



北京市顺义区诺德安达学校
NAS BEIJING

一周校餐展示及实拍图例

6月29日-7月03日

早餐菜单

BREAKFAST MENU

早餐菜单 Breakfast Menu					
	MONDAY 2026.06.29	TUESDAY 2026.06.30	WEDNESDAY 2026.07.01	THURSDAY 2026.07.02	FRIDAY 2026.07.03
A 套餐 Set Menu	beef pie 牛肉馅饼 double-fried eggs 煎鸡蛋 chicken onion ring 鸡肉洋葱圈 Doufuhua 豆腐脑	Steamed buns and steamed dumplings 鲜肉烧卖 boiled egg 水煮蛋 Crispy and fragrant potato cakes 香酥土豆饼 purple rice porridge 紫米粥	Beef stir-fried rice noodles 牛肉炒河粉 steamed egg custard 鸡蛋羹 Crispy and fragrant plain spring rolls 香酥素春卷 Osmanthus sweet potato porridge 桂花红薯粥	Cantonese char siu buns 广式叉烧包 Scrambled eggs with diced vegetables 蔬菜粒炒鸡蛋 Crispy fried chicken nuggets 香酥炸鸡块 Tomato noodle soup 番茄挂面汤	Ham and Potato shreds pancake roll 火腿土豆丝卷饼 Tea egg 茶叶蛋 Taro sweet potato balls 香芋地瓜球 red bean porridge 红豆粥
B 套餐 Set Menu	Eggs and seasonal vegetables 鸡蛋时蔬炒饼 Cucumber mixed with black fungus 黄瓜拌木耳 Steamed baby pumpkin 蒸贝贝南瓜 Beef breakfast sausage 牛肉早餐香肠 soybean milk 红枣豆浆	Green onion pie 葱油饼 Five-spice shredded tofu 五香豆腐丝 Steamed sweet potatoes with osmanthus in sugar 糖桂花蒸红薯 Black pepper sausage 黑胡椒烤肠 Milk mixed with oat rings 牛奶混合燕麦圈	Fried dough stick 炸油条 Spicy and sour shredded kelp 酸辣海带丝 Steamed purple sweet potatoes 蒸紫薯 Harbin red sausage 哈尔滨红肠 soybean milk 原味豆浆	Soy sauce and seasonal vegetable fried rice 酱油时蔬炒饭 stir-fried seasonal vegetable 清炒时蔬 Butter, milk, corn segments 黄油牛奶玉米段 Fried chicken breast with black pepper 黑胡椒煎鸡胸肉 Milk mixed with oat rings 牛奶混合燕麦圈	Oat flowing sand buns 燕麦流沙包 stir-fried seasonal vegetable 清炒时蔬 Blueberry and yam segments 蓝莓果酱山药段 garlic sausage 蒜味香肠 Black bean milk 黑豆豆浆
C零点 现场制作 (不可回盘) Special order (No free refill)	Mixed grain chicken pancake and soybean milk 杂粮鸡肉肠煎饼及豆浆 (15元RMB每份)	Grilled cold noodles with sausage and milk 烤冷面夹香肠及牛奶 (15元RMB每份)	A steamed bun with chicken fillets and eggs and soybean milk 烧饼夹鸡柳鸡蛋及豆浆 (16元RMB每份)	Fried dumplings with fresh meat and corn kernels and milk 鲜肉玉米粒煎饺及牛奶 (16元RMB每份)	A French pancake filled with ham and pumpkin juice 法式烧饼夹火腿鸡蛋及南 瓜胡萝卜汁 (18元RMB每份)
民族风味 Ethnic Flavor	/	Chicken and mushroom buns 香菇鸡肉包 chicken breakfast sausage 鸡肉早餐香肠	Beef breakfast sausage 牛肉早餐香肠	Chicken and mushroom buns 香菇鸡肉包	Chicken Fillet and Shredded Potato Wrap 鸡柳土豆丝卷饼 chicken sausage 鸡肉香肠
食品安全投诉联系方式： 学校：餐厅：010-81410813 运营办公室：010-81410811 民办科：010-69441081 教委科室：010-69444026					

