

2026年1月-2月 | 爱文深圳中小学部餐单
January & February, 2026 | Snack & Lunch Menu Primary & Secondary Division

第一周 Week 1	1. 5-1. 9	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·意大利 Taste of Italy	周四 Thursday	周五 Friday
点心餐单 Snacks	早点 Morning Snack	牛角包 Croissant	南瓜奶酪包 Pumpkin Cheese Bun	香葱肉花卷 Steamed Chive & Pork Twisted Roll	巧克力软曲奇 Chocolate Cookie	橙香松饼 Orange Pancake
	下午点 Afternoon Snack	丹麦菠萝奶酥 Pineapple Bun	红豆面包 Red Bean Bun	芝士软麻薯 Cheese soft potato	香肠酥 Sausage Gridded	蛋皮肉松卷 Egg Skin & Meat Floss Roll
	水果 Fruit	橘子 Orange	苹果 Apple	梨 Pear	橘子 Orange	香蕉 Banana
	中式套餐 Chinese Set Meal	京味余师傅红烧鸡腿配鹌鹑蛋 Beijing-Style Master Yu's Braised Chicken Drumstick w/ Quail Eggs	豉汁蒸鳕鱼 Steamed Cod w/ Black Bean Sauce	意大利猎人烩鸡 Pollo alla Cacciatora	大白菜过油肉炒年糕 Stir-fried Rice Cake with Pork & Chinese Cabbage	番茄炒蛋 Scrambled Eggs w/ Tomato
		馒头 / 白米饭 Bun / Rice	玉米饭 / 白米饭 Rice w/ Corn / Rice	奶油蘑菇烩饭 / 白米饭 Creamy Mushroom Risotto / Rice	香葱炒饭 Stir-fried Rice w/ Green Onion	白米饭 Rice
	西式套餐 Western Set Meal	黄油黑胡椒炒虾仁 Butter Stir-fried Shrimp w/ Black Pepper	芝士茄汁猪扒 Cheese Pork w/ Tomato Sauce	意式牛肉酱 Italian Beef Marinara Sauce	日式三文鱼蔬菜炒饭 Japanese Salmon Vegetable Fried Rice	萝卜炖牛腩 Stewed Beef w/ Radish
		蒜香青柠汁拌面 Noodles w/ Garlic & Lime Juice	奶香土豆泥 Mashed Potatoes	意大利面 Spaghetti		蒜香黄油烤土豆 Garlic Butter Baked Potato
	蔬菜 Vegetable	酸甜豆腐 Sweet & Sour Tofu	马拉盏炒茄子 Stir Fried Eggplant w/ Malazhan	黄油烤口蘑 Butter Roasted Mushrooms	香蒜蒸水豆腐 Steamed Tofu w/ Garlic	黑醋橄榄油烤时蔬 Roasted Vegetables w/ Black Vinegar & Olive Oil
		清炒上海青 Baby Bok Choy	上汤豆苗 Bean Leaf	普罗旺斯炖杂蔬 Provence Stewed Vegetables	清炒迟菜心 Choy Sum w/ Garlic	蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic
	素食 Vegetarian	酸甜豆腐 Sweet & Sour Tofu	马拉盏炒茄子配香干 Stir Fried Eggplant w/ Malazhan w/ Spiced Tofu	烤口蘑配扁豆 Roasted Mushrooms w/ Lentils	香蒜蒸水豆腐 Steamed Tofu w/ Garlic	黑醋橄榄油烤时蔬配扁豆 Roasted Vegetables w/ Black Vinegar & Olive Oil & Lentils
		清炒上海青 Baby Bok Choy	上汤豆苗 Bean Leaf	普罗旺斯炖杂蔬 Provence Stewed Vegetables	清炒迟菜心 Choy Sum w/ Garlic	蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic
		白米饭 Rice	玉米饭 Rice w/ Corn	白米饭 Rice	香葱炒饭 Stir-fried Rice w/ Green Onion	白米饭 Rice
