



NBIS Weekly Newsletter 32

UNITY

DIVERSITY

EXCELLENCE



Cambridge Assessment
International Education

Cambridge International School



MEMBER

Dates to Remember

- May 22 – 26: Primary Maths Week
- May 31 - June 2: Primary Outdoor Education



"Picturing China" Exhibition and Award Ceremony

阿明 (摩洛哥)

中新网特约洋主播
浙江宁波英伦外籍人员子女学校 (NBIS) 教师

中新网特约洋主播阿明

Mr Amine Azzane spent Monday morning shooting a video for the "Picturing China" Exhibition with the anchor Ms Zhu from China News Service.





In the afternoon, Mr Amine Azzane, Mr Dominic Armstrong and the NBIS Marketing Team attended the “Picturing China” Award Ceremony.

They met and chatted with Mr Wu, one of the award winners of the Excellent Award, who kindly offered to take their photograph (below) and enjoyed the exhibition of photographs.



Mr Armstrong noted that “The photographers captured the intangible essence of Chinese culture and distilled it, through their art, into a concrete celebration of the old and the new, tradition and modernity, national pride and international spirit.”

Mr Amine writes:

“One of the photographs that got my attention was taken in Sichuan (see right). On the surface, the picture shows a complex network of highways, bridges, and high-speed rails cutting through gorgeous mountain ranges elegantly adorned with breathtaking clouds. It was the kind of landscape that undoubtedly inspired Hollywood film director James Cameron as he created those floating mountains in his blockbuster, Avatar.

Having said that, it is only when one takes a step back that the true meanings behind the picture are revealed. The topography on display is inhospitable to large infrastructure projects and yet, in its drive toward a more prosperous future, China has to accomplish such an undertaking against all odds. In other words, this picture illustrates how modern China is following in the footsteps of its wonder-building predecessors, such as the great ancient Chinese engineer Da Yu (大禹) who tamed the raging Yellow River to turn a natural threat into an exploitable asset that unified and strengthened the middle kingdom.

Ultimately, the core message behind that photograph is that as far as China is concerned, nothing is impossible. “



NBIS Primary Student Won the Suzhou International School Fencing Tournament



CONGRATULATIONS



Amanda Shen

Year 1C Student

Congratulations to Amanda Shen for being the Champion in the Kindergarten Foil individual at Suzhou International School Fencing Tournament (SSIS) 2023.

The Suzhou International School Fencing Tournament (SSIS) was held on May 13 at the Suzhou Singapore International School. Fencers from different international schools and bilingual schools in Yangtze River Delta region participated in this competition.

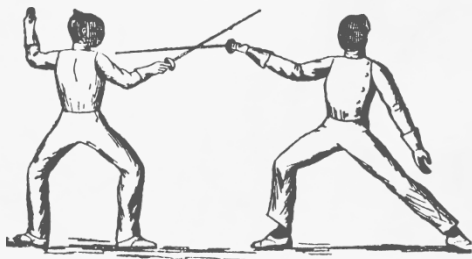
One of our Year 1C students, Amanda Shen, represented NBIS at this competition and took first place in the Kindergarten Foil Individual Group. Congratulations!

Fencing originated in Europe in the Middle Ages.

It's a sport that combines mental and physical strength.

The reaction, agility, psychology, and judgment of the player are all a challenge, known as "ballet in fighting". At the same time, this sport is also deeply loved by world-famous schools.

NBIS introduced the External-ECA Fencing Club on campus. Qualified and experienced coaches supported students in training and competitions, helping them to develop their skills and pursue their interests.





Ningbo British
International School
浙江宁波英伦
外籍人员子女学校

Congratulations!



NBIS Football Team Won the HD International Football Tournament

The HD International Football Tournament was held on Saturday May 13 at HD School. Four teams participated, NBIS, HD, NBHIS and Kent.

The tournament followed a league format, where each team played the other teams once. NBIS played their first match against Kent, who beat us in the finals of the tournament that was recently held at NBIS. It was sweet revenge when we beat them 2 goals to 1, and we were unlucky to not score more goals.

In our second game against NBHIS, some of our boys were injured, and could not play for the entire game. As a result, we lost that game 1 to nil.

