



2026年1月-2月 | 爱文深圳幼教部点心餐单  
January & February 2026 | Snack Menu Kindergarten Division



		星期一 Mon	星期二 Tue	周三 Wednesday	星期四 Thu	星期五 Fri
第一周 Week 1 1.5-1.9	早点 Morning Snack	美式滑蛋 American Scrambled Eggs	蔬菜鸡蛋炒面 Egg Stir-fried Noodles & Vegetables	肉包子 Pork Bun	银芽肉沫炒粉 Stir-fried Rice Noodles w/ Bean Sprout & Pork	 南瓜奶酪包 Pumpkin Cheese Bun
		桂花奶香小芋头 Steamed Taro w/ Milk & Osmanthus	虫草花瘦肉大米粥 Rice Porridge w/ Cordyceps Flower & Meat	马蹄牛肉粥 Beef & Water Chestnuts Porridge	蜂蜜蒸红薯 Steamed Sweet Potato w/ Honey	牛奶燕麦粥 Oatmeal w/ Milk
	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	 麻薯肉松包 Mochi Meat Flavored Bread	红豆包 Red Bean Bun	芋泥蛋黄吐司 Mashed Taro & Egg Yolk Toast	小兔蛋糕 Sponge Cake	蒸甜玉米 Steamed Sweet Corn
	水果 Fruit	甜瓜 + 车厘子 Melon + Cherries	苹果 + 草莓 Apple + Strawberry	橘子 + 奇异果 Watermelon + Golden Kiwi	梨 + 葡萄 Pear + Grape	香蕉 Banana
第二周 Week 2 1.12-1.16	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	香蕉蛋糕 Banana Cake	酱油鸡蛋炒粉 Stir-fried Rice Noodles w/ Egg & Soy Sauce	桂花豆沙包 Osmanthus Read Bean Bun
		广式香葱土豆 Cantonese Potato w/ Green Onion	南瓜肉沫粥 Pork & Pumpkin Porridge	胡萝卜牛肉粥 Beef & Carrot Porridge	蜂蜜蒸南瓜 Steamed Pumpkin 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	营养蔬菜卷 Vegetable Egg Roll	 紫薯小餐包 Purple Sweet Potato Bun	香橙米糕 Orange Rice Cake	枣糕 Jujube Cake	猫咪吐司 Cat-shaped Toast
	水果 Fruit	甜瓜 + 车厘子 Melon + Cherries	苹果 + 草莓 Apple + Strawberry	橘子 + 奇异果 Watermelon + Golden Kiwi	梨 + 葡萄 Pear + Grape	香蕉 Banana
第三周 Week 3 1.19-1.23	早点 Morning Snack	美式滑蛋 American Scrambled Eggs	青菜肉丝炒粉 Stir-fried Rice Noodles w/ Pork & Vegetables	肉包子 Pork Bun	蔬菜鸡蛋炒面 Egg Stir-fried Noodles & Vegetables	 南瓜奶酪包 Pumpkin Cheese Bun
		蜂蜜蒸红薯 Steamed Sweet Potato w/ Honey	黄油烤玉米 Butter Roasted Corn	鸡蓉玉米粥 Chicken & Corn Porridge	五彩虾仁粥 Shrimp & Mixed Vegetables Porridge	山药胡萝卜牛肉粥 Beef, Yam & Carrot 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	 麻薯肉松包 Mochi Meat Flavored Bread	提子餐包 Raisin Bun	草莓吐司 Strawberry Toast	海苔肉松包 Seaweed Meat Floss Bun	 紫薯米糕 Purple Sweet Potato Rice Cake
	水果 Fruit	甜瓜 + 车厘子 Melon + Cherries	苹果 + 草莓 Apple + Strawberry	橘子 + 奇异果 Watermelon + Golden Kiwi	梨 + 葡萄 Pear + Grape	香蕉 Banana