		蒜香青柠汁拌面 Noodles w/ Garlic & Lime Juice	土豆泥 Mashed Potato	意大利面 Spaghetti	薄饼 Flat Bread	烤土豆 Baked Potato
	特色餐 Special Meal					包子 Bun
	汤 Soup	紫菜蛋花汤 Egg & Seaweed Soup	三鲜汤 (猪肉、香菇、白菜) Cabbage, Mushroom & Pork Soup	意大利蔬菜汤 Italian Vegetables Soup	百合苹果香梨汤 Lily & Apple Pear Soup	小米粥 Millet Porridge

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January & February, 2026 | Snack & Lunch Menu Primary & Secondary Division

第二周 Week 2	1. 12-1. 16	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·德国 Taste of Germany	周四 Thursday	周五 Friday
点心餐单 Snacks	 早点 Morning Snack	苹果酥 Fine Butter Apple Turnover	巧克力面包 Chocolate Bun	芝士软曲奇 Cheese Cookie	原味蛋糕 Sponge Cake	 黄油提子吐司 Butter Grape Toast
	 下午点 Afternoon Snack	海盐黄油面包 Salty Butter Bread	华夫饼 Waffle	香肠酥 Sausage Gridded	巧克力面包 Chocolate Bun	丹麦菠萝奶酥 Pineapple Bun
	 水果 Fruit	橘子 Orange	苹果 Apple	梨 Pear	橘子 Orange	香蕉 Banana
中式套餐 Chinese Set Meal	 中式套餐 Chinese Set Meal	猪肉大白菜粉条炖豆腐 Stewed Pork w/ Cabbage, Vermicelli & Tofu	 虾仁粉丝煲 Shrimp w/ Glass Noodles	 香烤咸五花肉配酸椰菜 Roasted Salty Pork w/ Sauerkraut	 余师傅红烧鸡腿配鹌鹑蛋 Master Yu's Braised Chicken Drumstick w/ Quail Eggs	青瓜炒蛋 Stir Fried Egg w/ Cucumber
		白米饭 Rice	蛋炒饭 Stir-fried Rice w/ Egg	黑松露奶油意面 Black Truffle Cream Pasta	藜麦饭 Rice w/ Quinoa	白米饭 Rice
西式套餐 Western Set Meal	 西式套餐 Western Set Meal	 香煎鳕鱼配蜂蜜芥末酱 Pan fried Cod Fish Fillet w/ Honey Mustard Sauce	 孜然牛柳配蘑菇汁 Cumin Beef w/ Mushroom Sauce	铁盘海鲜饭 Pan Seafood Risotto	意式牛肉酱 Italian Beef Marinara Sauce	柠檬鸡 Lemon Chicken
		奶油烤土豆片 Creamy Baked Potato	五彩螺旋面 Fusilli Pasta		意大利面 Spaghetti	芝士烤红薯 Cheese Baked Sweet Potato
午餐餐单 Lunch Menu	 蔬菜 Vegetable	彩椒炒豆皮 Stir-fried Bell Pepper w/ Bean Skin	醋溜土豆丝 Shredded Potato w/ Vinegar	黄油烤玉米 Butter Baked Corn	 香茅菠萝炖杂蔬 Stewed Mixed Vegetables w/ Lemongrass & pineapple	红烧豆腐 Braised Tofu
		盐水菜心 Salty Choy Sum	水煮白菜苔 Boiled Cabbage	蒜蓉迟菜心 Choy Sum w/ Garlic	清炒杭白菜 Chinese Cabbage	蒜蓉生菜 Lettuce w/ Garlic
素食 Vegetarian		彩椒炒豆皮 Stir-fried Bell Pepper w/ Bean Skin	醋溜土豆丝配香干 Shredded Potato w/ Vinegar w/ Spiced Tofu	烤玉米 Baked Corn	香茅菠萝炖杂蔬配扁豆 Stewed Mixed Vegetables w/ Lemongrass, Pineapple & Lentils	红烧豆腐 Braised Tofu
