



2025 年 6 月 | 爱文深圳幼教部点心餐单
June, 2025 | Snack Menu Kindergarten Division



		星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri
第一周 Week 1 6.2–6.6	早点 Morning Snack	中式肉末蛋羹 Chinese Steamed Eggs w/ Minced Pork	菠菜肉沫炒米粉 Stir-fried Rice Noodles w/ Pork & Spinach	日式红豆包 Japanese Red Bean Bun	酱油鸡蛋炒河粉 Stir-fried Rice Noodles w/ Egg & Soy Sauce	香葱肉花卷 Steamed Chive & Pork Twisted Roll
		鸡蓉玉米粥 Chicken & Corn Porridge	广式香葱土豆 Cantonese Potato w/ Green Onion	胡萝卜牛肉粥 Beef & Carrot Porridge	蜂蜜蒸南瓜 Steamed Pumpkin w/ Honey	五谷营养粥 Grains Porridge
	饮品 Drinks	燕麦露、牛奶 Oat Milk, Milk	燕麦露、牛奶 Oat Milk, Milk	燕麦露、牛奶 Oat Milk, Milk	燕麦露、牛奶 Oat Milk, Milk	燕麦露、牛奶 Oat Milk, Milk
	下午点 Afternoon Snack	椰蓉鸡蛋卷 Coconut Egg Roll	厚乳芋泥棒 Mashed Taro Stick	香橙吐司 Orange Toast	巧克力蛋糕 Chocolate Cake	蒸甜玉米 Steamed Sweet Corn
	水果 Fruit	香蕉 Banana	苹果 + 哈密瓜 Apple + Hami Melon	西瓜 + 火龙果 Watermelon + Dragon Fruit	梨 + 葡萄 Pear + Grape	 甜瓜 + 黄金奇异果 Melon + Golden Kiwi
第二周 Week 2 6.9–6.13	早点 Morning Snack	美式滑蛋 American Scrambled Eggs	青菜肉丝炒米粉 Stir-fried Rice Noodles w/ Pork & Vegetables	火龙果奶香包 Dragon Fruit Milk Bun	干炒牛河 Stir-fried Rice Noodles w/ Beef	奶香司康饼 Milk Scone
		南瓜肉沫粥 Pork & Pumpkin Porridge	黄油烤玉米 Butter Roasted Corn	山药胡萝卜牛肉粥 Beef, Yam & Carrot Porridge	蜂蜜蒸山药 Steamed Yam w/ Honey	芥菜肉末粥 Pork & Leaf Mustard Porridge
	饮品 Drinks	燕麦露、牛奶 Oat Milk, Milk	燕麦露、牛奶 Oat Milk, Milk	燕麦露、牛奶 Oat Milk, Milk	燕麦露、牛奶 Oat Milk, Milk	燕麦露、牛奶 Oat Milk, Milk
	下午点 Afternoon Snack	蔓越莓鸡蛋卷 Cranberry Egg Roll	提子餐包 Raisin Bun	芋泥蛋黄吐司 Mashed Taro & Egg Yolk Toast	芝士云朵蛋糕 Cheese Soft Cake	 巧克力面包 Chocolate Bun
	水果 Fruit	香蕉 Banana	苹果 + 哈密瓜 Apple + Hami Melon	西瓜 + 火龙果 Watermelon + Dragon Fruit	梨 + 葡萄 Pear + Grape	 甜瓜 + 黄金奇异果 Melon + Golden Kiwi
第三周 Week 3 6.16–6.20	早点 Morning Snack	中式肉末蛋羹 Chinese Steamed Eggs w/ Minced Pork	三色鸡蛋肉沫炒粉 Stir-fried Rice Noodles w/ Egg, Pork & Mix Vegetables	椰蓉马芬 Coconut Muffin	蔬菜鸡蛋炒面 Egg Stir-fried Noodles & Vegetables	枣糕 Jujube Cake
		芹菜牛肉粥 Beef & Celery Porridge	桂花奶香小芋头 Steamed Taro w/ Milk & Osmanthus	牛奶燕麦粥 Oatmeal w/ Milk	蜂蜜蒸红薯 Steamed Sweet Potato w/ Honey	鸡蓉玉米粥 Chicken & Corn Porridge
	饮品 Drinks	燕麦露、牛奶 Oat Milk, Milk	燕麦露、牛奶 Oat Milk, Milk	燕麦露、牛奶 Oat Milk, Milk	燕麦露、牛奶 Oat Milk, Milk	燕麦露、牛奶 Oat Milk, Milk
	下午点 Afternoon Snack	蜂蜜香橙海绵蛋糕 Honey Orange Sponge Cake	 巧克力吐司 Chocolate Toast	厚乳芋泥棒 Mashed Taro Stick	原味蛋糕 Sponge Cake	蒸甜玉米 Steamed Sweet Corn
	水果 Fruit	香蕉 Banana	苹果 + 哈密瓜 Apple + Hami Melon	西瓜 + 火龙果 Watermelon + Dragon Fruit	梨 + 葡萄 Pear + Grape	 甜瓜 + 黄金奇异果 Melon + Golden Kiwi