Our final game was against HD, who were feeling very confident after defeating NBHIS 2 goals to 1. With as much as five of our key players injured, we were quite nervous going into this game. However, special mention has to be made of Nickolaj, Noah, Sultan, Arturo and Yuu, who despite their injuries, returned on the field of play, for this critical match that we had to win. The young men played with all of their heart, and defeated HD 2 goals to nil. Hearty congratulations to our budding stars who did exceptionally well in only their second competition in a few years, to finish first place against very strong competition. A big thank you to the parents and students that attended the match and vociferously cheered for the team. We intend to continue to work hard and win many more trophies for NBIS.

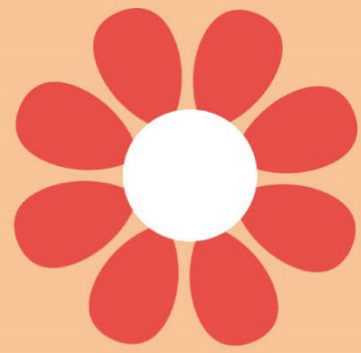
Bevan Shirley
Football Coach



2023 NBIS Upper Primary
Book Week Contest
Winners!

Congratulations to Upper Primary
students!

During this year's Primary Book
Week, there were three book
theme competitions, bookmark
design, comic strip design, and the
classroom door book theme.



Odeila 6A; Molly 4B & Cherry
5A, bookmark winners

1st Place winners for the bookmark
design: Cherry 5A; Molly 4B; Odeila
6A.

Honorable Mentions: Dan 5A;
Aaron 6A; Jenny 6A

Winners' designs are printed as
bookmarks and distribute to whole
school.

Great work to our students!



Molly 4B



Cherry 5A



Odeila 6A



Jenny 6A



Dan 5A



Aaron 6A



Jenny 6A & Dan 5A, bookmark winners.
Absent: Aaron 6A

2023 NBIS Upper Primary Book Week Contest Winners!

Congratulations!

Winners of Classroom Door Theme:
Class 6A.

1st Place winners for comic strip
design: Agatha 6A

Honorable mentions: Hanna 6A &
Jacqueline 4B

Great work and effort to our students!



**Class 6A Winners of Classroom
Door Book Theme Contest!**

**Agatha 6A
1st Place
winner,
Comic Strip
Contest**



**Jacqueline 4B & Hanna 6A Comic
Strip contest winners.**

2023 NBIS Secondary Bookmark Contest Winners!

Congratulations to winners of the Bookmark Competition!

Each year, during Book Week, students participate in the bookmark contest. We received beautiful art work again this year.

Winners' designs are printed as bookmarks and distribute to whole school.

Great work to our students!



Sharon 7A



Zuhi Y11



Jacqueline Y13



Wayne 8B



Nelly 9B

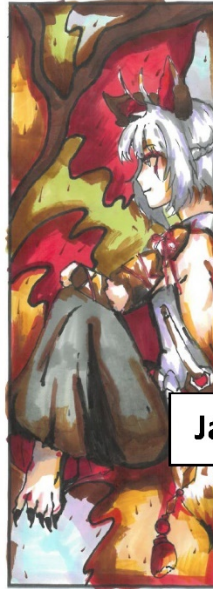


NBIS Bookmark Contest



Sophia Y11

NBIS Bookmark Contest



Jason Y13

NBIS Bookmark Contest



Jiwon Y13

NBIS Drama Nights 2023

Written by Mr Yassine Khaya and Mr Ivan Muhov

On May 10th and 11th students, teachers, and parents from NBIS had the opportunity to enjoy another enchanting assemblage of inspired performances. Students diligently and deftly displayed what they have learned during their drama classes under the vigilant eye of Ms Nausicaa Giavarra. Six classes from three grades (7, 8 & 9) occupied the stage for about four hours of a compelling, sometimes serious, sometimes comical, sometimes thought-provoking, showdown.



On the first night, the 7A students presented the play “Knock Knock”, which centered around the efforts put in by the delivery workers. Their daily chores were exhibited in all their painstaking details, the needed deviation from the work-related grind provided in the form of several accounts of their normal off-work life.





This was comedic play, followed by a performance of a more somber stint, a monologue titled "Break Up", performed by Andrew from Y9A, a thought-provoking musing on the pain of breaking-up, and on how one has to eventually accept it and move on.

This theme was prolonged to some extent with "Crush", the play performed by the Y8A, depicting a girl who has a crush on a boy, her decision to open up and talk to him about it leading to a not very happy ending.



Next, Yokoy, from Y9A, presented a monologue about school rules and how they may impact teens` life.