		盐水菜心 Salty Choy Sum	水煮白菜苔 Boiled Cabbage	蒜蓉迟菜心配豆腐 Choy Sum w/ Garlic w/ Tofu	清炒杭白菜 Chinese Cabbage	蒜蓉生菜 Lettuce w/ Garlic
		白米饭 Rice	白米饭 Rice	意大利面 Spaghetti	藜麦饭 Rice w/ Quinoa	白米饭 Rice
		薄饼 Flat Bread	五彩螺旋面 Fusilli Pasta	白米饭 Rice	意大利面 Spaghetti	烤红薯 Baked Sweet Potato
	 特色餐 Special Meal					饺子 Dumpling
	 汤 Soup	玉米胡萝卜瘦肉汤 Pork, Corn & Carrot Soup	香芋西米露 Taro Sago Soup	豌豆茸奶油汤 Creamy Pea Soup	白萝卜苹果香梨汤 White Radishes & Apple Pear Soup	罗宋汤 Borscht

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第三周 Week 3	1. 19-1. 23	周一 Monday	周二 Tuesday	周三 Wednesday 尝味·东北 Taste of Northeast	周四 Thursday	周五 Friday
点心餐单 Snacks	早点 Morning Snack	苹果酥 Apple Turnover	南瓜奶酪包 Pumpkin Cheese Bun	香葱肉花卷 Steamed Chive & Pork Twisted Roll	巧克力软曲奇 Chocolate Cookie	橙香松饼 Orange Pancake
	下午点 Afternoon Snack	红豆面包 Red Bean Bun	香肠酥 Sausage Gridded	芝士软麻薯 Cheese soft potato	蛋皮肉松卷 Egg Skin & Meat Floss Roll	巧克力面包 Chocolate Bun
	水果 Fruit	橘子 Orange	苹果 Apple	梨 Pear	橘子 Orange	香蕉 Banana
午餐餐单 Lunch Menu	中式套餐 Chinese Set Meal	广式豉油鸡肉炒面 Cantonese Soy Sauce chicken Fried Noodles	酸菜土豆炖五花肉 Stewed Pork w/ Pickled Cabbage & Potato	铁锅香菇炖小鸡 Stewed Mushroom w/ Chicken	孜然烤鸡腿 Cumin Roasted Chicken Drumstick	肉沫蒸蛋 Steamed Egg w/ Minced Pork
			香菇炒饭 Stir-fried Rice w/ Mushrooms	馒头/白米饭 Bun / Rice	红豆饭 Rice w/ Red Bean	白米饭 Rice
	西式套餐 Western Set Meal	葡式炒牛肉粒 Portuguese Style Fried Beef	日式三文鱼蔬菜炒饭 Japanese Salmon Vegetable Fried Rice	芹菜炒肥牛 Stir-fried Beef w/ Celery	主厨牛肉番茄芝士汉堡 Beef Burger w/ Roasted Tomato & Cheese	烤鳕鱼配芦笋 Roasted Cod w/ Asparagus
		蒜香橄榄油意面 Spaghetti w/ Olive Oil & Garlic		卷心菜焖饭 Rice w/ Cabbage		奶香土豆泥 Mashed Potato
	蔬菜 Vegetable	黑醋橄榄油烤时蔬 Roasted Vegetables w/ Black Vinegar & Olive Oil	孜然豆腐 Cumin Tofu	地三鲜 Eggplant, Potato & Green Pepper	西芹炒百合 Stir-fried Celery & Lily	香干炖春菜 Stewed Spiced Tofu w/ Spring Vegetable
		清炒小白菜 Bok Choy	蒜蓉娃娃菜 Baby Cabbage w/ Garlic	醋溜大白菜 Cabbage w/ Vinegar	蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic	清炒上海青 Baby Bok Choy
	素食 Vegetarian	黑醋橄榄油烤时蔬配鹰嘴豆 Roasted Vegetables w/ Black Vinegar, Olive Oil & Chickpea	孜然豆腐 Cumin Tofu	地三鲜配豆皮 Eggplant, Potato & Green Pepper w/ Tofu Skin	西芹炒百合配黄豆 Stir-fried Celery & Lily w/ Soybean	香干炖春菜 Stewed Spiced Tofu w/ Spring Vegetable
