

2024 年 6 月 | 爱文深圳中小学部餐单
June, 2024 | Snack & Lunch Menu Primary & Secondary Division

第一周 Week 1	6.2-6.6	周一 Monday	周二 Tuesday	周三 Wednesday 赏味 • 印度 Taste of India	周四 Thursday	周五 Friday
点心餐单 Snacks	 早点 G1-9 Morning Snack	牛角包 Croissant	巧克力蛋糕 Chocolate Cake	红豆吐司 Red Bean Toast	海苔肉松包 Seaweed Meat Floss Bun	奶香司康饼 Milk Scone
	 高年级 Upper Grades	红豆面包 Red Bean Bun	酸奶葡萄吐司 Yogurt Raisin Toast	牛奶面包 Milk Bun	丹麦菠萝奶酥 Pineapple Bun	黄油蛋糕 Butter Cake
	 水果 Fruit	梨 Pear	香蕉 Banana	苹果 Apple	梨 Pear	桃子 Peach
午餐餐单 Lunch Menu	 中式套餐 Chinese Set Meal	 酸菜炒肥牛 Stir-fried Beef w/ Pickled Cabbage	 红烧肉 Braised Pork	 黄油鸡 Butter Chicken	  菠萝炒鸡块 Stir-fried Chicken w/ Pineapple	虾仁蒸水蛋 Steamed Egg w/ Shrimp
		白米饭 Rice	豆芽炒河粉 / 白米饭 Stir-fried Rice Noodles w/ Bean Sprouts / Rice	蒜香黄油面包 Garlic Butter Bread	 咸蛋黄炒饭 / 白米饭 Stir-fried Rice w/ Salted Egg Yolk / Rice	白米饭 Rice
	 西式套餐 Western Set Meal	 孜然烤鸡腿 Cumin Roasted Chicken Drumstick	香煎大虾配香蒜汁 Pan-fried Shrimp w/ Garlic Sauce	橄榄卡真烤鱼柳 Cajun Roasted Fish w/ Olive	千层面 (牛肉) Lasagna (Beef)	墨西哥炖牛肉 Mexican Beef Stew
		鲜奶芝士通心粉 Cheese Macaroni	双色烤甜薯 Baked Sweet Potato	白米饭 Rice		白米饭 Rice
	 蔬菜 Vegetable	蒜蓉粉丝丝瓜 Vermicelli & Luffa w/ Garlic	孜然烤老豆腐 Baked Tofu w/ Cumin	黄油玉米 Butter Corn	芝士烤番茄 Cheese Baked Tomato	 麻婆豆腐 (不辣) Mapo Tofu (Not Spicy)
		原味菜心 Choy Sum	花菇扒菜胆 Vegetables w/ Mushrooms	咖喱茄子苕菜花 Curry Eggplant & Cauliflower	玉米炒白菜 Chinese Cabbage & Corn	蒜蓉生菜 Lettuce w/ Garlic
	 素食 Vegetarian	蒜蓉粉丝丝瓜 Vermicelli & Luffa w/ Garlic	孜然烤老豆腐 Baked Tofu w/ Cumin	煮玉米 Boiled Corn	烤番茄 Baked Tomato	麻婆豆腐 (不辣) Mapo Tofu (Not Spicy)
		原味菜心配豆皮 Choy Sum w/ Tofu Skin	花菇扒菜胆 Vegetables w/ Mushrooms	咖喱茄子苕菜花配扁豆 Curry Eggplant & Cauliflower w/ Lentils	豆泡炒白菜 Chinese Cabbage & Fried Tofu	蒜蓉生菜 Lettuce w/ Garlic
		白米饭 Rice	豆芽炒河粉 Stir-fried Rice Noodles w/ Bean Sprouts	蒜香面包 Garlic Bread	白米饭 Rice	白米饭 Rice
		通心粉 Macaroni	双色烤甜薯 Baked Sweet Potato	白米饭 Rice	千层面 (素) Lasagna (Vegetables)	
	 特色餐 Special Meal					饺子 Dumpling
	 汤 Soup	海带猪骨汤 Pork & Kelp Soup	椰汁西米露 Coconut Tapioca	扁豆鸡汤 Chicken & Lentils Soup	紫菜蛋花汤 Egg & Seaweed Soup	银耳木瓜汤 White Fungus & Papaw Soup