午餐菜单 LUNCH MENU

午餐菜单 Lunch Menu					
	MONDAY 2026.06.29	TUESDAY 2026.06.30	WEDNESDAY 2026.07.01	THURSDAY 2026.07.02	FRIDAY 2026.07.03
A套餐 Set Menu	Rock sugar, silver ear fungus, lotus seeds and pear soup 冰糖银耳莲子雪梨汤 Steamed fish fillets with garlic and vermicelli 蒜蓉粉丝蒸鱼柳 Corn kernels and mushrooms 玉米粒香菇炒油菜 Whole wheat lotus leaf cake 全麦荷叶饼	Osmanthus honey sweet potato and silver ear fungus taro dumpling soup 桂花蜜薯银耳芋圆汤 BBQ sauce grilled chicken breast BBQ酱汁烤鸡胸肉 Stir-fried Baby Lettuce with Barbecue Sauce 干锅娃娃菜 Baked Pumpkin with Red Date Honey Glaze 红枣蜜汁焗南瓜	Jinju Passion Fruit Pear Soup 金桔百香果梨汤 Stir-fried beef slices potato in a clay pot 干锅土豆炒牛肉片 Stir-fried quick dish with minced garlic 蒜蓉炒快菜 Butter, milk, corn pieces 黄油牛奶玉米段	Red date,snow pear,lily bulb and water chestnut soup 红枣雪梨百合马蹄汤 Braised beef brisket with yam and carrot 山药胡萝卜炖牛腩 Stir-fried Chinese cabbage 清炒奶白菜 Five-grain and mixed grain buns 五谷杂粮包	Apple Hawthorn, Sweet Potato and Lily Bulb Soup 苹果山楂马蹄百合汤 Crispy fried chicken cutlets 香酥炸鸡排 garlic-flavored oil wheat 蒜蓉油麦菜 Sesame oil flower rolls 葱油花卷
B套餐 Set Menu	Lotus root, kelp, corn and pork bone soup 莲藕海带玉米猪骨汤 Braised pork with vermicelli and Chinese cabbage 红烧肉炖粉条白菜 scrambled eggs with tomatoes 西红柿炒鸡蛋 Rice 白米饭	Seaweed, cucumber and egg soup 紫菜黄瓜蛋花汤 Vinegar-braised beef slices with wood shavings 醋溜木须牛肉片 Three common delicacies at home 家常地三鲜 Rice 白米饭	Cordyceps flower mushroom duck soup 虫草花菌菇老鸭汤 Stir-fried diced meat in sauce 酱爆肉丁 Stir-fried cauliflower with tomatoes 番茄炒菜花 Rice 白米饭	Braised Cabbage, Tofu, Vermicelli and Pork Bone Soup 白菜豆腐粉丝排骨汤 Bean Curd Skin with Pork Slices and Ketchup 京酱豆皮炒肉丝 Cabbage stir-fried with vermicelli 卷心菜炒粉条 Rice 白米饭	Tomato and egg soup 番茄鸡蛋汤 Seafood Spicy hot pot 海鲜麻辣香锅 Chili and sour potato 酸辣土豆丝 Rice 白米饭
C套餐 (不可回盘) Special order (No free refill)	Cheese Beef Pickle Burger with Fries 芝士牛肉酸黄瓜汉堡配薯条 (38元RMB/每份)	Cheese hot dogs with sweet potato chunks 芝士热狗配红薯块 (36元RMB/每份)	Cheese meat sauce sausage pizza with crispy fried chicken pieces 芝士肉酱香肠披萨配香酥炸鸡块 (36元RMB/每份)	Cheese tuna egg panini with fries 芝士金枪鱼鸡蛋帕尼尼配薯条 (38元RMB/ 每份)	Roast duck meat wrap with salt and pepper fried pork slices 烤鸭肉卷饼配椒盐小酥肉 (35元RMB/每份)
D套餐面档 (不可回盘) Noodle Stall (No free refill)	Big Bowl Chicken Noodles 大盘鸡宽面 (26元RMB)	Tomato chicken noodles with green vegetables and poached eggs 番茄鸡肉面配青菜及卤蛋 (28元RMB)	Stewed smoked dried meat with egg and noodles sliced thinly, served with green vegetables 红烧熏干炖肉卤蛋刀削面配青菜 (26元RMB)	Stewed Pigeon Leg Noodles with Clear Side Dishes and Braised Eggs 红烧琵琶腿面配青菜及卤蛋 (28元RMB)	Beef stir-fried with flat noodles 牛肉炒刀削面 (28元RMB)
水果 Fruit	Fruit 时令水果	Fruit 时令水果	Fruit 时令水果	Fruit 时令水果	Fruit 时令水果
沙拉吧 Salad bar	Seasonal vegetable salad 时令蔬菜沙拉	Seasonal vegetable salad 时令蔬菜沙拉	Seasonal vegetable salad 时令蔬菜沙拉	Seasonal vegetable salad 时令蔬菜沙拉	Seasonal vegetable salad 时令蔬菜沙拉
民族风味 Ethnic Flavor	Stewed Beef with Potatoes in Brown Sauce 红烧土豆炖牛腩	/	diced chicken with sauce 酱爆鸡丁	Jing Sauce Chicken Strips 京酱鸡丝	/
食品安全投诉联系方式： 学校：餐厅：010-81410813 运营办公室：010-81410811 民办科：010-69441081 教委科室：010-69444026					