		清炒小白菜 Bok Choy	蒜蓉娃娃菜 Baby Cabbage w/ Garlic	醋溜大白菜 Cabbage w/ Vinegar	蒜蓉油麦菜 Lettuce w/ Garlic	清炒上海青 Baby Bok Choy
		白米饭 Rice	白米饭 Rice	白米饭 Rice	红豆饭 Rice w/ Red Bean	白米饭 Rice
		蒜香橄榄油意面 Spaghetti w/ Olive Oil & Garlic	薄饼 Flat Bread	意大利面 Spaghetti	薄饼 Flat Bread	烤土豆 Baked Potato
特色餐 Special Meal						韩式拌饭 Korean Bibimbap
汤 Soup		萝卜肉沫汤 Pork & Radish Soup	红豆汤 Red Bean Soup	东北素烩汤 Vegetable Soup	百合苹果香梨汤 Lily & Apple Pear Soup	大酱豆腐汤 Doenjang Tofu Soup

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第四周 Week 4	1. 26-1. 30	周一 Monday	周二 Tuesday	周三 Wednesday 尝味·泰国 Taste of Thailand	周四 Thursday	周五 Friday
点心餐单 Snacks	 早点 Morning Snack	牛角包 Croissant	巧克力面包 Chocolate Bun	芝士软曲奇 Cheese Cookie	原味蛋糕 Sponge Cake	 黄油提子吐司 Butter Grape Toast
	 下午点 Afternoon Snack	海盐黄油面包 Salty Butter Bread	香肠酥 Sausage Gridded	华夫饼 Waffle	巧克力面包 Chocolate Bun	丹麦菠萝奶酥 Pineapple Bun
	 水果 Fruit	橘子 Orange	苹果 Apple	梨 Pear	橘子 Orange	香蕉 Banana
中式套餐 Chinese Set Meal	 中式套餐 Chinese Set Meal	豉汁小瓜炒肉片 Stir Fried Pork w/ Soy Sauce & Jiegua	 日式照烧肥牛 Japanese Teriyaki Sauce w/ Beef	打抛酱 Kaprao	 台式卤肉 Taiwanese Braised Pork	虾仁蒸蛋 Steamed Egg w/ Shrimp
		白米饭 Rice	馒头/白米饭 Bun / Rice	白米饭 Rice	素炒面 Stir-fried Noodles w/ Vegetables	白米饭 Rice
西式套餐 Western Set Meal	 西式套餐 Western Set Meal	鸡肉蘑菇派 Chicken Mushrooms Pie	柠檬汁烤鳕鱼 Roasted Cod w/ Lemon Juice	 咖喱椰香鸡块 Curry Coconut Braised Chicken	 孜然鹰嘴豆炖牛腩 Cumin Stewed Beef w/ Chickpea	 葡汁芝士焗鸡柳 Portuguese Cheese Baked Chicken Fillet
			橄榄油意大利面 Spaghetti w/ Olive Oil	泰式三丝炒米粉 Thai Stir-fried Rice Noodles w/ Vegetables	薄饼 Flat Bread	蒜香青柠汁拌面 Noodles w/ Garlic & Lime Juice
午餐餐单 Lunch Menu	 蔬菜 Vegetable	橄榄油烤南瓜 Baked Pumpkin w/ Olive Oil	家常豆腐 Homestyle Tofu	 马拉盏炒茄子 Stir Fried Eggplant w/ Malazhan	橄榄油炒杂菌 Stir-fried Mushrooms w/ Olive Oil	酸甜豆腐 Sweet & Sour Tofu
		双色莴笋丝 Asparagus & Carrot	蒜蓉菜心 Choy Sum w/ Garlic	蒜蓉迟菜心 Choy Sum w/ Garlic	上汤菜心 Choy Sum	清炒油麦菜 Lettuce
素食 Vegetarian		橄榄油烤南瓜配扁豆 Baked Pumpkin w/ Lentils & Olive Oil	家常豆腐 Homestyle Tofu	马拉盏炒茄子配香干 Stir Fried Eggplant w/ Malazhan w/ Spiced Tofu	橄榄油炒杂菌配扁豆 Stir-fried Mushrooms & Olive Oil w/ Lentils	酸甜豆腐 Sweet & Sour Tofu