关于餐食的问题与建议欢迎联系 Please reach out to us for any suggestion
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第二周 Week 2	6.9-6.13	周一 Monday	周二 Tuesday	周三 Wednesday 风味·越南 Taste of Vietnam	周四 Thursday	周五 Friday
点心餐单 Snacks	 早点 G1-9 Morning Snack	苹果酥 Apple Turnover	肉松蛋糕 Meat Floss Cake	椰蓉吐司 Coconut Toast	芝士云朵蛋糕 Cheese Soft Cake	 巧克力面包 Chocolate Bun
	 高年级 Upper Grades	肉松包 Meat Floss Bread	 提子丹麦卷 Raisin Danish Roll	海盐黄油面包 Salty Butter Bread	华夫饼 Waffle	海绵蛋糕 Soft Cake
	 水果 Fruit	香蕉 Banana	苹果 Apple	梨 Pear	桃子 Peach	香蕉 Banana
午餐餐单 Lunch Menu	 中式套餐 Chinese Set Meal	 小鸡炖蘑菇 Stewed Chicken w/ Mushrooms	 农家一碗香 Stir-fried Pork w/ Egg & Green Pepper	 香茅鸡块 Citronella Chicken	 红烧鸡腿 Braised Chicken Drumstick	肉沫蒸蛋 Steamed Egg w/ Minced Pork
		白米饭 Rice	双色米饭 / 白米饭 Rice w/ Black Rice / Rice	胡萝卜番茄炒面 Stir-fried Noodles w/ Carrot & Tomato	酱油香葱炒饭 / 白米饭 Stir-fried Rice w/ Soy Sauce & Green Onion / Rice	白米饭 Rice
	 西式套餐 Western Set Meal	香草烤五花肉 Roasted Pork w/ Vanilla	红咖喱虾仁 Curry Shrimp	 酸汤肥牛 Sour Soup Beef	意式牛肉酱 Beef Marinara Sauce	 蜜桃酸甜咕噜鱼 Sweet & Sour Fish w/ Peach
		奶香土豆泥 Mashed Potatoes	橄榄油烩贝壳面 Shell Pasta w/ Olive Oil	白米饭 Rice	意大利面 Spaghetti	黄油小土豆 Butter Potato
	 蔬菜 Vegetable	家常豆腐 Homestyle Tofu	芝士烤西葫芦 Cheese Baked Zucchini	毛豆煮杂菜 Boiled Soybean & Mixed Vegetables	橄榄油烤杂蔬 Roasted Mixed Vegetables w/ Olive Oil	金针菇蒜蓉蒸豆腐 Stewed Tofu w/ Mushrooms & Garlic
		清炒西兰花菜苔 Broccolini	老醋手撕包菜 Shredded Cabbage w/ Vinegar	双色莴笋丝 Asparagus & Carrot	上汤豆苗 Pea Sprout	清炒杭白菜 Chinese Cabbage
	 素食 Vegetarian	家常豆腐 Homestyle Tofu	烤西葫芦配扁豆 Baked Zucchini w/ Lentils	毛豆煮杂菜 Boiled Soybean & Mixed Vegetables	橄榄油烤杂蔬 Roasted Mixed Vegetables w/ Olive Oil	金针菇蒜蓉蒸豆腐 Stewed Tofu w/ Mushrooms & Garlic
		清炒西兰花菜苔 Broccolini	老醋手撕包菜 Shredded Cabbage w/ Vinegar	双色莴笋丝 Asparagus & Carrot	上汤豆苗 Pea Sprout	清炒杭白菜 Chinese Cabbage
		白米饭 Rice	双色米饭 Rice w/ Black Rice	胡萝卜番茄炒面 Stir-fried Noodles w/ Carrot & Tomato	酱油香葱炒饭 Stir-fried Rice w/ Soy Sauce & Green Onion	白米饭 Rice
		土豆泥 Mashed Potatoes	橄榄油烩贝壳面 Shell Pasta w/ Olive Oil	白米饭 Rice	意大利面 Spaghetti	煮小土豆 Boiled Potato
	 特色餐 Special Meal	牛腩粉 Braised Beef & Rice Noodles				
	 汤 Soup	红豆汤 Red Bean Soup	 虫草花鸡肉汤 Chicken & Cordyceps Flower Soup	 香茅猪骨汤 Pork & Citronella Soup	罗宋汤 Borsch	苹果马蹄瘦肉汤 Pork, Apple & Water Chestnut Soup

