



2026年3月 | 爱文深圳幼教部点心餐单
March, 2026 | 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 3.2-3.6	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	鳕鱼时蔬粥 Cod Fish w/ Vegetable Congee	虫草花瘦肉大米粥 Rice Porridge w/ Cordyceps Flower & Meat	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	西式奶黄包 Western-style Egg Yolk Steamed Buns	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 3.9-3.13	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	山药鲜虾粥 Yam Shrimp Congee	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	鸡蛋小米糕 Egg & Rice Cake	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

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第三周 Week 3 3.16-3.20	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	五彩虾仁粥 Shrimp & Mixed Vegetables Porridge	鸡蓉玉米粥 Chicken & Corn Porridge	黄油烤玉米 Butter Roasted Corn	鳕鱼时蔬粥 Cod Fish w/ Vegetable Congee
	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	西式奶黄包 Western-style Egg Yolk Steamed Buns	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
第四周 Week 4 3.23-3.27	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	香蕉蛋糕 Banana Cake	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	山药鲜虾粥 Yam Shrimp Congee
	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	鸡蛋小米糕 Egg & Rice Cake	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

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March, 2026 | Lunch Menu Kindergarten Division

第一周 Week 1	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·上海 Taste of Shanghai	周四 Thursday	周五 Friday
主菜套餐 A Set Meal A 	广式沙姜鸡 Cantonese Steamed Ginger Chicken 	金不换炒牛肉 Stir-fried Beef w/ Basil 	茄汁芙蓉鸡片 Chicken w/ Egg White 	莴笋玉米炒牛柳 Stir-fried Beef w/ Asparagus & Corn 	豆腐鸡肉沫蒸水蛋 Tofu Chicken Steamed Eggs NEW 
	三丝炒米粉 Stir-fried Rice Noodles w/ Vegetables 	红豆饭 Rice w/ Red Bean 	葱油面 Scallion Oil Noodles 	酱油鸡蛋炒饭 Fried Rice w/ Eggs & Soy Sauce NEW 	山药饭 Rice w/ Yam 
主菜套餐 B Set Meal B 	红咖喱牛腩 Curry Beef 	蜜汁烤鱼丸 Roasted Fish Meatball w/ Honey Sauce 	本帮红烧肉 Braised Pork 	芝士鸡肉卷 Cheese Chicken Roll 	芝士焗鱼肉丸 Cheese Baked Fishball 
	蛋炒饭 Stir-fried Rice w/ Egg 	鲜奶芝士通心粉 Cheese Macaroni 	糙米饭 Rice w/ Brown Rice 	蒜香橄榄油蝴蝶面 Farfalle Pasta w/ Garlic & Olive Oil 	
蔬菜 Vegetable 	素炒莴笋 Asparagus 	三丝烩豆皮 Stir-fried Tofu Skin w/ Vegetables 	四喜面筋 Braised Gluten w/ Gravy Sauce 	山药炒香干 Stir-fried Spiced Tofu w/ Yam 	金针菇蒜蓉蒸豆腐 Stewed Tofu w/ Mushrooms & Garlic 
	蒜蓉油麦菜 Lettuce w/ Garlic 	清炒上海青 Baby Bok Choy 	照烧汁烩时蔬 Braised Vegetables w/ Teriyaki Sauce 	香菇烩芥兰 Mushroom Braised w/ Chinese Kale & Tofu NEW 	清炒杭白菜 Chinese Cabbage 

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第二周 Week 2	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·土耳其 Taste of Turkey	周四 Thursday	周五 Friday
主菜套餐 A Set Meal A 	马蹄香菇玉米蒸肉饼 Steamed Minced Pork w/ Water Chestnuts, Mushrooms & Corn 	豉汁彩椒炒牛肉 Stir-fried Beef w/ Bell Peppers & Black Bean Sauce 	土耳其瓦罐牛肉 Testi Kebabi 	台式三杯鸡 Taiwanese Three Cups Stewed Chicken 	小炒肉 Stir-fried Pork 
	香葱炒饭 Stir-fried Rice w/ Onion 	藜麦饭 Rice w/ Quinoa 	胡萝卜烩饭 Rice w/ Carrot 	红薯饭 Rice w/ Sweet Potato 	蛋炒饭 Stir-fried Rice w/ Egg 
主菜套餐 B Set Meal B 	普罗旺斯炖鸡 Provencal Stewed Chicken 	孜然烤鲑鱼丸 Cumin Roasted Cod Meatball 	迷迭香烤鸡肉 Rosemary Roasted Chicken 	意式牛肉酱 Italian Beef Marinara Sauce 	蘑菇汁焗三文鱼丸 Baked Salmon Meatball w/ Mushroom Sauce 
	五彩螺旋面 Fusilli Pasta 	奶香土豆泥 Mashed Potato 	中东小米饭 Rice w/ Couscous 	意大利面 Spaghetti 	双色烤甜薯 Baked Sweet Potatoes 
蔬菜 Vegetable 	橄榄油烤时蔬 Roasted Mixed Vegetables w/ Olive Oil 	冬瓜煮老豆腐 Stewed Tofu w/ Winter Melon 	土耳其烤茄子配番茄、 芝士 Türkiye Roasted Eggplant w/ Tomato, Green & Cheese 	双色芦笋丝 Asparagus & Carrot 	芦蒿炒香干 Stir fried Tofu w/ Artemisia 
	姜汁菜苔 Brassica Chinensis w/ Ginger Sauce 	原味菜心 Choy Sum 	蒜蓉胡萝卜烤小瓜 Roasted Zucchini w/ Carrot & Garlic 	干锅花菜 Griddled Cauliflowerer 	玉米炒白菜 Cabbage w/ Corn 