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第四周 Week 4 1.26-1.30	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	肉沫蒸菜米粉 Steamed Rice Noodles w/ Pork & Mixed Vegetables	橙香松饼 Orange Pancake	蔬菜鸡蛋炒面 Egg Stir-fried Noodles w/ Vegetables
		桂花奶香小芋头 Steamed Taro w/ Milk & Osmanthus	时蔬鸡肉粥 Chicken & Vegetable Porridge	香菇肉末粥 Pork & Mushroom Porridge	蜂蜜蒸紫薯 Steamed Purple Sweet Potato w/ Honey	山药牛肉粥 Beef & Yam 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	南瓜卷 Pumpkin Egg Roll	西式红豆奶酪包 Western Cheese & Red Bean Buns	草莓吐司 Strawberry Toast	海苔肉松包 Seaweed Meat Floss Bun	香橙米糕 Orange Rice Cake
	水果 Fruit	甜瓜 + 车厘子 Melon + Cherries	苹果 + 草莓 Apple + Strawberry	橘子 + 奇异果 Watermelon + Golden Kiwi	梨 + 葡萄 Pear + Grape	香蕉 Banana
第五周 Week 5 2.2-2.6	早点 Morning Snack	美式滑蛋 American Scrambled Eggs	蔬菜鸡蛋炒面 Egg Stir-fried Noodles & Vegetables	肉包子 Pork Bun	银芽肉沫炒粉 Stir-fried Rice Noodles w/ Bean Sprout & Pork	南瓜奶酪包 Pumpkin Cheese Bun
		桂花奶香小芋头 Steamed Taro w/ Milk & Osmanthus	虫草花瘦肉大米粥 Rice Porridge w/ Cordyceps Flower & Meat	马蹄肉粥 Beef & Water Chestnuts Porridge	蜂蜜蒸红薯 Steamed Sweet Potato w/ Honey	牛奶燕麦粥 Oatmeal w/ Milk
	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	麻薯肉松包 Mochi Meat Flavored Bread	红豆包 Red Bean Bun	芋泥蛋黄吐司 Mashed Taro & Egg Yolk Toast	小兔蛋糕 Sponge Cake	蒸甜玉米 Steamed Sweet Corn
	水果 Fruit	甜瓜 + 车厘子 Melon + Cherries	苹果 + 草莓 Apple + Strawberry	橘子 + 奇异果 Watermelon + Golden Kiwi	梨 + 葡萄 Pear + Grape	香蕉 Banana
第六周 Week 6 2.9-2.11	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	香蕉蛋糕 Banana Cake		
		广式香葱土豆 Cantonese Potato w/ Green Onion	南瓜肉沫粥 Pork & Pumpkin Porridge	胡萝卜牛肉粥 Beef & Carrot 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		
	下午点 Afternoon Snack	营养蔬菜卷 Vegetable Egg Roll	紫薯小餐包 Purple Sweet Potato Bun	草莓吐司 Strawberry Toast		
	水果 Fruit	甜瓜 + 车厘子 Melon + Cherries	苹果 + 草莓 Apple + Strawberry	橘子 + 奇异果 Watermelon + Golden Kiwi		