晚餐菜单

DINNER MENU

晚餐菜单 Dinner Menu

	MONDAY 2026.06.29	TUESDAY 2026.06.30	WEDNESDAY 2026.07.01	THURSDAY 2026.07.02	FRIDAY 2026.07.03
A套餐 Set Menu	Honey-glazed roast duck thighs 蜜汁酱烤鸭大腿 Stir-fried button mushrooms with Chinese kale 清炒口蘑菜心 Whole wheat steamed buns 全麦小馒头	Pineapple sweet and sour chicken nuggets 菠萝咕咾鸡块 Garlic-flavored Chinese cabbage 蒜蓉杭白菜 Home-style pancake 家常大饼	Diced chicken stir-fried with black pepper and shiitake mushrooms 黑椒杏鲍菇炒鸡丁 Stir-fried cabbage in vinegar 醋溜白菜 Milk-flavored small steamed buns 奶香小馒头	Cream Bacon Mushroom Butterfly noodles 奶油培根蘑菇蝴蝶面 Butter mixed with seasonal vegetables 黄油混合蔬菜 Creamy cheese mashed potatoes 奶香芝士土豆泥	
B套餐 Set Menu	Tomato and green vegetable dumpling soup 番茄青菜疙瘩汤 Cumin naan stir-fried with beef tenderloin 孜然馕丁炒牛柳 Green pepper and potato slices 青椒土豆片 Rice 白米饭	Japanese mushroom and soy sauce soup 日式菌菇大酱汤 steamed pork ribs with black bean sauce 豉汁蒸排骨 Braised winter melon with scallions 葱烧冬瓜条 Rice 白米饭	Spinach and egg soup 菠菜鸡蛋汤 Sauce braised shiitake beef 酱烧香菇肥牛 scrambled eggs with spinach 菠菜炒鸡蛋 Rice 白米饭	Rock sugar and red bean porridge 冰糖八宝粥 Tomato and enoki mushroom stewed fish slices 番茄金针菇烩鱼片 Stir-fried cowpeas with garlic and eggplant 蒜蓉茄子炒豇豆 Rice 白米饭	
C套餐 (不可回盘) Special order (No free refill)	Japanese seaweed roll with gooey cheese-fried chicken strips 日式海苔卷配爆浆芝士炸鸡排 (38元RMB)	Pork feet and spiced pork ribs rice with green vegetables and braised eggs 猪脚五花肉饭配青菜及卤蛋 (38元RMB)	Gunpowder legs with stir-fried rice with green vegetables and soy sauce 手枪腿配青菜及酱油炒饭 (38元RMB)	Korean-style beef cold noodles with chicken leg pieces 韩式牛肉冷面配鸡腿排 (36元RMB)	
Fruit 水果	Fruit 时令混合水果	Fruit 时令混合水果	Fruit 时令混合水果	Fruit 时令混合水果	
民族风味 Ethnic Flavor	/	Bean paste chicken legs 豆豉鸡腿肉	/	Creamy Chicken Mushroom Butterfly Noodles 奶油鸡肉蘑菇蝴蝶面	
食品安全投诉联系方式： 学校：餐厅：010-81410813 运营办公室：010-81410811 民办科：010-69441081 教委科室：010-69444026					

6月29日|周一
JUN 29



早餐
Breakfast



中餐
Lunch



晚餐
Dinner

6月30日|周二
JUN 30



早餐 Breakfast

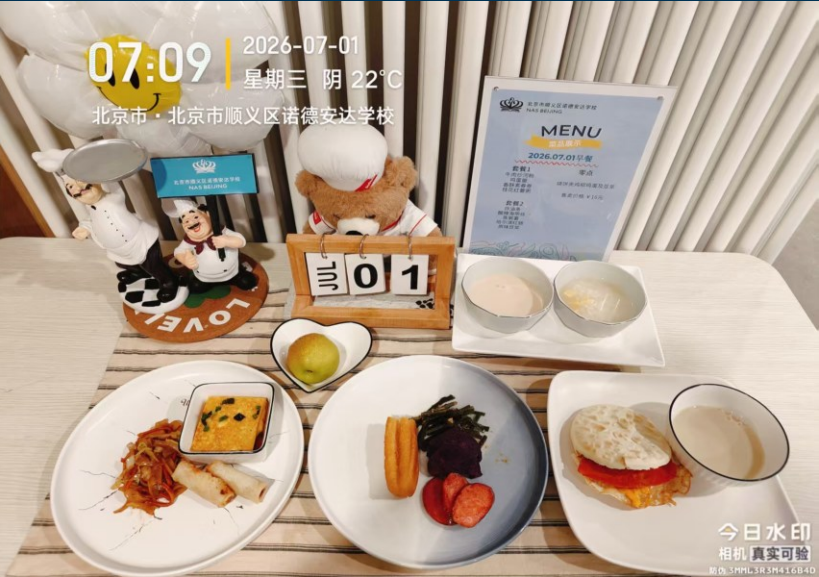


中餐
Lunch



晚餐
Dinner

7月01日|周三
JUL 01



早餐
Breakfast



中餐
Lunch



晚餐
Dinner

7月02日|周四
JUL 02



早餐
Breakfast



中餐
Lunch



晚餐
Dinner

7月03日|周五
JUL 03



早餐
Breakfast



中餐
Lunch

TRY FOR LUNCH
欢迎与校办预约试餐





北京市顺义区诺德安达学校
NAS BEIJING