		双色莴笋丝 Asparagus & Carrot	蒜蓉菜心 Choy Sum w/ Garlic	蒜蓉迟菜心 Choy Sum w/ Garlic	上汤菜心 Choy Sum	清炒油麦菜 Lettuce
		白米饭 Rice	橄榄油意大利面 Spaghetti w/ Olive Oil	白米饭 Rice	素炒面 Stir-fried Noodles w/ Vegetables	白米饭 Rice
		薄饼 Flat Bread	白米饭 Rice	三丝炒米粉 Stir-fried Rice Noodles w/ Vegetables	白米饭 Rice	蒜香青柠汁拌面 Noodles w/ Garlic & Lime Juice
特色餐 Special Meal						包子 Bun
汤 Soup		玉米鸡蓉汤 Chicken & Corn Soup	 山药牛肉汤 Yam Beef Soup	椰汁西米露 Coconut Tapioca	百合苹果香梨汤 Lily & Apple Pear Soup	小米粥 Millet Porridge

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第五周 Week 5	2. 2-2. 6	周一 Monday	周二 Tuesday	周三 Wednesday 尝味·云南 Taste of Yunnan	周四 Thursday	周五 Friday
点心餐单 Snacks	早点 G1-9 Morning Snack	苹果酥 Apple Turnover	 南瓜奶酪包 Pumpkin Cheese Bun	香葱肉花卷 Steamed Chive & Pork Twisted Roll	 巧克力软曲奇 Chocolate Cookie	橙香松饼 Orange Pancake
	高年级 Upper Grades	华夫饼 Waffle	香肠酥 Sausage Gridded	芝士软麻薯 Cheese soft potato	蛋皮肉松卷 Egg Skin & Meat Floss Roll	巧克力面包 Chocolate Bun
	水果 Fruit	橘子 Orange	苹果 Apple	梨 Pear	橘子 Orange	香蕉 Banana
中式套餐 Chinese Set Meal	 萝卜炖牛腩 Stewed Beef w/ Radish	 豉汁蒸鳕鱼 Steamed Cod w/ Black Bean Sauce	 百香果牛肉 Stir Fried Beef w/ Passion Fruit	 香芹炒肥牛 Stir-fried Beef w/ Celery		番茄炒蛋 Scrambled Eggs w/ Tomato
	牛乳馒头 / 白米饭 Milk Bun / Rice	蛋炒饭 / 白米饭 Stir-fried Rice w/ Egg / Rice	蘑菇烩饭 / 白米饭 Mushroom Risotto / Rice	青菜炒饭 / 白米饭 Stir-fried Rice w/ Vegetables / Rice		白米饭 Rice
西式套餐 Western Set Meal	 蒜片橄榄油烤虾仁 Grilled Shrimp w/ Garlic Slices Olive Oil	芝士茄汁猪扒 Cheese Pork w/ Tomato Sauce	 香茅烤鸡腿 Lemongrass Grilled Chicken		 鸡肉蘑菇派 Chicken Mushrooms Pie	瑞典肉丸 Sweden Pork Meatball
	黑椒汁意大利面 Spaghetti w/ Black Pepper Sauce	蒜香黄油烤土豆 Garlic Butter Baked Potato	 肉末米线 Minced Meat Rice Noodles			奶香土豆泥 Mashed Potatoes
午餐餐单 Lunch Menu	 蔬菜 Vegetable	红烧豆腐 Braised Tofu	酱爆蔬菜配香干 Stir-fried Vegetables w/ Spiced Tofu & Brown Sauce	 鲜虫草花烩小瓜 Cordyceps Flower Stewed Jieguo	家常豆腐 Homestyle Tofu	橄榄油烤南瓜 Roasted Pumpkin w/ Olive Oil
		清炒上海青 Baby Bok Choy	白灼生菜 Lettuce	 菌香鸡汤豆苗 Mushroom Flavored Chicken Soup w/ Bean Sprouts	蒜蓉菜心 Choy Sum w/ Garlic	手撕包菜 Shredded Cabbage
