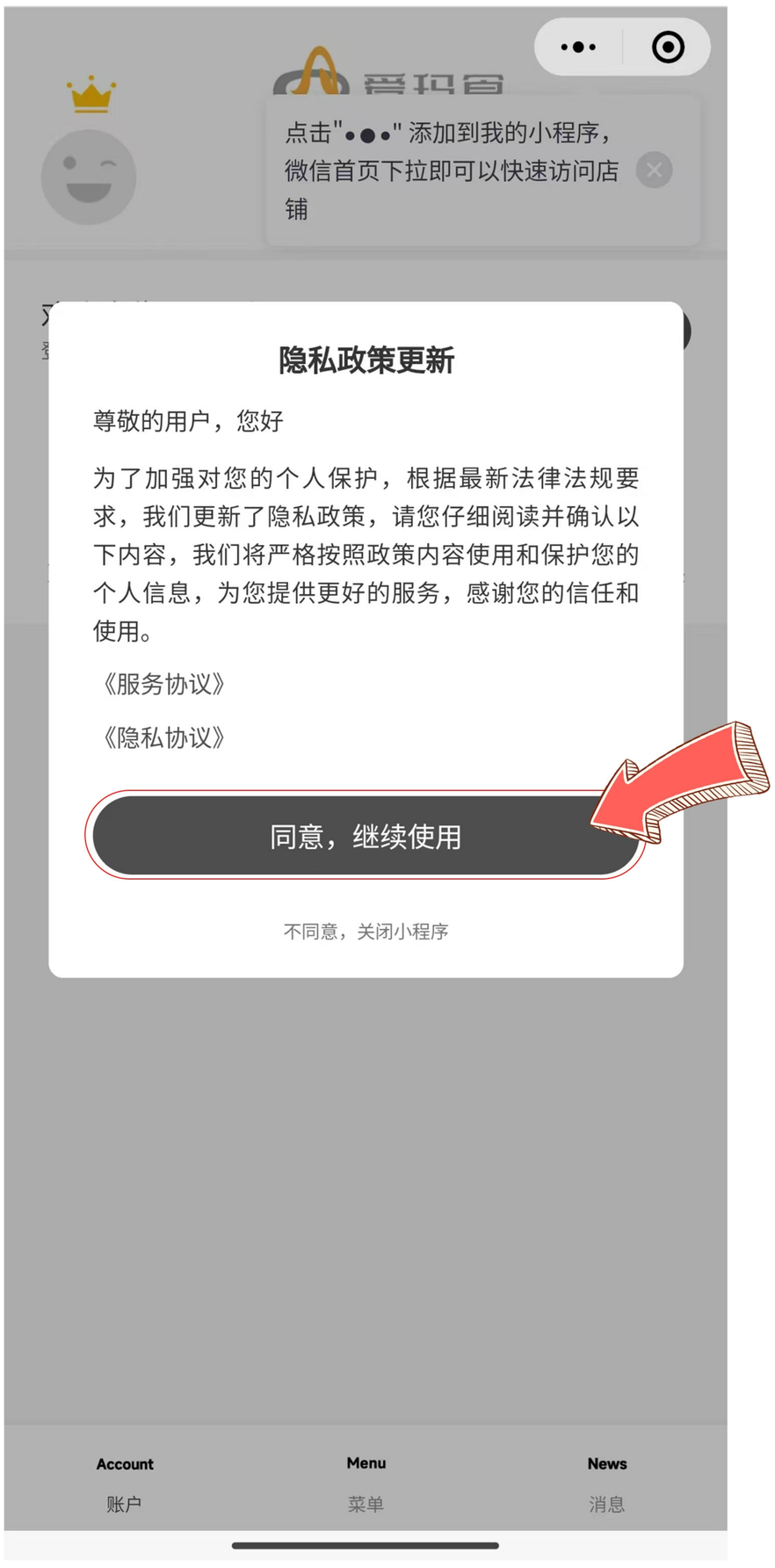
Mini Program Function Guide

小程序功能指引

1. Scan the QR code 扫码进入小程序