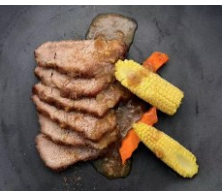
关于餐食的问题与建议欢迎联系 Please reach out to us for any suggestion
operations-sz@avenueschina.cn

2025 年 6 月 | 爱文深圳幼教部午餐餐单
June, 2025 | Lunch Menu Kindergarten Division

第一周 Week 1	周一 Monday		周二 Tuesday		周三 Wednesday 赏味 · 越南 Taste of Vietnam		周四 Thursday		周五 Friday	
主菜套餐 A Set Meal A 	京式大酱炖牛腩 Beijing Braised Beef		土豆炒肉片 Stir-fried Pork w/ Potatoes		 香茅鸡块 Citronella Chicken		木耳青瓜炒鸡柳 Stir-fried Chicken w/ Wood Ear Mushrooms & Cucumber		西葫芦胡萝卜红烧肉 Braised Pork w/ Carrot & Zucchini	
	山药饭 Rice w/ Yam		蛋炒饭 Stir-fried Rice w/ Egg		甜酱油炒米粉 Stir-fried Rice Noodles w/ Sweet Soy Sauce		酱油香葱炒饭 Stir-fried Rice w/ Soy Sauce & Onion		红薯饭 Rice w/ Sweet Potato	
主菜套餐 B Set Meal B 	蘑菇汁焗鸡肉丸 Roasted Chicken Meatballs w/ Mushrooms Carbonara Sauce		茄汁焗海鲜 Baked Mixed Seafood w/ Tomato Sauce		 番茄肥牛 Tomato Soup Beef		千层面 (牛肉) Lasagna (Beef)		蜜汁烤鱼柳 Roasted Fish Balls w/ Honey Sauce	
	意大利面 Spaghetti		白米饭 Rice		双色米饭 Black & White Rice				奶香土豆泥 Mashed Potato	
蔬菜 Vegetable 	西兰花胡萝卜配豆干 Stir-fried Spiced Tofu w/ Broccoli & Carrot		海带金针菇煮豆腐皮 Stewed Tofu Skin w/ Shredded Kelp & Mushrooms		南姜椰奶炒杂菜 Stir-fried Mixed Vegetables w/ Ginger & Coconut Juice		香菇烧豆腐 Braised Tofu w/ Mushrooms		橄榄油烤南瓜配扁豆 Baked Pumpkin w/ Olive Oil & Lentils	
	炆炒小白菜 Bok Choy		姜汁芥兰 Kale w/ Ginger Sauce		蒜汁荷兰豆 Snow Peas w/ Garlic		清炒上海青 Baby Bok Choy		蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic	

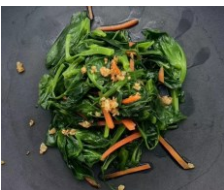
关于餐食的问题与建议欢迎联系 Please reach out to us for any suggestion
operations-sz@avenueschina.cn