素食 Vegetarian	 红烧豆腐 Braised Tofu	酱爆蔬菜配香干 Stir-fried Vegetables w/ Spiced Tofu & Brown Sauce	扁豆烤口蘑 Roasted Mushrooms w/ Lentils	家常豆腐 Homestyle Tofu		橄榄油烤南瓜配扁豆 Roasted Pumpkin w/ Olive Oil & Lentils
	清炒上海青 Baby Bok Choy	上汤豆苗 Bean Leaf	清炒小瓜 Jieguo	蒜蓉菜心 Choy Sum w/ Garlic		手撕包菜 Shredded Cabbage
	白米饭 Rice	玉米饭 Rice w/ Corn	白米饭 Rice	青菜炒饭 Stir-fried Rice w/ Vegetables		白米饭 Rice
	黑椒汁意大利面 Spaghetti w/ Black Pepper Sauce	蒜香烤土豆 Garlic Butter Baked Potato	意大利面 Spaghetti	蘑菇派 (素) Mushrooms Pie (Vegetables)		土豆泥 Mashed Potatoes
特色餐 Special Meal						饺子 Dumpling
汤 Soup	紫菜蛋花汤 Egg & Seaweed Soup	红豆汤 Red Bean Soup	 菌菇鸡汤 Mushroom Chicken Soup	百合苹果香梨汤 Lily & Apple Pear Soup		西红柿蛋花汤 Tomato & Egg Soup

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第六周 Week 6	2. 9-2. 11	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·泰国 Taste of Thailand	周四 Thursday	周五 Friday
点心餐单 Snacks	 早点 G1-9 Morning Snack	牛角包 Croissant	巧克力面包 Chocolate Bun	芝士软曲奇 Cheese Cookie		
	 高年级 Upper Grades	丹麦菠萝奶酥 Pineapple Bun	香肠酥 Sausage Gridded	芝士软麻薯 Cheese soft potato		
	 水果 Fruit	橘子 Orange	苹果 Apple	梨 Pear		
	 中式套餐 Chinese Set Meal	红烧鸡腿 Braised Chicken Drumstick	 清蒸肉饼 Steamed Meat Patties	 鱼露煎大虾配蘑菇芦笋 Pan-fried Shrimp w/ Mushrooms & Asparagus		
		藜麦饭 Rice w/ Quinoa	 酱油炒饭 Soy Sauce Fried Rice	白米饭 Rice		
	 西式套餐 Western Set Meal	迷迭香烤牛柳 Roasted Beef w/ Rosemary	意式牛肉酱 Italian Beef Marinara Sauce	 芝士牛肉法棍 Cheese Beef Stick		
		双色烤甜薯 Roasted Potato & Purple Sweet Potato	意大利面 Spaghetti			
	 蔬菜 Vegetable	荷塘小炒 Stir-fried Mixed Vegetables	烤小瓜配胡萝卜 Butter Baked Zucchini w/ Carrot	酸甜豆腐 Sweet & Sour Tofu		
		原味生菜 Lettuce	清炒油麦菜 Lettuce	橄榄油烤时蔬 Roasted Vegetables w/ Olive Oil		
午餐餐单 Lunch Menu	 素食 Vegetarian	荷塘小炒配鹰嘴豆 Stir-fried Mixed Vegetables w/ Chickpea	烤小瓜配胡萝卜扁豆 Butter Baked Zucchini w/ Carrot & Lentils	酸甜豆腐 Sweet & Sour Tofu		
		原味生菜 Lettuce	清炒油麦菜 Lettuce	橄榄油烤时蔬 Roasted Vegetables w/ Olive Oil		
		白米饭 Rice	山药饭 Rice w/ Yam	白米饭 Rice		
		双色烤甜薯 Roasted Potato & Purple Sweet Potato	五彩螺旋面 Fusilli Pasta	意大利面 Spaghetti		
	 特色餐 Special Meal					
	 汤 Soup	红薯香芋汤 Sweet Potato & Taro Soup	冬瓜海带猪骨汤 Pork, Winter Melon & Kelp Soup	红豆汤 Red Bean Soup		

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