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第一周 Week 1	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 	客家酿豆腐 Hakka Stuffed Tofu w/ Pork 	甜面酱炖牛腩 Stewed Beef w/ Sweet Soybean Sauce 	香烤鳕鱼配芦笋 Grilled Cod w/ Asparagus 	大白菜过油肉炒年糕 Stir-fried Rice Cake w/ Pork & Chinese Cabbage 	彩椒炒鸡片 Stir-fried Chicken w/ Bell Peppers 
	玉米炒饭 Stir-fried Rice w/ Corn 	藜麦饭 Rice w/ Quinoa 	山药饭 Rice w/ Yam 	南瓜饭 Rice w/ Pumpkin 	蛋炒饭 Stir-fried Rice w/ Egg 
主菜套餐 B Set Meal B 	香橙烤鸡柳 Orange Roasted Chicken 	日式三文鱼蔬菜炒饭 Japanese Salmon Vegetable Fried Rice 	香草苹果烤猪柳 Roasted Pork w/ Vanilla & Apple Sauce 	蒜片香烤虾仁 Roasted Shrimp w/ Garlic & Bell Peppers 	意式牛肉酱 Italian Beef Marinara Sauce 
	橄榄油意大利面 Spaghetti w/ Olive Oil 	芝士焗土豆泥 Cheese Mashed Potato 	橄榄油炒贝壳面 Shell Pasta w/ Olive Oil 	意大利面 Spaghetti 	
蔬菜 Vegetable 	甜豆胡萝卜炒百合 Stir-fried Chinese Pea, Carrot & Lily 	香干炖春菜 Stewed Spiced Tofu w/ Spring Vegetable 	节瓜煮老豆腐 Stewed Tofu w/ Zucchini 	清炒芦笋马蹄配扁豆 Stir-fried Asparagus & Water Chestnuts w/ Lentils 	西芹百合煮嫩豆腐 Boiled Tofu w/ Celery & Lily 
	姜汁炒芥兰 Kale w/ Ginger Sauce 	炝炒圆白菜 Chinese Cabbage 	碧绿菜花 Broccoli & Cauliflower 	炒杭白菜 Chinese Cabbage 	炒上海青 Baby Bok Choy 

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第二周 Week 2	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·东北 Taste of Northeast	周四 Thursday	周五 Friday
主菜套餐 A Set Meal A 	红烧狮子头 Braised Meat Ball w/ Brown Sauce 	番茄炒蛋 Scrambled Eggs w/ Tomato 	铁锅香菇炖小鸡 Stewed Mushroom w/ Chicken 	咸蛋黄鸡块 Salted Egg Yolk Chicken 	萝卜炖牛腩 Stewed Beef w/ Radish 
	青菜炒饭 Stir-fried Rice w/ Vegetables 	银芽炒粉 Stir-fried Rice Noodles w/ Bean Sprouts 	东北蛋炒面 Northeast Egg Stir-fried Noodles 	双色米饭 Black & White Rice 	香菇炒饭 Stir-fried Rice w/ Mushrooms 
主菜套餐 B Set Meal B 	柠檬鸡 Lemon Chicken 	碳烧牛柳配芦笋 Roasted Beef w/ Asparagus 	芹菜炒肉丝 Stir-fried Pork w/ Celery 	主厨牛肉番茄芝士汉堡 Chef's Beef Burger w/ Roasted Tomato & Cheese 	柠檬汁烤鳕鱼丸 Roasted Cod Meatball w/ Lemon Juice 
	奶油芝士意粉 Cream Cheese Spaghetti 	山药饭 Rice w/ Yam 	卷心菜焖饭 Rice w/ Cabbage 		烤土豆角 Baked Potato Wedges 
蔬菜 Vegetable 	红烧豆腐 Braised Tofu 	胡萝卜甜豆炒香干 Stir-fried Spiced Tofu w/ Carrot & Snow Peas 	地三鲜 Eggplant, Potato & Green Pepper 	意式烩杂蔬 Italian Style Stewed Mixed Vegetables 	黄油烤时蔬 Butter Baked Vegetables 
	蒜香小白菜 Bok Choy w/ Garlic 	白灼生菜 Chinese Lettuce 	酱油西兰花 Broccoli w/ Soy Sauce 	菠菜炒胡萝卜丝 Stir-fried Spinach w/ Carrot 	盐水菜心 Choy Sum w/ Salted Water 