2025 年 6 月 | 爱文深圳幼教部午餐餐单
June, 2025 | Lunch Menu Kindergarten Division

第二周 Week 2	周一 Monday	周二 Tuesday	周三 Wednesday 赏味 · 韩国 Taste of Korea	周四 Thursday	周五 Friday
主菜套餐 A Set Meal A 	NEW 豉油酸菜蒸鳕鱼 Steamed Cod w/ Pickled Cabbage & Soy Sauce 	海南鸡 Hainanese Chicken	海苔炒大虾 Stir-fried Shrimp w/ Seaweed 	土豆炖牛腩 Stewed Beef w/ Potatoes 	番茄炒蛋 Scrambled Eggs w/ Tomato 
	椰香香茅饭 Rice w/ Citronella & Coconut Juice 	藜麦饭 Rice w/ Quinoa 	酱油捞面 Noodles w/ Soy Sauce 	胡萝卜饭 Rice w/ Carrot 	青菜炒饭 Vegetables Stir-fried Rice 
主菜套餐 B Set Meal B 	咖喱鸡 Curry Chicken 	主厨牛肉番茄芝士汉堡 Chef' s Beef Burger w/ Roasted Tomato & Cheese 	韩式年糕烩肉 Korean Braised Pork w/ Rice Cake 	NEW 柠檬香茅鸡腿肉 Lemon Citroella Chicken 	迷迭香烤猪柳 Rosemary Roasted Pork 
	橄榄油蝴蝶面 Farfalle Pasta w/ Olive Oli 		玉米饭 Rice w/ Corn 	百里香烤土豆角 Thyme Baked Potato Wedges 	茄汁贝壳面 Shell Pasta w/ Tomato Sauce 
蔬菜 Vegetable 	橄榄油烤杂蔬 Roasted Vegetables w/ Olive Oil 	西芹百合煮黄豆 Celery, Lily & Soybean 	香煎豆腐 Pan-fried Tofu 	三丝烩豆皮 Braised Tofu Skin w/ Vegetables 	南瓜煮老豆腐 Stewed Tofu w/ Pumpkin 
	双色莴笋丝 Celtuce w/ Carrot 	清炒奶白菜 Bok Choy 	酱油西兰花菜苔 Broccolini w/ Soy Sauce 	原味菜心 Choy Sum 	玉米炒白菜 Chinese Cabbage & Corn 

关于餐食的问题与建议欢迎联系 Please reach out to us for any suggestion
operations-sz@avenueschina.cn

2025 年 6 月 | 爱文深圳幼教部午餐餐单
June, 2025 | Lunch Menu Kindergarten Division

第三周 Week 3	周一 Monday	周二 Tuesday	周三 Wednesday 赏味 · 法国 Taste of France	周四 Thursday	周五 Friday
主菜套餐 A Set Meal A 	NEW 酸菜炒肥牛 Stir-fried Beef w/ Pickled Cabbage 	滑蛋虾仁 Scrambled Egg w/ Shrimp 	橄榄油烤三文鱼丸 Roasted Salmon Balls w/ Olive Oil 	NEW 菠萝炒鸡块 Stir-fried Chicken w/ Pineapple 	南瓜炒肉片 Stir-fried Pork w/ Pumpkin 
	三丝炒面 Stir-fried Noodles w/ Vegetables 	葱油米饭 Rice w/ Scallions 	奶油蘑菇烩饭 Creamy Mushrooms Risotto 	红薯饭 Rice w/ Sweet Potato 	NEW 咸蛋黄炒饭 Stir-fried Rice w/ Salted Egg Yolk 
主菜套餐 B Set Meal B 	香烤鸡柳 Roasted Chicken w/ Tomato Sauce 	孜然烤牛腩 Cumin Roasted Beef 	香草炖猪柳 Stewed Pork w/ Vanilla 	意式牛肉酱 Italian Beef Marinara Sauce 	千层面 (鸡肉) Lasagna (Chicken) 
	鲜奶芝士通心粉 Cheese Macaroni 	奶香土豆泥 Mashed Potato 	蒜香橄榄油蝴蝶面 Farfalle Pasta w/ Garlic & Olive Oil 	意大利面 Spaghetti 	
蔬菜 Vegetable 	家常豆腐 Homestyle Tofu 	山药炒香干 Stir-fried Spiced Tofu w/ Yam 	芦笋甜豆配扁豆 Asparagus & Sweet Bean w/ Lentils 	红烧茄子 Braised Eggplant 	青椒土豆丝 Shredded Potatoes w/ Bell Pepper 
	手撕包菜 Shredded Cabbage 	蒜蓉生菜 Lettuce w/ Garlic 	蒜沫三色蔬菜 (西兰花、花菜、胡萝卜) Broccoli, Cauliflower & Carrot w/ Garlic 	上汤豆苗 Pea Sprout 	清炒上海青 Baby Bok Choy 

关于餐食的问题与建议欢迎联系 Please reach out to us for any suggestion
operations-sz@avenueschina.cn