛋糕 Fruit 水果	Cheese Danish 芝士丹麦酥 Fruit水果
Soup 汤	Laver, Egg & Bean Curd Soup 紫菜豆腐蛋花汤	Chicken Ginseng Soup 韩式糯米参鸡汤	Pepper Soup with Beef Meatball(Non-spicy) 肉丸胡辣汤(免辣)	Double Boiled Pork and Vegetable Soup 玉米马蹄煲排骨汤	Tomato and Egg Soup 鸡蛋番茄汤
Main Course 主菜	Braised Gluten Puff with Mushroom and Vegetables 香菇烧面筋	Sautéed Beef with Cumin and Pepper 贝勒爷炒烤牛肉	Crispy-fried Chicken 长安葫芦鸡	Baked Assorted Meat with Cream Sauce 俄式奶油烤杂拌	Chicken Teriyaki 日式照烧鸡腿
	Sautéed Diced Vegetables 京味酱爆素三丁	BBQ Pork Ribs 美式果香烤肋排	Chinese Hamburger 肉夹馍	Roasted Duck and Vegetable Roll 蔬菜烤鸭卷饼	Beef Bolognese 肉酱意面
Vegetable 蔬菜	Steamed Baby Cabbage in Broth 上汤娃娃菜	Sautéed Beans/Mushroom/ Carrot/Glass Noodles 炒素什锦	Sautéed Sweet Potato Noodles 炒家常手工红薯粉	Stir Fried Vegetable with Shitake Mushroom 香菇油菜	Sautéed Celery & Dry Bean Curd & Carrot 炒芹菜香干胡萝卜
	Sautéed Corn with Pine Nut 松仁玉米	Fried Leek, Egg and Bean Sprout 京味合菜	Pan-fried Tofu with Baby Cabbage 小白菜煎豆腐	Braised Eggplant with Potato & Green Pepper 地三鲜	Sautéed Cabbage 手撕包菜
Salad 沙拉	Healthy Salad 健康沙拉	Healthy Salad 健康沙拉	Healthy Salad 健康沙拉	Healthy Salad 健康沙拉	Healthy Salad 健康沙拉
Vegetarian 素食	Couscous 中东小米	Broiled Zucchini and Tomato with Carnation Sauce 焗西葫芦配淡奶汁	Sautéed Mushroom with Herbs 香草炒蘑菇	Deep Fried Vegetable Tempura 日式炸蔬菜	Briami 西班牙烩蔬菜
Rice 米饭	Steamed Rice 米饭	Steamed Rice 米饭	Steamed Rice 米饭	Steamed Rice 米饭	Steamed Rice 米饭
Dim Sum 中式点心	Vegetable Bun 菜窝头	Pork Pancake 猪肉饼	Steamed Millet Bun 黄馍馍	Red Bean Bun 蜜豆卷	Steamed Purple Rice Cake 紫米发糕
Dessert 甜点	Madeleine Cake 玛德琳蛋糕	Date Cake 枣糕	Sweet Rice Cake 陕味八宝甑糕	Lemon Cheese Cake 柠檬芝士蛋糕	Green Tea & Red Bean Cake 绿茶红豆蛋糕
Yogurt/酸奶 Fruit水果	Yogurt/fruit 酸奶/水果	Yogurt/fruit 酸奶/水果	Yogurt/fruit 酸奶/水果	Yogurt/fruit 酸奶/水果	Yogurt/fruit 酸奶/水果



<b>Nutritional Facts</b>	<b>Energy (Kcal)</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>	<b>Fat (g)</b>	<b>Salt(mg)</b>
营养分析:	449	19	55	17	965
<b>Nutritional Recommendation:</b>	<b>Energy (Kcal)</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>	<b>Fat (g)</b>	<b>Salt(mg)</b>
营养摄入建议	450	18	56	17	900