The Y8A students followed up on this really apt act with “The Bank”, a hilarious funny affair that provided a pleasant comic relief. In it, a customer visits the bank and finds out that he has no money left in his account. This is also the time when a robber breaks in, but he is asked politely by the banker to wait for his turn. While waiting, he has a nice talk with the mentioned customer, to whom he gladly gives his gun for the latter to rob the bank himself. A masterful stint like that would be hard to beat, but the Y8A students took the stage again with “Echo”, another short comedy in which the actors were confronted by their echo, the latter responding to every sentence uttered, save for the best one (“I’m the coolest in the world”).



After this highly comical numbers, the Y9A students changed the mood and setting with the highly atmospheric “The Party”, a departure from the last two humorous plays, into a teens story which gravitated around the organization of a party and a tragic accident, touching at themes such are sisterhood, brotherhood and friendship. On the afterlife, some of the characters find murals with both their good and bad deeds written. These findings lead them to re-evaluate quite a few things from their past.



This thought-provoking act was followed by a highly entertaining act, a fitting closure to a night full of high-scale entertainment and truly inspired performances. The Y8A students continued to excel later on with "The Director", a most rousing romp in which a filming crew has to re-enact the same scene sequence in various forms. The versatility and talent of the students were on full display during this play which received another go the following night due to popular demand.



The second night was a match to the first one in every conceivable way. The Y7B students produced their own, quite humorous on occasion, interpretation of the children's classic book "The Wizard of Oz", inserting quite a few lines to reflect on their more contemporary vision of how this take should sound/feel adapted to the modern audience. There was a really funny sequence in which one of the actors interfered in a conversation a couple of times by turning to the audience, and commenting on the involuntary switch of the alarm, crazy monkeys making circus acts and Lions who wanted to do business.



The Y8B students indulged in a long, detailed account of how students may end up in detention. It was both a serious and a hilarious act that engaged the audience as well, especially the student part of it.




The Y9B students performed two plays, the first one titled “Dolphin”, a somber thought-provoking theme about cyber-bullying and the unfortunate repercussions that it can have on young innocent individuals. The second play, “I Was There”, was another poignant sad account of a shooting taking place on the school campus, with the actors each producing their own version of what impact this accident has had on them and on the school community in general.




The finale was provided by Y8A who took the stage for a second night in a row, to make everyone laugh to tears with their rousing hilarious "The Director". This was a very suitable way to close the entire show after the previous anti-climactic scenes, inserting a vital dose of optimism and merriment into a traditionally joyous event.






Word of praise goes to the hosts Arturo and Chayse from Y10, who not only deftly conducted the sequences both nights, but also filled in for missing students during some of the performances. Devoted drama students, under the vigilant eye of Ms Nausicaa, they have grown into mature, fully-accomplished performers, and their contribution to the advancement of the Drama Department at NBIS has been immeasurable. It was also great to see how the younger students are striving to catch up with them, producing inspired emotional performances, doing their best, showing both their teachers and parents how well they have acquired skills and knowledge, and also the creativity and inspiration that also goes hand-in-hand with the art of drama.

NBIS DRAMA NIGHTS



10th and 11th of May 2023
NBIS Auditorium
5 p.m.

Welcome to Drama Night!

Tonight, you will be moved and amused by our talented actors from the Secondary School. Years 7A, 8A and 9A students will present a range of performances according to their Drama curriculum. The aim is to give you a glimpse of what they are learning in Drama while allowing students to experience the thrill of performing in front of a real audience.

Year 7A has prepared a play which explores various unexpected episodes in the life of delivery people.

Year 8A has explored teenage life and prepared comedic sketches showing you different ways to approach life.




Year 9A has experimented with a dramatic play which questions relationships and reminds us to treasure every moment.

Thank you to all colleagues, parents and friends for coming tonight to support and enjoy the performances of our young actors.

Ms Nausicaa Giavarra
NBIS Drama Teacher

Drama Night Program

- 1. Knock, Knock - Year 7A
- 2. Breaking Up, a monologue performed by Andrew, 9A
- 3. Crush, 8A
- 4. The Bank, Year 8A
- 5. The Magical Note, a monologue performed by Yokoy, 9A
- 6. Echo, Year 8A
- 7. The Party, Year 9A
- 8. The Director, Year 8A

Welcome to Drama Night!

Tonight, you will be moved and amused by our talented actors from the Secondary School. Years 7B, 8B and 9B and some 8A students will present a range of performances according to their Drama curriculum. The aim is to give you a glimpse of what they are learning in Drama while allowing students to experience the thrill emotion of performing in front of a real audience.