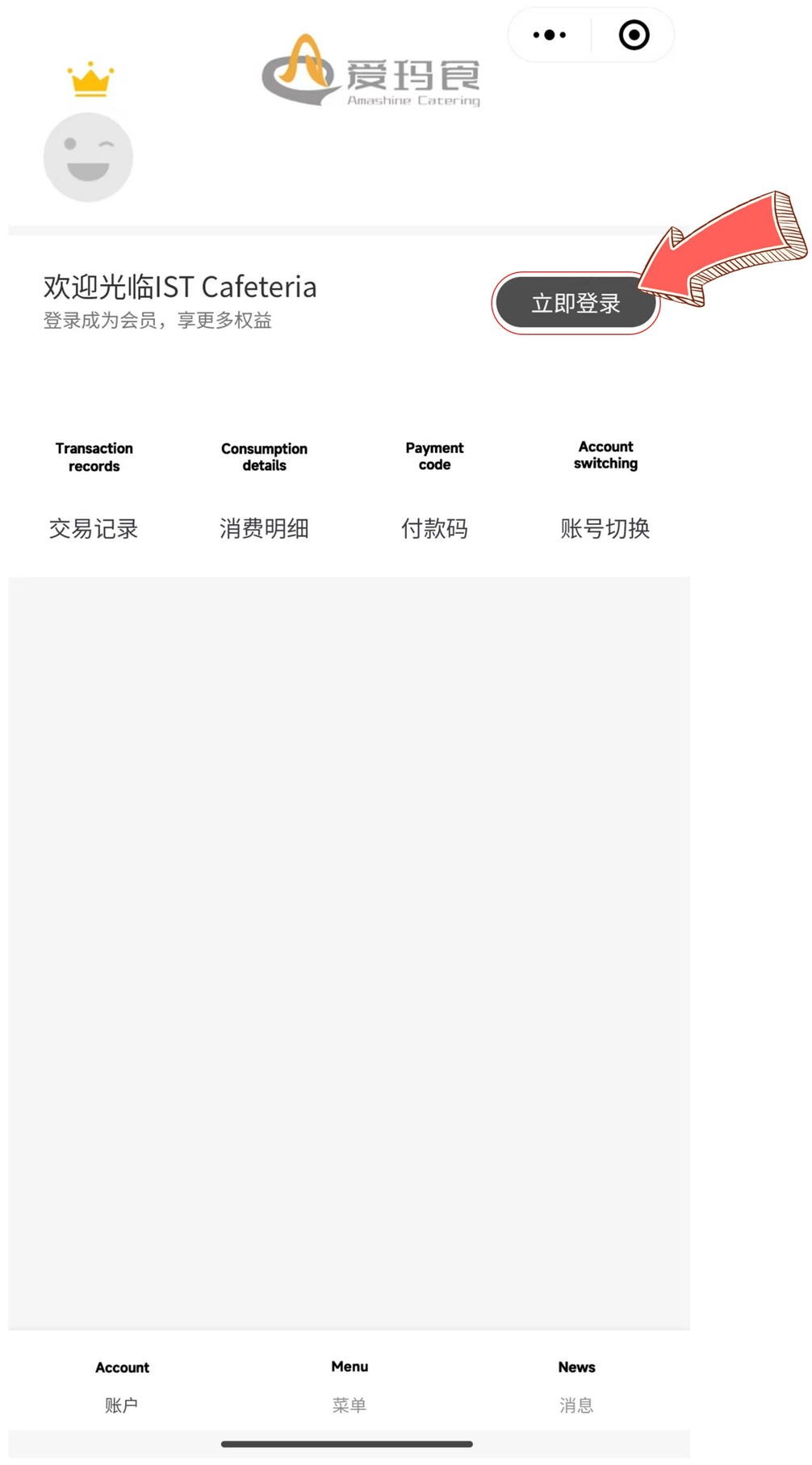
2. Click the 'Agree' button

请点击“同意”



