

Keystone Breakfast Menu

北京市鼎石学校早餐菜单

2021.03.08-03.12

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	Scrambled Egg 西式炒鸡蛋	Steamed Egg 鸡蛋羹	Fried Egg 煎鸡蛋	Boiled Egg 煮鸡蛋	Soya Tea Egg 茶叶蛋
	Samosa 炸咖喱角	Meatloaf 肉面包	Steamed Fish with Japanese Soya Sauce 蒸鱼配日本酱油汁	Baked Bacon 烤培根	Chicken Sausage 鸡肉早餐肠
	Jake Potato 杰克土豆	Cajun Potato Wedge 卡真土豆角	Roasted Potato with Herbs 香草烤土豆	Hash Brown 薯饼	Sautéed Lyonnaise Potato 洋葱炒土豆
	Vegetable/ Steamed Pumpkin 蔬菜/蒸南瓜	Vegetable/ Steamed Sweet Potato 蔬菜/蒸白薯	Vegetable/ Corn On The Cob 蔬菜/玉米棒	Vegetable/ Roasted Herbs Tomato 蔬菜/烤番茄	Vegetable/ Steamed Chinese Yam 蔬菜/蒸山药
	Fried Rice with Soya/ Chinese Golden Dough 酱油炒米饭/炸馒头片	Fried Rice with Vegetables/ Fried Rice Noodles with Ham 蔬菜炒饭/炒米粉蔬菜火腿	Fried Noodles with Cabbage /Seafood Fried Rice 圆白菜炒面/港式海鲜炒饭	Fried Rice with Sweet Chili Sauce/Sautéed Egg Noodles 甜辣酱炒米饭/炒鸡蛋面	Korean Style Fried Rice with Bacon/Fried Rice Noodles 韩式泡菜培根炒饭/炒米粉
	Custard Bun/ Veggie Vegetable 流沙包/素蒸饺	Pan-fried Pork Dumping/ Veggie Dumpling 猪肉/素锅贴	Pork Bun/ Veggie Bun 猪肉包子/素包	Pork Pie/ Veggie Pie 猪肉馅饼/素馅饼	Steamed Pork Roll/ Veggie Bun 蒸肉龙/素包子
	Congee with Dates 小枣米粥	Pumpkin Millet Congee 南瓜小米粥	Corn Congee Sweet Potato 棒渣红薯粥	Black Rice Congee 紫米粥	Red Bean Congee 红豆粥
	Breakfast Tofu 西安咸豆花	Sweet Dumplings 汤圆	Soya Bean Milk with Youtiao 豆浆配油条	Shrimp & Vegetable Noodles 鲜虾蔬菜清汤面	Preserved Egg & Pork Congee 皮蛋瘦肉粥
	Beijing Zucchini Pancake 西葫芦糊塌子配三合油	English Muffin with Egg and Bacon 英式松饼配炒蛋培根	Wonton 馄饨	Shredded Potatoes Wrap 土豆丝卷饼	French Toast with Jam 法式玉桂煎面包配果酱
	Salad/Cheese Platter 沙拉/芝士盘				
Assorted Danish & Toast/Whole Wheat Bread 各种丹麦包和土司					
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 PS Lunch Menu
北京市鼎石学校小学午餐菜单
2021.03.08-03.12

Weekly Menu



	Monday 星期一	Tuesday 星期二	Wednesday Japanese Food Day 日本美食节	Thursday 星期四	Friday 星期五
Snack 加餐 10:15	Cookies 饼干 Fruit 水果	Cooked Wheaten Food 面食 Fruit 水果	Prima Toast 香蒜黄油烤面包 Fruit 水果	Croissant 牛角包 Fruit 水果	Boiled Corn 煮玉米 Fruit 水果
Soup 汤	Tomato Egg Soup 鸡蛋西红柿汤	Double Boiled Pork Ribs & Vegetable Soup 莲藕胡萝卜煲猪骨汤	Seafood and Wild Mushroom Soup 海鲜野菌汤	Double Boiled Duck & Vegetable Soup 老鸭汤	Pepper Soup 胡辣汤
Main Course 主菜	Sauteed Eggs with Green Lettuce and Black Fungus 青笋胡萝卜木耳炒鸡蛋	Sauteed Shredded Pork with Bamboo Shoots 冬笋里脊丝	Hokkaido Sweet and Spicy Beef 北海道甜辣肥牛	Quick-fried Seafood with Eggs 鼎石全家福	Stewed Pork with Fermented Tofu 南乳烧肉
	Bibimbap 韩式蔬菜拌饭 (菠菜, 西葫芦, 胡萝卜, 蘑菇 海苔, 海带丝)	Roasted Chicken Drumstick 法风香脆烤鸡腿	Chawanmushi 日式茶碗蒸蛋	Beijing Style Noodles 老北京打卤面	Stir-fried Sliced Chicken 滑溜鸡片
Vegetable 蔬菜	Sautéed Vegetable 清炒时蔬	Stir-fried Lotus Root Slices and Black Fungus 荷塘月色	Vegetable Tempura 炸蔬菜天妇罗	Sautéed Broccoli with Garlic 蒜茸西兰花	Fried Bean Sprout with Egg & Leek & Vermicelli 鸡蛋韭菜炒粉条
	Sautéed Cauliflower & Tomato 炒番茄花菜	Sautéed Bok Choy & Mushroom 炒香菇油菜	Sautéed Cowpeas with Garlic 蒜香豇豆	Sautéed Spinach & Glass Noodles 菠菜粉丝	Sautéed Honey Bean 清炒甜豆
Salad 沙拉	Lentil Salad 兰度豆沙拉	Pasta Salad 意面沙拉	Vegetable Salad 日式蔬菜沙拉	Potato Salad 土豆沙拉	Couscous Salad 中东小米沙拉
Vegetarian 素食	Fettuccine Arrabbiata 番茄鸡蛋面	Fried Rice Noodles and Vegetable 蔬菜丝炒米粉	Vegetable Wild Rice 蔬菜野米饭	Greek Spinach Pie 希腊菠菜酥派	Grilled Vegetable Lasagna 蔬菜千层面
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 Pie 蔬菜馅饼	Fermented Bean Sauce Pancake 土家酱香饼	Brown Sugar Bun 温泉馒头	Pork Roll 大懒龙	Salt and Pepper Sesame Cake 椒盐芝麻烧饼
Dessert 甜点	Madeleine Lemon 柠檬玛德琳	Tiramisu Cake 提拉米苏蛋糕	Dafu 和风大福	Matcha Red Bean Roll 抹茶蜜豆卷	Chocolate Mousse 焦糖巧克力慕斯
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:

Nutritional Recommendation:

营养摄入建议

Energy (Kcal)

740

Energy (Kcal)

760

Protein (g)

29

Protein (g)

30

Carbohydrate (g)

93

Carbohydrate (g)

95

Fat (g)

28

Fat (g)

29

Salt(mg)

1178

Salt(mg)

1200

Keystone MS & HS Lunch Menu

北京市鼎石学校中学午餐菜单

2021.03.08-03.12

Weekly Menu



	Monday 星期一	Tuesday 星期二	Wednesday Japanese Food Day 日本美食节	Thursday 星期四	Friday 星期五
Soup 汤	Tomato Egg Soup 鸡蛋西红柿汤	Double Boiled Pork Bone & Vegetable Soup 莲藕胡萝卜煲猪骨汤	Seafood and Wild Mushroom Soup 海鲜野菌汤	Double Boiled Duck & Vegetable Soup 老鸭汤	Pepper Soup 胡辣汤
Main Course 主菜	Sauteed Tofu with Spicy Sauce 干锅千页豆腐	Sauteed Shredded Pork with Chili and Coriander 香辣肉丝	Hokkaido Sweet and Spicy beef 北海道甜辣肥牛	Quick-fried Seafood with Eggs 鼎石全家福	Stewed Pork with Fermented Tofu 南乳烧肉
	Sauteed Eggs with Green Lettuce and Black Fungus 青笋胡萝卜木耳炒鸡蛋	Roasted Chicken Drumstick 法风香脆烤鸡腿	Roasted Scallop with Cheese 奶汁芝士焗扇贝	Roasted Duck Breast with Lemon Orange Sauce 烤鸭胸配柠檬橙汁	Stir-fried Sliced Chicken 滑溜鸡片
Carving 现场制作	Bibimbap 韩式蔬菜拌饭 (菠菜, 西葫芦, 胡萝卜, 蘑菇, 海苔, 海带丝)	Boiled Fish with Pickled Cabbage & Chili 酸菜鱼	Chawanmushi/Assorted Sushi 日式茶碗蒸蛋/什锦寿司船	Beijing Style Noodles 老北京打卤面	Boiled Mutton 水盆羊肉
Vegetable 蔬菜	Sautéed Vegetable 清炒时蔬	Stir-fried Lotus Root Slices and Black Fungus 荷塘月色	Vegetable Tempura 炸蔬菜天妇罗	Sautéed Broccoli with Garlic 蒜茸西兰花	Fried Bean Sprout with Egg & Leek & Vermicelli 鸡蛋韭菜炒粉条
	Sautéed Cauliflower & Tomato 炒番茄花菜	Sautéed Bok Choy & Mushroom 炒香菇油菜	Sautéed Cowpeas with Garlic 蒜香豇豆	Sautéed Spinach & Glass Noodles 菠菜粉丝	Sautéed Honey Bean 清炒甜豆
Vegetarian 素主食	Tofu Taco 豆腐脆饼	Steamed Mini Potato 蒸迷你土豆	Vegetable Wild Rice 蔬菜野米饭	Roasted Mini Potato 烤迷你土豆	Vegetable Lasagna 蔬菜千层面
Staple Food 主食	Steamed Rice/ Steamed Pumpkin 米饭/蒸南瓜	Steamed Rice / Sweet Potato 米饭/蒸白薯	Steamed Rice/ Steamed Corn On The Cob 米饭/蒸玉米棒	Steamed Red Bean Rice/ Steamed Pumpkin 红豆饭/蒸南瓜	Steamed Rice/ Steamed Purple Sweet Potato 米饭/蒸紫薯
Dim Sum 中式点心	Vegetable Pie 蔬菜馅饼	Fermented Bean Sauce Pancake 土家酱香饼	Brown Sugar Bun 温泉馒头	Pork Roll 大懒龙	Salt and Pepper Sesame Cake 椒盐芝麻烧饼
Dessert 甜点	Madeleine Lemon 柠檬玛德琳	Tiramisu Cake 提拉米苏蛋糕	Dafu 和风大福	Matcha Red Bean Roll 抹茶蜜豆卷	Chocolate Mousse 焦糖巧克力慕斯
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:

Nutritional Recommendation:

营养摄入建议

Energy (Kcal)

821

Energy (Kcal)

900

Protein (g)

33

Protein (g)

35

Carbohydrate (g)

98

Carbohydrate (g)

113

Fat (g)

33

Fat (g)

34

Salt(mg)

2104

Salt(mg)

2000

Keystone Dinner Menu
北京市鼎石学校晚餐菜单
2021.03.08-03.14

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	Tomato Egg Soup 鸡蛋西红柿汤	Minestrone 意大利蔬菜汤	Pork Rib & Kelp Soup 海带排骨煨汤	Cream of Carrot Soup 奶油胡萝卜汤	Xihu Beef Soup 西湖牛肉羹	Seaweed & Egg Soup 紫菜蛋花汤	Chicken Soup Noodles 鸡丝面汤
Main Course 主菜	Braised Japanese Tofu 红烧日本豆腐	Sautéed Pork Sliced with Chili 小炒肉	Sauteed Lamb Leg with Black Pepper 铁板黑椒羊腿肉	Pan Fried Chicken with Tomato Lemon Juice 茄汁柠檬煎鸡柳	Sautéed Preserved Pork with Pickled Turnip 尖椒炒腊肉萝卜干	Stewed Pork with Preserved Vegetable in Soya Sauce 梅菜扣肉	Sweet & Sour Pork 糖醋里脊
	Curry Vegetables 娘惹咖喱烩蔬菜	Chicken Breast stuffed with Cheese with Spinach and Mushroom 菠菜蘑菇芝士鸡肉卷	Roasted Pork with Prune 西梅猪柳	Stewed Pork with Potato 红烧肉炖土豆	Roasted Chicken 美式乡村烤鸡	Japanese Style Curry Chicken 日式咖喱鸡	Korean Style Sautéed Beef 韩式炒牛肉
Carving 现场制作	Shaanxi Vegetable Noodles 岐山蔬菜臊子面	Oil-splashing Beef Noodles 牛肉油泼面	Spanish Style Seafood Paella 西班牙海鲜饭	Singapore Style Laksa 新加坡拉沙	Hand-Pulled Beef Noodles 自制兰州牛肉拉面	Pork Ribs Soup Noodles & Vegetable 骨汤拉面和青菜	Beijing Style Noodles 老北京打卤面
Vegetable 蔬菜	Poached Vegetable 白灼芥蓝	Sautéed Shredded Potatoes with Chili 尖椒土豆丝	Sautéed Mushroom & Zucchini & Carrot 炒香菇西葫芦胡萝卜	Sautéed Cabbage with Tomato 西红柿炒洋白菜	Sautéed Bok Choy with Egg & Black Fungus 鸡木木耳炒油菜	Sauteed Celery & Dry Bean Curd Stick 香干炒芹菜	Sautéed Pepper & Sliced Potatoes 炒青椒土豆片
	Sautéed Shredded Potato 炆炒土豆丝	Stir-fried Vegetable 清炒时蔬	Sautéed Leafy Vegetable with Garlic 香油麦菜	Sautéed Zucchini 炆炒西葫芦	Thai-style Sautéed Vegetable 泰式炒蔬菜	Butter Broccoli Cauliflower Carrot 黄油炒时蔬 白绿菜花/胡萝卜/西葫芦	Braised Bean Curd with Black Fungus 家常烧豆腐
Vegetarian 素食	Spinach Cheese Canneloni 菠菜芝士面卷	Thai Style Fried Rice Noodles 泰式炒河粉	Greek Spinach Pie 希腊菠菜派	Paprika Potato Wedges 烤土豆角	Potato Lyonnaise 洋葱炒土豆	Vegetable Cheese Wrap 蔬菜芝士卷	Grilled Vegetables with Herbs 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	Scallion Pancake 葱油饼	Custard Bun 奶黄包	Walnut Bun 核桃包	Laoganma Crispy Pancake 老干妈烧饼	Vegetable Bun 素菜包子	Marinated Pork Bun 卤肉包子	Pork Sausage Roll 猪肉火腿卷
Dessert 甜点	Blueberry Mousse Cake 蓝莓慕斯蛋糕	Date Cake 枣糕	Brownie 布朗尼	Fruit Cake 水果蛋糕	Walnut Cake 核桃蛋糕	Blueberry Muffin 蓝莓玛芬蛋糕	Swiss Roll 瑞士卷
Yogurt 酸奶	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

Chartwells

Nutritional Facts

营养分析:

Nutritional Recommendation:

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