Year 7B has prepared a play which explores the interaction between reality and fiction.

Year 8B has explored teenagers' comedic inclinations and experimented with enacting ways to get detention in an unusual school setting.

Year 9B has prepared two dramatic short plays that explore bullying and cyberbullying.



Year 8A will close the show with a comedic sketch showing you different ways to approach life.

Thank you to all colleagues, parents and friends for coming tonight to support and enjoy the performances of our young actors.

Ms Nausicaa Giavarra
NBIS Drama Teacher

Drama Night Program

- 1. The Wizard of Oz - Year 7B
- 2. Dolphin - Year 9B
- 3. Many Ways to Get Detentions - Year 8B
- 4. I Was There - Year 9B
- 5. The Director - Year 8A




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NBIS

Chamber Music Concert

Children's Day, Thursday, June 1st /19:00/ Auditorium

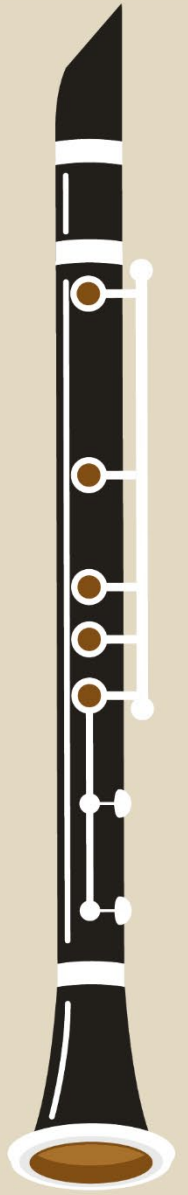
- Free tickets under reservation
- Limited seats
- Performances by teachers



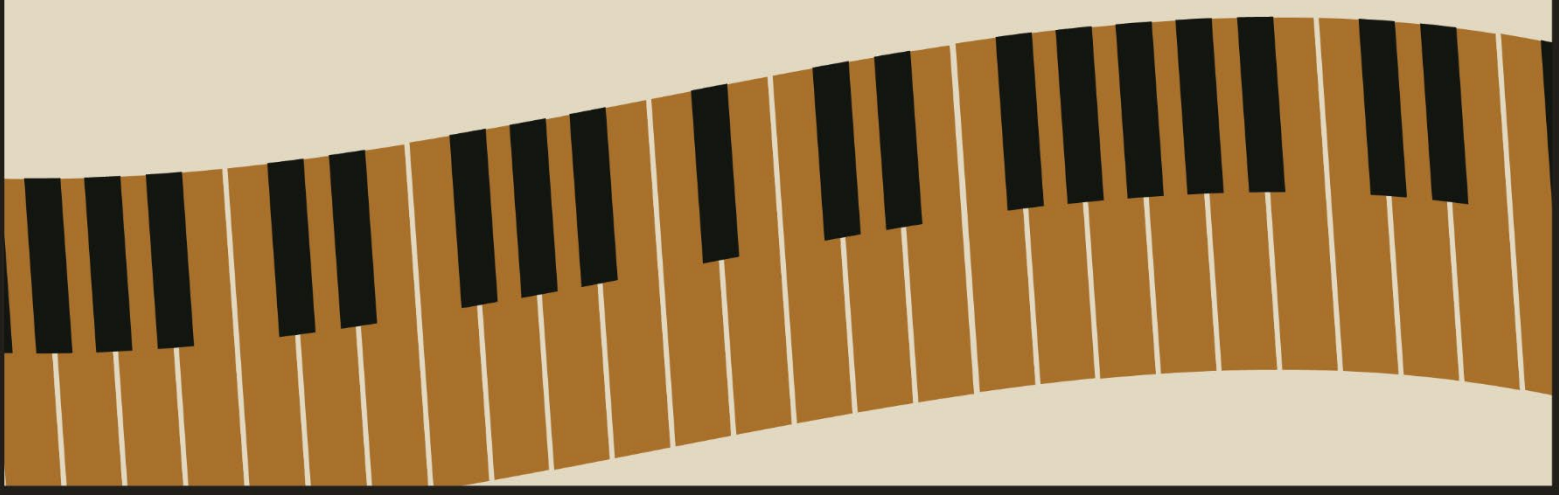
Kaia Lyu (Piano)



Isidro Santos Galindo
(Clarinet)



Scan to register





Ningbo British
International
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MAY 22-26TH, 2023

MATHS WEEK



WHAT TO EXPECT

PUZZLES • MATHS GAMES & RESOURCES • DATA
DOORS • MATHS FASHION DESIGN • MATHS TRAIL •
THE JOY OF MATHS!