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第三周 Week 3	6.16-6.20	周一 Monday	周二 Tuesday	周三 Wednesday 赏味 · 韩国 Taste of Korea	周四 Thursday	周五 Friday
点心餐单 Snacks	 早点 G1-9 Morning Snack	 牛角包 Croissant	 巧克力蛋糕 Chocolate Cake	 红豆吐司 Red Bean Toast	 海苔肉松包 Seaweed Meat Floss Bun	 奶香司康饼 Milk Scone
	 高年级 Upper Grades	 红豆面包 Red Bean Bun	 酸奶葡萄吐司 Yogurt Raisin Toast	 牛奶面包 Milk Bun	 丹麦菠萝奶酥 Pineapple Bun	 黄油蛋糕 Butter Cake
	 水果 Fruit	 苹果 Apple	 梨 Pear	 桃子 Peach	 香蕉 Banana	 苹果 Apple
午餐餐单 Lunch Menu	 中式套餐 Chinese Set Meal	 梅菜蒸肉饼 Steamed Minced Pork w/ Preserved Vegetables	 豉油酸菜蒸鲷鱼 Steamed Cod w/ Pickled Cabbage & Soy Sauce	 年糕酱烧鸡 Braised Chicken w/ Rice Cake	 萝卜炖牛腩 Stewed Beef w/ Radish	 广式三丝炒粉 (猪肉) Cantonese Stir-fried Rice Noodles w/ Pork & Vegetables
		 白米饭 Rice	 藜麦饭 / 白米饭 Rice w/ Quinoa / Rice	 酱油捞面 Noodles w/ Soy Sauce	 葱油米饭 / 白米饭 Rice w/ Scallions / Rice	
	 西式套餐 Western Set Meal	 柠檬香茅鸡腿 Lemon Citroella Chicken Drumstick	 主厨牛肉番茄芝士汉堡 Chef's Beef Burger w/ Roasted Tomato & Cheese	 海苔炒大虾 Stir-fried Shrimp w/ Seaweed	 柠檬煎三文鱼 Pan-fried Salmon w/ Lemon Juice	 菠菜芝士蛋糕 Spinach Cheese Quiche
		 薄饼 Flatbread		 白米饭 Rice	 五彩螺旋面 Fusilli Pasta	 双色烤甜薯 / 白米饭 Baked Sweet Potato / Rice
	 蔬菜 Vegetable	 黄油玉米 Butter Corn	 香草烤南瓜配扁豆 Vanilla Roasted Pumpkin w/ Lentils	 盐水三色豆 (鹰嘴豆、云豆、毛豆) Salted Chickpeas, Kidney Beans & Green Soybean	 红烧茄子 Braised Eggplant	 麻婆豆腐 (不辣) Mapo Tofu (Not Spicy)
		 蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic	 酱油生菜 Lettuce w/ Soy Sauce	 炆炒小白菜 Bok choy	 盐水菜心 Salty Choy Sum	 清炒上海青 Baby Bok Choy
	 素食 Vegetarian	 煮玉米 Boiled Corn	 香草烤南瓜配扁豆 Vanilla Roasted Pumpkin w/ Lentils	 盐水三色豆 (鹰嘴豆、云豆、毛豆) Salted Chickpeas, Kidney Beans & Green Soybean	 红烧茄子配黄豆 Braised Eggplant w/ Soybean	 麻婆豆腐 (不辣) Mapo Tofu (Not Spicy)
		 蒜蓉油麦菜配豆干 Stir-fried Lettuce w/ Spiced Tofu & Garlic	 酱油生菜 Lettuce w/ Soy Sauce	 炆炒小白菜 Bok choy	 盐水菜心 Salty Choy Sum	 清炒上海青 Baby Bok Choy
		 白米饭 Rice	 藜麦饭 Rice w/ Quinoa	 酱油捞面 Noodles w/ Soy Sauce	 葱油米饭 Rice w/ Scallions	 三丝炒粉 Stir-fried Rice Noodles w/ Vegetables
		 薄饼 Flatbread	 白米饭 Rice	 白米饭 Rice	 五彩螺旋面 Fusilli Pasta	 双色烤甜薯 Baked Sweet Potato
	 特色餐 Special Meal					 包子 Bun
	 汤 Soup	 莲子百合汤 Lotus Nut & Lily Soup	 丝瓜蛋花汤 Luffa & Egg Soup	 大酱汤 Tofu Soup	 茶树菇鸡汤 Chicken & Mushrooms Soup	 小米粥 Millet Porridge

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