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第三周 Week 3	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·广东 Taste of Guangdong	周四 Thursday	周五 Friday
主菜套餐 A Set Meal A 	清蒸肉饼 Steamed meat patties 	菜远炒虾仁 Stir-fried Shrimp w/ Vegetables 	葱油鸡 Scallion Oil Chicken 	豉汁凉瓜炒肉片 Stir-fried Pork w/ Bitter Gourd & Black Bean Soyce 	肉沫蒸蛋 Steamed Egg w/ Minced Pork 
	蛋炒饭 Stir-fried Rice w/ Egg 	紫薯饭 Rice w/ Purple Sweet Potato 	葱油拌饭 Rice w/ Scallion Oil 	青菜炒饭 Stir-fried Rice w/ Vegetables 	南瓜饭 Rice w/ Pumpkin 
主菜套餐 B Set Meal B 	芝士香草烤鸡排 Cheese Roasted Chicken w/ Vanilla 	葡式炒牛肉粒 Portuguese Style Fried Beef 	蒜苔炒牛柳 Stir-fried Beef w/ Garlic Sprout 	千层面 (鸡肉) Lasagna (Chicken) 	番茄炖牛腩 Stewed Beef w/ Tomato 
	芝士烤红薯 Cheese Baked Sweet Potato 	黑松露意面 Black Truffle Spaghetti 	红豆饭 Rice w/ Red Bean 		五彩螺旋面 Fusilli Pasta 
蔬菜 Vegetable 	西芹马蹄炒香干 Stir-fried Spiced Tofu w/ Celery & Water Chestnut 	黑醋橄榄油烤时蔬 Roasted Vegetables w/ Black Vinegar & Olive Oil 	家常豆腐 Homestyle Tofu 	橄榄油芦笋炒茭白 Roasted Water Bamboo w/ Aaparagus & Olive Oil 	豆皮莴笋炒土豆丝 Stir-fried Tofu Skin w/ Shredded Potato & Asparagus 
	原味菜心 Choy Sum 	玉米大白菜 Stir-fried Cabbage w/ Corn 	酱油西兰花 Broccoli w/ Soy Sauce 	蒜蓉油麦菜 Lettuce w/ Garlic 	清炒上海青 Baby Bok Choy 

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第四周 Week 4	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·泰国 Taste of Thailand	周四 Thursday	周五 Friday
主菜套餐 A Set Meal A 	咕噜鱼块 Sweet & Sour Fish 	雪里红炒肉丁 Stir-fried Minced Pork w/ Spring Vegetable 	鱼露煎大虾配蘑菇芦笋 Pan-fried Shrimp w/ Mushrooms & Asparagus 	芋头炖牛腩 Stewed Beef w/ Taro 	酱爆鸡丁 Stir-fried Chicken w/ Brown Sauce 
	青菜炒饭 Stir-fried Rice w/ Vegetables 	红薯饭 Rice w/ Sweet Potato 	泰式虾酱炒粉 Thai Stir-fried Rice Noodles w/ Shrimp Sauce 	紫薯饭 Rice w/ Purple Sweet Potato 	蛋炒饭 Stir-fried Rice w/ Egg 
主菜套餐 B Set Meal B 	日式照烧猪柳 Japanese Teriyaki Sauce w/ Pork 	鸡肉蘑菇派 Chicken Mushrooms Pie 	泰式咖喱煮牛肉 Thai Curry Stewed Beef 	烤三文鱼丸子配杂蔬 Roasted Salmon Meatball w/ Mixed Vegetables 	意式牛肉酱 Italian Beef Marinara Sauce 
	双色烤甜薯 Roasted Potato & Purple Sweet Potato 	椰香杂粮饭 Grain Rice w/ Coconut 	奶香土豆泥 Mashed Potato 	意大利面 Spaghetti 	
蔬菜 Vegetable 	酸甜豆腐 Sweet & Sour Tofu 	上汤菠菜 Spinach 	马拉盏炒茄子 Stir Fried Eggplant w/ Malazhan 	杂菜炖豆腐 Stewed Tofu w/ Vegetables 	燕麦香干玉米笋 Stewed Spiced Tofu w/ Oats & Baby Corn 
	炒上海青 Baby Bok Choy 	玉米大白菜 Stir-fried Cabbage w/ Corn 	橄榄油烤时蔬 Roasted Vegetables w/ Olive Oil 	白灼西兰花 Broccoli 	蒜蓉菜心 Choy Sum w/ Garlic 