Pre-school



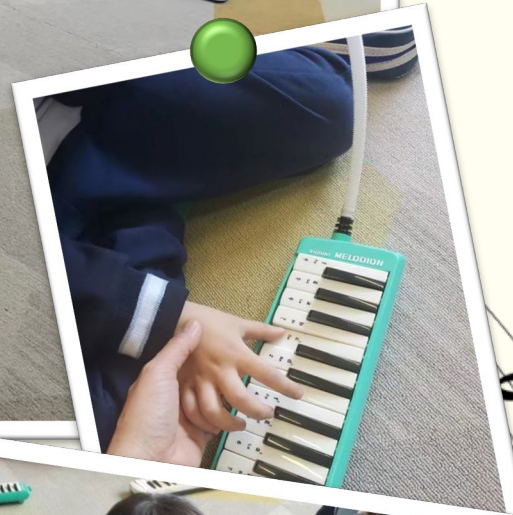
Pre-school have been busy exploring the theme "Transports and travel" in the past two weeks. Children love playing with toy cars and they are interested in different vehicles. We discussed the names of different transports, talked about the vehicles children have taken to travel. We also designed some fun activities associated with the transports such as car track painting, hot air balloon craft, floating boats, transport washable stencils, paper plane competition. Children get acquainted with the different transports very quickly through the way of playing and begin to know the meaning of float and sink, how to play the paper plane.



Primary Music from Year 1 to 5

Our Primary students in Years 1 to 5 have been enjoying learning to play musical instruments. It's great to see that students in Years 1, 2 and 3 have progressed from struggling with finger positioning and reading notes to playing songs like, 'Hot Cross Buns' and 'Marry Had a Little Lamb' using both hands on the melodica. By starting with simple melodies, students can build their confidence and gradually work towards more complex pieces.





This academic year, our ukulele classes have focused on a playing style: plucking the melody of songs. This technique, commonly used in classical music, has helped students develop fingerpicking skills. While playing tunes on the ukulele can be challenging at first, with practice, students have progressed and played various songs. Year 4 students, have been learning to play 'Ode To Joy', by Ludwig van Beethoven, while Year 5 students have been learning to playing more advanced pieces like 'Fur Elise' and 'Spanish Romance.' These beautiful and challenging. pieces have further developed their musical abilities and skills.



Year 10 Computer Science Students Learn About the Exciting Potential of Generative AI

The Year 10 Computer Science students have been exploring some really cool new technology recently. They've been learning about Generative AI, which is a fancy way of saying that computers can now create human-like responses to questions and prompts. They've been trying out some websites like ChatGPT and MidJourney, which use these algorithms to generate conversations and even unique images!



Under the guidance of their teacher, Mr Sean, the students have been having a blast testing out different websites and tools, asking questions, and getting feedback from AI-generated responses. They've also been discussing the pros and cons of using AI in education.

Ricky Jin is adamant that AI cannot replace teachers, as they play a critical role in creating a positive and supportive learning environment, which is essential for student success. But AI can instead be used to provide personalised learning experiences based on student levels.

Anna Liao believes AI can help students revise by generating flashcards, study guides, past paper questions, and, chapter summaries.

Hridita Nawrin on the other hand was concerned about student privacy, as these AI models are trained on huge volumes of data and if the data had personal details, it is at risk of being exposed.

Generative AI is a technology that is becoming more and more popular in education. It might sound scary at first, but there are actually a lot of benefits to using it in the classroom. Here are some of the ways that it can help students:

1. **Get Creative:** ChatGPT and MidJourney can help students come up with new ideas and designs based on their input. This is great for students in art, design, and creative writing classes.
2. **Problem-Solving Skills:** ChatGPT can help students solve complex problems by generating suggestions and solutions based on the input given to it. MidJourney can also help students solve problems related to visual design by generating images that fit specific requirements.
3. **Language Learning:** ChatGPT can help students practice different languages by generating conversations and responding to questions. This can help students



improve their language skills, particularly in areas such as vocabulary, grammar, and syntax.