Keystone Academy MS & HS Lunch Menu

北京市鼎石学校中学午餐菜单

2020.12.07-12.11

# Weekly Menu



	Monday 星期一	Tuesday 星期二	Wednesday 星期三 Shaanxi Food Promotion 陕西美食节	Thursday 星期四	Friday 星期五
Soup 汤	Laver, Egg & Bean Curd Soup 紫菜豆腐蛋花汤	Chicken Ginseng Soup 韩式糯米参鸡汤	Pepper Soup with Beef Meatball 肉丸胡辣汤	Double Boiled Pork and Vegetable Soup 玉米马蹄煲排骨汤	Tomato and Egg Soup 鸡蛋番茄汤
Main Course 主菜	Braised Gluten Puff with Mushroom and Vegetables 香菇烧面筋	Sautéed Beef with Cumin and Pepper 贝勒爷炒烤牛肉	Crispy-fried Chicken 长安葫芦鸡	Boiled Beef in Spicy Soup 馋嘴牛肉	Chicken Teriyaki 日式照烧鸡腿
	Sautéed Diced Vegetables 京味酱爆素三丁	BBQ Pork Ribs 美式果香烤肋排	Stewed Lamb 清炖羊肉	Baked Assorted Meat with Cream Sauce 俄式奶油烤杂拌	Sweet and Sour Pork 菠萝咕咣肉
Carving 现场制作	Sichuan Cold Noodles 四川怪味凉面	Boiled Fish Fillet with Pickled Cabbage and Chili 酸菜鱼	Chinese Hamburger/Biangbiang Noodles 馍夹肉/老陕Biangbiang面	Roasted Duck Roll with Cucumber and Spring Onion 烤鸭卷饼配京葱瓜条	Pasta Station 肉酱意面/蘑菇酱意面/青酱意面
Vegetable 蔬菜	Steamed Baby Cabbage in Broth 上汤娃娃菜	Sautéed Beans/Mushroom/Carrot/Glass Noodles 炒素什锦	Sautéed Sweet Potato Noodles 炒家常手工红薯粉	Stir Fried Vegetable with Shitake Mushroom 香菇油菜	Sautéed Celery & Dry Bean Curd & Carrot 炒芹菜香干胡萝卜
	Sautéed Corn with Pine Nut 松仁玉米	Fried Leek, Egg and Bean Sprout 京味合菜	Pan-fried Tofu with Baby Cabbage 小白菜煎豆腐	Braised Eggplant with Potato & Green Pepper 地三鲜	Sautéed Cabbage 手撕包菜
Vegetarian 素主食	Roasted Tofu / Potato Lyonnaise 豆腐脆饼/洋葱炒土豆	Fried Rice Noodles/ Potato Gratin 蔬菜炒米粉/奶油焗土豆	Fried Cold Noodles/Couscous 关中炒凉皮/中东小米	Mushroom Risotto/ Roasted Potato with Rosemary 意式蘑菇烩饭/迷迭香烤土豆	Vegetable Cheese Wrap/ Parsley Potato 蔬菜芝士卷/香草土豆
Rice 米饭	Steamed Rice/ Steamed Pumpkin/Corn/Yam 米饭/蒸杂粮	Steamed Rice/ Steamed Pumpkin/Corn/Yam 米饭/蒸杂粮	Steamed Rice/ Steamed Pumpkin/Corn/Yam 米饭/蒸杂粮	Steamed Rice/ Steamed Pumpkin/Corn/Yam 米饭/蒸杂粮	Steamed Rice/ Steamed Pumpkin/Corn/Yam 米饭/蒸杂粮
Dim Sum 中式点心	Vegetable Bun/ Spring Roll 菜窝头/素春卷	Pork Pancake/ Steamed Twisted Rolls with Salt and Pepper 猪肉饼/椒盐花卷	Crispy Beef Pancake/ Steamed Corn Bun 香酥牛肉饼/黄馍馍	Steamed Scallion Pancake/ Red Bean Bun 葱花发面饼/蜜豆卷	Pork Bun/ Steamed Purple Rice Cake 水蒸包/紫米发糕
Dessert 甜点	Madeleine Cake 玛德琳蛋糕	Date Cake 枣糕	Sweet Rice Cake 陕味八宝甑糕	Lemon Cheese Cake 柠檬芝士蛋糕	Green Tea & Red Bean Cake 绿茶红豆蛋糕
Yogurt/酸奶 Fruit水果	Yogurt/fruit 酸奶/水果	Yogurt/fruit 酸奶/水果	Yogurt/fruit 酸奶/水果	Yogurt/fruit 酸奶/水果	Yogurt/fruit 酸奶/水果

Chartwells

**Nutritional Facts**

营养分析:

营养摄入建议

**Energy (Kcal)**

449

**Energy (Kcal)**

450

**Protein (g)**

19

**Protein (g)**

18

**Carbohydrate (g)**

55

**Carbohydrate (g)**

56

**Fat (g)**

17

**Fat (g)**

17

**Salt(mg)**

965

**Salt(mg)**

900

Keystone Academy Dinner Menu  
北京市鼎石学校晚餐菜单  
2020.12.07-12.13

# Weekly Menu



	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六	Sunday 星期日
Soup 汤	Cucumber Egg Soup 黄瓜木耳鸡蛋汤	Minestrone 意大利蔬菜汤	Pork Rib & Kelp Soup 海带排骨煨汤	Livornese style Fish Soup 莱沃乃思鱼肉汤	Xihu Beef Soup 西湖牛肉羹	Seaweed & Egg Soup 紫菜蛋花汤	Chicken Noodles Soup 鸡丝面汤
Main Course 主菜	Braised Tofu 家常豆腐	Sautéed Pork Sliced 回锅肉	Steamed Pork with Preserved Vegetable 梅菜扣肉	Chicken coated with Bread Crumbs 煎面包糠鸡肉排	Chicken Breast stuffed with Spinach & Cheese 菠菜芝士酿鸡胸配蘑菇汁	Japanese Style Curry Beef 日式咖喱牛肉	Steamed Pork Ribs with Preserved Bean Sauce 豉汁排骨
	Sautéed Tomato with Eggs 西红柿炒鸡蛋	Stewed Beef and Potato 黄焖牛肉	Braised Prawns 油焖虾	Braised Japanese Tofu with Shrimp 虾仁玉子豆腐	Beef Spicy Hot Pot 牛肉麻辣香锅	Sautéed Bacon & Fettuccine 奶油咸肉蘑菇鸡蛋面	Sautéed Beef with Scrambled Egg 滑蛋牛肉
Carving 现场制作	Sautéed Noodles with Tomato Sauce 新疆炒拉条子	Sour & Chili Sweet Potato Noodles 川味酸辣粉	Tomato & Egg Noodles 西红柿鸡蛋面	Bean Jelly with Chili Oil 川北凉粉	Hand-Pulled Noodles Soup with Beef 自制兰州牛肉拉面	Pork Bone Soup Noodles with Vegetable 骨汤拉面和青菜	Boiled Noodles with Soy Sauce 老北京花椒酱油余面
Vegetable 蔬菜	Poached Vegetable 白灼芥蓝	Sautéed Shredded Potatoes with Chili 尖椒土豆丝	Sautéed Long Bean with Garlic 蒜香豇豆	Malaysian Style Sautéed Cabbage 马来西亚炒洋白菜	Sautéed Bok Choy 清炒油菜	Sautéed Cucumber with Egg 鸡蛋炒黄瓜片	Sautéed Pepper & Sliced Potatoes 炒青椒土豆片
	Sautéed Cauliflower in Tomato Sauce 番茄菜花	Sautéed Vegetable 白灼芥兰	Stir-fried Leaf Lettuce 豉香油麦菜	Sautéed Zucchini with Sour and Spicy Sauce 酸辣西葫芦丁	Sautéed Celery & Dry Bean Curd Stick 香干炒芹菜	Butter Broccoli & Cauliflower & Carrot 黄油炒白绿菜花胡萝卜	Sautéed Tofu with Spicy Garlic Sauce 鱼香豆腐条
Vegetarian 素主食	Spinach Cheese Canneloni/ Roasted Potato 菠菜芝士面卷/烤土豆	Tomato Pasta/ Honey Sweet Potato 意大利面西红柿汁/ 蜜汁炸红薯	Roasted Potato with Herbs/ Curry Vegetable 香草烤土豆/ 咖喱蔬菜	Cheese Croissant/ Paprika Potato Wedges 奶酪牛角包/ 烤土豆角	Cumin Chick Pea/ Potato Lyonnaise 孜然鸡心豆/ 洋葱炒土豆	Vegetable Cheese Wrap/ Vegetarian Samosa 蔬菜芝士卷/咖喱角	Applicate Pasta/Grilled Vegetable With Herb 辣味番茄意面/ 香草扒时蔬
Rice 米饭	Steamed Rice 米饭	Steamed Rice 米饭	Steamed Rice 米饭	Steamed Rice 米饭	Steamed Rice 米饭	Steamed Rice 米饭	Steamed Rice 米饭
Dim Sum 中式点心	Smashed Bean Bun/ Vegetable Pancakes 豆沙包/素馅饼	Custard Bun/ Pan-fried Vegetable Bun 奶黄包/煎包子	Vegetable Bun/ Triangular Shape Sugar Bun 素菜包子/糖三角	Sweet Potato Ball/ Baked Pork Bun 紫薯球/猪肉烧饼	Sesame Bun/ Walnut Bun 麻酱火烧/核桃包	Marinated Pork Bun/ Sesame Crispy Pancake 卤肉包子/油酥火烧	Twisted Roll with Sesame Paste/ Sausage Roll 麻酱花卷/猪肉火腿卷
Dessert 甜点	Swiss Roll 瑞士卷	Coconut Cake 椰蓉蛋糕	Mango Pudding 芒果布丁	Yogurt Gelee 酸奶冻	Blueberry Pie 蓝莓蛋糕	Chocolate Cake 巧克力蛋糕	Strawberry Mousse Cake 草莓慕斯蛋糕
Yogurt/酸奶 Fruit/水果	Yogurt/ Fruit 酸奶/水果	Yogurt/Fruit 酸奶/水果	Yogurt/Fruit 酸奶/水果	Yogurt/Fruit 酸奶/水果	Yogurt/Fruit 酸奶/水果	Yogurt/Fruit 酸奶/水果	Yogurt/Fruit 酸奶/水果



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