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第五周 Week 5	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 	青瓜炒虾仁 Stir-fried Shrimp w/ Cucumber 	台式三杯鸡 Taiwanese Three Cups Stewed Chicken 	香烤鳕鱼配芦笋 Grilled Cod w/ Asparagus 	木耳彩椒小炒肉 Stir-fried Pork w/ Wood Ear Mushrooms & Bell Peppers 	青菜炒鱼丸 Stir-fried Fish Meatball w/ Vegetables 
	蛋炒饭 Stir-fried Rice w/ Egg 	酱油拌饭 Soy Sauce w/ Rice 	蒜香白汁意大利面 Spaghetti w/ Garlic & Cream Sauce 	藜麦饭 Rice w/ Quinoa 	香葱玉米炒饭 Stir-fried Rice w/ Corn & Onion 
主菜套餐 B Set Meal B 	百香果炒牛肉 Stir Fried Beef w/ Passion Fruit 	芝士茄汁猪扒 Cheese Pork w/ Tomato Sauce 	香草苹果烤猪柳 Roasted Pork w/ Vanilla & Apple Sauce 	葡汁芝士焗鸡柳 Cheese Baked Chicken Fillet 	主厨牛肉番茄芝士汉堡 Beef Burger w/ Roasted Tomato & Cheese 
	黄油洋葱烤土豆 Baked Potato w/ Butter & Onion 	奶油芝士意粉 Cream Cheese Spaghetti 	芝士焗土豆泥 Cheese Mashed Potato 	橄榄油螺旋面 Fusilli Pasta w/ Olive Oil 	
蔬菜 Vegetable 	菌香鸡汤豆苗 Mushroom Flavored Chicken Soup w/ Bean Sprouts 	烤蘑菇配鹰嘴豆 Roasted Mushrooms w/ Chickpeas 	香煎芦笋配百合 Pan-fried Asparagus w/ Lily 	西芹炒马蹄 Stir-fried Celery & Water Chestnut 	蒜香蒸豆腐 Steamed Tofu w/ Garlic 
	NEW 鱼香茄子 Fish-Flavored Eggplant 	清炒杭白菜 Chinese Cabbage 	碧绿菜花 Broccoli & Cauliflower 	手撕包菜 Shredded Cabbage 	清炒油麦菜 Lettuce 

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第六周 Week 6	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·泰国 Taste of Thailand	周四 Thursday	周五 Friday
主菜套餐 A Set Meal A 	酱爆鸡丁 Stir-fried Chicken w/ Brown Sauce 	萝卜炖牛腩 Stewed Beef w/ Radish 	鱼露煎大虾配蘑菇芦笋 Pan-fried Shrimp w/ Mushrooms & Asparagus 		
	蛋炒饭 Stir-fried Rice w/ Egg 	紫薯饭 Rice w/ Purple Sweet Potato 	泰式炒粉 Pad Thai 		
主菜套餐 B Set Meal B 	意式牛肉酱 Italian Beef Marinara Sauce 	烤三文鱼丸子配杂蔬 Roasted Salmon Meatball w/ Mixed Vegetables 	泰式咖喱煮牛肉 Thai Curry Stewed Beef 		
	意大利面 Spaghetti 	奶香土豆泥 Mashed Potato 	椰香杂粮饭 Grain Rice w/ Coconut 		
蔬菜 Vegetable 	燕麦香干玉米笋 Stewed Spiced Tofu w/ Oats & Baby Corn 	杂菜炖豆腐 Stewed Tofu w/ Vegetables 	椰菜烩土豆角 Braised Potato w/ Broccoli 		
	蒜蓉菜心 Choy Sum w/ Garlic 	白灼西兰花 Broccoli 	橄榄油烤时蔬 Roasted Vegetables w/ Olive Oil 		

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