4. **Research Skills:** ChatGPT can help students gather information on different topics by generating relevant and accurate responses to their questions. This is really useful for students who need to conduct research for a project or assignment.
5. **Accessibility:** ChatGPT and Midjourney can be used to support accessibility for students with disabilities by generating text or images that can be easily understood by those with visual or cognitive impairments. This can help students participate more fully in their education and feel more included in the classroom.

But, as with any new technology, there are some concerns that need to be addressed. Plagiarism is one concern because students may be tempted to use generative AI to produce work that is not entirely their own. Another concern is that generative AI is only as unbiased as the data it is trained on, and if the data is biased, then the AI may produce biased output. Finally, some generative AI tools may collect personal data from users, which can be concerning for students and parents who value their privacy.



As teachers, it's important to talk about these concerns with our students and make sure they use these tools responsibly and with integrity. If anyone has any questions or concerns about generative AI, we encourage you to talk to Mr Sean or any other teacher for guidance.





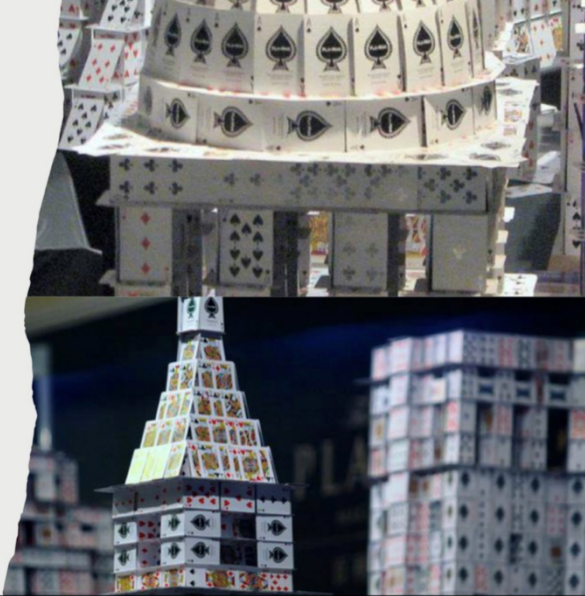
The Amazing and the Amusing

This week Y10 ESL students are reading about human achievements, drawing inspiration from all sorts of role models. They are encouraged to search online for genuinely amazing feats as well as silly records. Then they are to present them in slides or pictures. Here's what they have come up with.

Poker tower

- There is a poker master in the United States. Relying on thin playing cards, he stacks a variety of reduced high-rise buildings, as well as the castle of Disneyland. One of the Dallas towers is a huge tower stacked into a 7.9-meter-high tower with playing cards, using more than 1,000 decks of playing cards, breaking the Guinness World Record.

10A Adam



CRISTIANO RONALDO (CR7)

The most goals scored in international football (soccer) matches by an individual (male) between 2003 and 2021

By: Hesham Al-Saeedi 10B

The most toothpicks on beard

The most toothpicks on beard is 3170 of toothpicks. And this takes him 3 hours to put on!

10B Winnie



Benard Arnault

The richest person (male) is Bernard Arnault (France), with an estimated net worth of \$190 billion, published by Forbes Real Time Billionaires list, as 2nd of January 2023. Arnault's net worth is based on his stake in the luxury conglomerate LVMH (Louis Vuitton Moët Hennessy).

10B Eric



Kojima Hideo (Kojima is god!)

As a game producer, on November 8, 2019, the day "Death Stranded" was released, he won two Guinness World Records: the game director with the most followers on Twitter and the game director with the most followers on Instagram.

10A Gavin



10A Jack

Heaviest carrot

he heaviest carrot weighs 10.17 kg (22.44 lb) and was grown by Christopher Qualley of Otsego, Minnesota, USA, as verified on 9 September 2017.



10B James

Elon Musk and his achievements

Creates the SpaceX Rockets

Musk co-founded Tesla Motors, pulled Tesla back from the edge of life and death

Musk pioneered the US Yellow Pages in 1995.



