



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

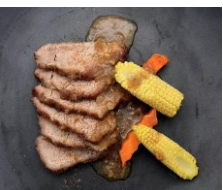
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2025 年 6 月 | 爱文深圳幼教部午餐餐单
June, 2025 | Lunch Menu Kindergarten Division

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	

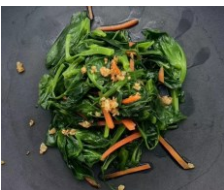
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2025 年 6 月 | 爱文深圳幼教部午餐餐单
June, 2025 | Lunch Menu Kindergarten Division

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 

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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 

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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	 咖喱茄子苡菜花 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	 咖喱茄子苡菜花配扁豆 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	

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

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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June, 2024 | Snack & Lunch Menu Primary & Secondary Division

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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	 豉油酸菜蒸鲮鱼 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

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