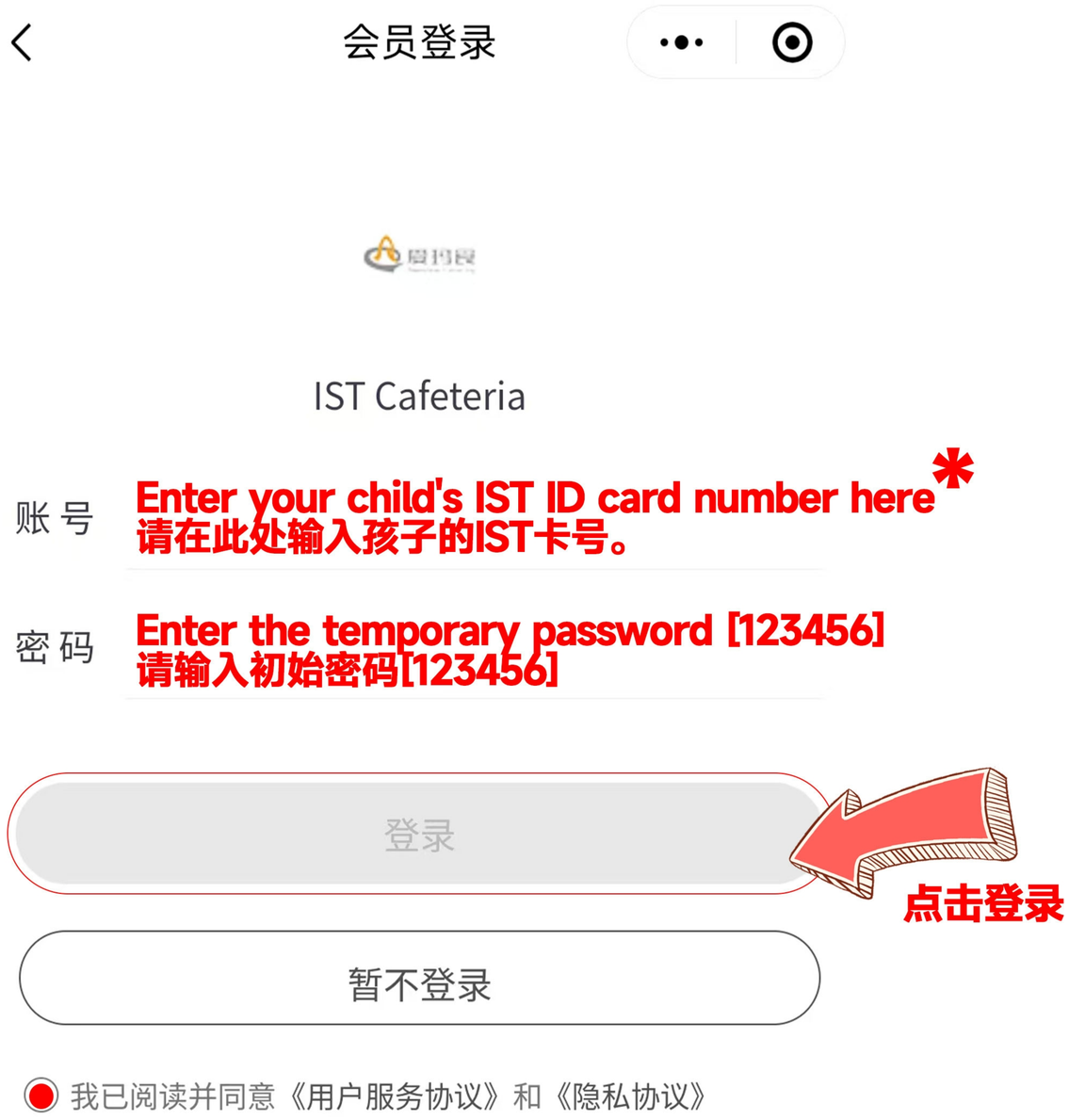
3. Click the 'Log In Now' button

请点击“立即登录”



4. Input ID, Password, then click the 'Register' button

输入账户及密码，并“登录”



* If you don't know your child's IST ID number，please email April Wang: April_Wang@istanjin.org.cn to check it.

如果您不知道孩子的IST卡号，请发邮件给 April Wang 查询：April_Wang@istanjin.org.cn

5. Click each button to check details

点击查看详情

6. Click to check the weekly menu

单击查看每周菜单

IST MENU

	Monday 2018-12-03	Tuesday 2018-12-04	Wednesday 2018-12-05	Thursday 2018-12-06	Friday 2018-12-07
Salad/Fruit	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day	Seasonal Fresh Salad Bar Fruit of the Day
Western From The Grill Station	Sauteed pork with Vegetable 黑椒猪肉	Roasted Chicken Leg 蜜汁鸡腿	Chicken Burger 鸡肉汉堡	Chili Con Carne 墨西哥炒牛肉馅	Hawaiian Waikiki Meatballs 夏威夷肉丸
		Stir fry Vegetable 炒时蔬		Stir fry Vegetable 炒时蔬	
	Steamed Rice 米饭	Steamed Rice 米饭	French Fries 薯条	Steamed Rice 米饭	Steamed Rice 米饭
Asian From The Wok/Noodle Station	Sauteed Chicken balls with Honey 蜂蜜鸡肉球	Noodles with Beef Soup 牛肉面	Jingjiang Chicken 京酱鸡丝	Kimbab 韩式饭卷	Pork Dumplings 猪肉水饺
	Stir fry Vegetable 炒时蔬	Boiled Vegetable 煮蔬菜	Stir fry Vegetable 炒时蔬	Kimchi 辣白菜	Stir fry Vegetable 炒时蔬
	Steamed Rice 米饭		Steamed Rice 米饭		
Vegetarian	Fried Vegetable 蜂蜜蔬菜球	Noodles with Vegetable Soup 蔬菜面	Vegetable Burger 蔬菜汉堡	Kimbab （Vegetable） 韩式蔬菜饭卷	Vegetable Dumplings 蔬菜水饺
Soup	Cream of Pea 奶油青豆汤	Egg and Seaweed Soup 鸡蛋紫菜汤	French Onion Soup 法式洋葱汤	Tomato and Egg Soup 西红柿鸡蛋汤	Tofu Cabbage Soup 豆腐圆白菜汤
Dessert	Banana Bread 香蕉包	Mini Muffin 小玛芬	Swiss Roll 瑞士卷	Kiwi Tart 猕猴桃塔	Chocolate Cake 巧克力蛋糕
Nutritional reading over the week		Energy 热量（Kcal）	Protein 蛋白质（g）	Carbohydrate 碳水化合物（g）	Fat 脂肪（g）
每周营养分析		730	24	99	24
Nutritional reading over the week					
营养建议		725	25	100	25