Andre Hoeden

204 Slide of pants zipper in 30 seconds

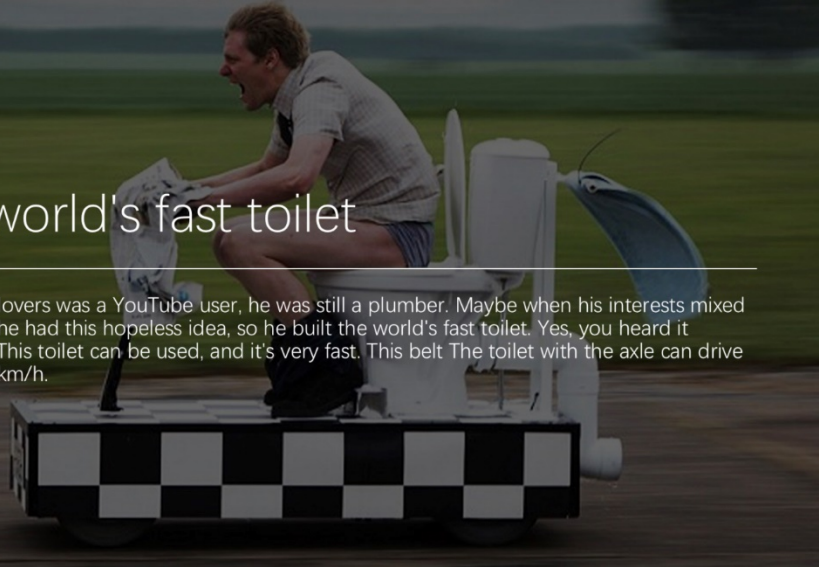


Jason

Natalie

The world's fast toilet

- When Collovers was a YouTube user, he was still a plumber. Maybe when his interests mixed together, he had this hopeless idea, so he built the world's fast toilet. Yes, you heard it correctly. This toilet can be used, and it's very fast. This belt The toilet with the axle can drive almost 90km/h.



Michael Phelps

Phelps also holds the all-time records for Olympic gold medals (23), Olympic gold medals in individual events (13), and Olympic medals in individual events (16).

10B Ryan



Jose Mourinho
Football coach
Youngest Manager to Reach 100 Champions League Games (49 years 12 days).



Y10 Sultan



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IGCSE MARINE SCIENCE

Ever wondered about the life cycle of a leatherback turtle? What causes tsunamis, earthquakes and volcanoes? How do coral reefs form? Investigate the answers to these and other fascinating questions in a course which explores the mystery and beauty of our blue planet!

IGCSE Marine Science is an interdisciplinary science subject that contains elements of biology, chemistry, physics and Earth science. Topics covered include:

The Earth and its oceans
Sea water
Marine organisms
Nutrients and energy
Marine ecology
Human influences on the marine environment



Cambridge Assessment
International Education

Biology Challenge

Join over 41,000 students worldwide in this year's online quiz and stimulate your curiosity for the natural world.

- Open to all students in:
Y9/Y10 in England and Wales
Y10/Y11 in Northern Ireland
S2/S3 in Scotland, and
Equivalent year groups worldwide
- Students are rewarded with e-certificates and RSB BioNet membership



Further details can be found at:
ukbiologycompetitions.org

Photography Competition 2023

Competition
open to all
amateur
photographers



Open to
entries on
the theme of
**Nature and
Climate**



Closing date:
27th June
2023

RSB.org.uk/photocomp
@RoyalSocBio



RSB.org.uk/nancy-rothwell-award
@RoyalSocBio

Draw, paint or
sketch your
favourite animal,
plant or fungi

Closing date:
29th July 2023



Oleander Hall,
2020 Shortlist

BioArtAttack 2D 2023 Combining Art with Science

RVC Royal
Veterinary
College
University of London

Competition
open to all
pupils aged
7-18 years



NBIS OUTDOOR LEARNING *Years 7-9*

Join us for the adventure of a
lifetime!

Destination: Anji, Zhejiang
Duration: 5 days (June 12th-16th)
Cost: 4800RMB (not including train fare).

Learning Goals:

- Health and well-being
- Sustainability
- Team building
- Global citizenship.

Activities:

- Team building games
- Scavenger hunt
- Rock climbing
- Abseiling
- Nighttime exploration/ flashlight games
- Building a waste incinerator
- Kung Fu master class
- Bamboo weaving workshop
- Orienteering
- Caving
- Tie-dye workshop
- Bonfire and BBQ

Sign up with your homeroom teacher



NBIS OUTDOOR LEARNING

AN UNFORGETTABLE ADVENTURE

Years 10-13

A 5-DAY EXCURSION

Location: Songyang, Zhejiang
Cost: 4900RMB (not including train fare)
Duration: 5 days (June 12th-16th)

Learning goals:

Understand how poverty and wealth can affect human needs
Learn about strategies to overcome inequalities
Compare living in a megacity to the countryside.