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第三周 Week 3	周一 Monday	周二 Tuesday	周三 Wednesday 赏味 扬州 Taste of Yangzhou	周四 Thursday	周五 Friday
主菜套餐 A Set Meal A 	彩椒莲藕炒牛柳 Stir-fried Beef w/ Lotus Root & Bell Peppers 	土豆炒肉片 Stir-fried Pork w/ Potato 	红烧狮子头 Braised Pork Meatball 	香菇滑鸡 Braised Chicken w/ Mushrooms 	香椿炒鸡蛋 Stir-fried Eggs w/ Chinese Toon 
	酱油鸡蛋炒饭 Fried Rice w/ Eggs & Soy Sauce 	山药饭 Rice w/ Yam 	扬州炒饭 Yangzhou Stir-fried Rice 	绿豆饭 Rice w/ Mung Bean 	三丝炒面 Stir-fried Noodles w/ Vegetables 
主菜套餐 B Set Meal B 	奶香鸡肉丸 Creamy Chicken Meatballs 	千层面 (鸡肉) Lasagna (Chicken) 	酸甜鱼块 Sweet & Sour Fish 	法式土豆洋葱炖牛腩 Stewed Beef w/ Potatoes & Onions 	芦笋炒虾仁 Stir-fried Shrimp w/ Asparagus 
	奶香土豆泥 Mashed Potato 	葱油拌面 Scallion Oil Noodles 	橄榄油蝴蝶面 Farfalle Pasta w/ Olive Oil 	烤土豆角 Baked Potato Wedges 	
蔬菜 Vegetable 	红烧豆腐 Braised Tofu 	口蘑芥菜 Mustard Greens & Mushrooms 	扬州大煮干丝 Yangzhou Boiled Slice Dried Tofu 	蒜蓉粉丝大白菜 Cabbage w/ Vermicelli & Garlic 	咸蛋黄焗南瓜 Baked Pumpkin w/ Salted Egg Yolk 
	炆炒小白菜 Bok Choy 	清炒油麦菜 Lettuce 	蒜蓉上海青 Baby Bok Choy w/ Garlic 	清炒冬瓜 Winter Melon 	上汤豆苗 Pea Sprout 

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第四周 Week 4	周一 Monday	周二 Tuesday	周三 Wednesday 赏味 日本 Taste of Japan	周四 Thursday	周五 Friday
主菜套餐 A Set Meal A 	农家小炒鸡 Stir-fried Chicken 	菌菇甜豆炒牛肉片 Stir-fried Beef w/ Mushrooms & Sweet Pea 	日式照烧鸡腿肉 Japanese Teriyaki Chicken 	油面筋瓢肉 Stuffed Fired Gluten(Pork) 	雪耳虫草花蒸鸡 Steamed Chicken w/ White Fungus & Cordyceps Flower 
	玉米炒饭 Stir-fried Rice w/ Corn 	藜麦饭 Rice w/ Quinoa 	照烧汁焖饭 Rice w/ Teriyaki Sauce 	红薯饭 Rice w/ Sweet Potato 	银芽炒河粉 Stir-fried Rice Noodles w/ Bean Sprouts 
主菜套餐 B Set Meal B 	芥末籽奶油猪扒 Mustard Seed Cream Pork 	黄油黑胡椒炒虾仁 Butter Stir-fried Shrimp w/ Black Pepper 	日式和风姜汁烤三文鱼丸 Japanese Roasted Salmon Meatball w/ Ginger Sauce 	主厨牛肉番茄芝士汉堡 Chef's Beef Cheese Burger w/ Roasted Tomato 	香草烤鳕鱼丸 Vanilla Roasted Cod Meatball 
	橄榄油蝴蝶面 Farfalle Pasta w/ Olive Oil 	奶香土豆泥 Mashed Potato 	酱油蔬菜炒面 Stir-fried Noodles w/ Soy Sauce & Vegetables 	奶油蘑菇烩饭 Creamy Mushroom Risotto 	
蔬菜 Vegetable 	五彩素丁 Spiced Tofu w/ Mixed Vegetables 	菠菜粉丝小炒 Spinach Vermicelli 	小葱蒸豆腐 Steamed Tofu w/ Green Onion 	橄榄油烤南瓜配扁豆 Roasted Pumpkin w/ Olive Oil & Lentils 	黑松露茶树菇 Black Truffle Mushrooms 
	清炒杭白菜 Chinese Cabbage 	原味菜心 Choy Sum 	酱油西兰花 Broccoli w/ Soy Sauce 	双色莴笋丝 Asparagus & Carrot 	玉米炒白菜 Cabbage w/ Corn 

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