ACTIVITIES:

- Teambuilding exercises
- Discussions on global citizenship
- Starazing and talks on light pollution
- Learn survival skills
- Outdoor movie
- Mountain trail trek
- Making paper and bamboo weaving
- Opera workshop
- Scavenger hunt
- BBQ and bonfire
- Students will present their ideas on revitalizing Songyang to the local government.



Sign up with your homeroom teacher

www.wildchinaeducation.com



NBIS Weekly Menu



Sample Dishes

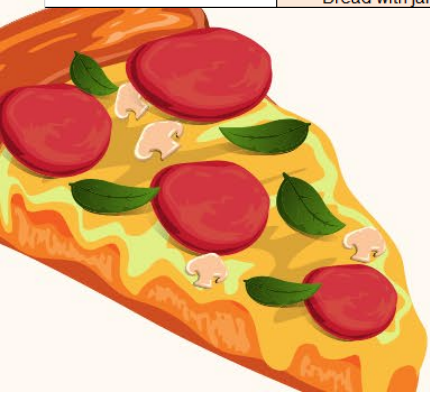
May 22 – May 26



Ningbo British International School
浙江宁波英伦
外籍人员子女学校

NBIS: Unity - Diversity - Excellence

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Menu	红烧牛肉	虾饺	烤鸡排	手撕鸡	煎牛排
	Braised beef	Shrimp dumpling	Chicken chop	Shredded chicken	Steak
	鸡米花	烤鸡腿	蒜苗腊肉	仔排玉米	烤鸡
	Popcorn chicken	Toast chicken leg	Meat with garlic	Rib with corn	Roast chicken
	葱油鱼片	蜜枣烧肉	红烧狮子头	虾饼	萝卜烧肉
	Basa fish	Braised pork	Braised meatball	Deep fried shrimp	Meat with radish
	蛋挞	奶茶	花菜	西兰花	花菜
	Egg tart	Pearl milk tea	Cauliflower	Broccoli	Cauliflower
	花菜	西兰花	汉堡	椒盐土豆	薯条
	Cauliflower	Broccoli	Hamburger	Potato	French fries
	烤土豆	法国面包	肉末粉丝	大白菜	披萨
	Potato	French bread	Meat with glass noodle	Cabbage	Pizza
	西红柿炒蛋	葱油万年青	烤地瓜	三明治	拌凉皮
	Scrabble egg with tomato	Vegetable	Roast sweet potato	sandwich	Cold noodle
	椒盐虾	剁椒鱼	毛血旺	麻辣肉片	葱油鲳鱼
	Shrimp	Chilli fish	Gross blood Mong	Pork slice	Butterfish
	爆盐鳗鱼	红烧虾	油爆虾	葱烤河鲫鱼	油爆虾
	Fish	Shrimp	Shrimp	Braised Crucian Carp with Scallion	Shrimp
	辣椒炒肉	水煮肉片	葱油小黄鱼	红烧虾	泡椒肉片
	Fried meat	Poached pork slices	Little yellow croaker	Shrimp	Pork slice
	水果	水果	水果	水果	水果
	Fruit	Fruit	Fruit	Fruit	Fruit
	萝卜汤	西红柿蛋汤	南瓜汤	银耳红枣汤	紫菜蛋花汤
	Radish soup	Tomato soup with egg	Pumpkin soup	Red dates yingerh cod soup	Seaweed soup with egg
	米饭	米饭	米饭	米饭	米饭
	Rice	Rice	Rice	Rice	Rice
蔬菜拼盘	蔬菜拼盘	蔬菜拼盘	蔬菜拼盘	蔬菜拼盘	
Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	
Snack Menu	牛奶	牛奶	牛奶	牛奶	牛奶
	Milk	Milk	Milk	Milk	Milk
	西瓜	香蕉	小番茄	小甜瓜	草莓
	Watermelon	Banana	Cherry tomato	Muskmelon	Strawberry
	鸡蛋饼	蒸饺	烧卖	奶黄包	萝卜丝饼
	Egg cake	Dumpling	Shao-mai	Stemed cremy custrd bun	Radish strips cake
	香梨	橙子	苹果	桂圆	小青瓜
	Pear	Orange	Apple	Longan	cucumber
吐司面包+果酱	港荣蛋糕	达利园面包	蔓越莓饼干	牛角包	
Bread with jam	Cake	Bread	Biscuit	Croissant	





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