

2026年3月 | 爱文深圳中小学部餐单
March, 2026 | Snack & Lunch Menu Primary & Secondary Division

第一周 Week 1	3.2-3.6	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·扬州 Taste of Yangzhou	周四 Thursday	周五 Friday
点心餐单 Snacks	早点 Morning Snack	苹果酥 Fine Butter 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
	下午茶 Afternoon Snack	巧克力麻薯 Chocolate Mochi	鸡蛋肉松包 Meat Floss Bread	丹麦菠萝奶酥 Pineapple Bun	香肠酥 Sausage Griddled	华夫饼 Waffle
	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	雪里红肉沫炒鸡蛋 Stir-fried Pork & Egg w/ Potherb Mustard	莲藕炒牛肉 Stir-fried Beef w/ Lotus Root	红烧狮子头 Braised Pork Meatball	京味红烧鸡腿配鹌鹑蛋 Beijing-Style Braised Chicken Drumstick w/ Quail Eggs	豆腐鸡肉沫蒸水蛋 Tofu Chicken Steamed Egg
		玉米炒饭 / 白米饭 Stir-fried Rice w/ Corn / Rice	白米饭 Rice	扬州炒饭 (含香肠) Yangzhou Stir-fried Rice w/ Sausage	牛乳馒头 / 白米饭 Milk Bun / Rice	白米饭 Rice
	西式套餐 Western Set Meal	柠檬煎三文鱼 Pan-fried Salmon w/ Lemon Juice	芝士鸡肉卷 Cheese Chicken Roll	酸甜鱼块 Sweet & Sour Fish	意式牛肉酱 Italian Beef Marinara Sauce	香烤猪扒配咖喱汁 Roasted Pork w/ Curry Sauce
		橄榄油蝴蝶面 Farfalle Pasta w/ Olive Oil		葱油拌面 Scallion Oil Noodles	意大利面 Spaghetti	奶香土豆泥 Mashed Potato
	蔬菜 Vegetable	酸甜豆腐 Sweet & Sour Tofu	油焖云南小瓜 Braised Yunnan Jiegua	扬州鸡汤大煮干丝 Yangzhou Boiled Slice Dried Tofu	香煎孜然豆腐 Pan-fried Cumin Tofu	橄榄油烤时蔬 Roasted Vegetables w/ Olive Oil
		香菇烩芥兰 Mushroom Braised w/ Chinese Kale	双色莴笋丝 Asparagus & Carrot	清炒上海青 Baby Bok Choy	蒜蓉生菜 Lettuce w/ Garlic	玉米大白菜 Cabbage w/ Corn
	素食 Vegetarian	酸甜豆腐 Sweet & Sour Tofu	油焖云南小瓜配豆腐 Braised Yunnan Jiegua w/ Tofu	扬州大煮干丝 Yangzhou Boiled Slice Dried Tofu	香煎孜然豆腐 Pan-fried Cumin Tofu	橄榄油烤蘑菇配扁豆 Roasted Mushroom w/ Lentils & Olive Oil
		香菇烩芥兰 Mushroom Braised w/ Chinese Kale & Tofu	双色莴笋丝 Asparagus & Carrot	清炒上海青 Baby Bok Choy	蒜蓉生菜 Lettuce w/ Garlic	玉米大白菜 Cabbage w/ Corn
		玉米炒饭 Stir-fried Rice w/ Corn	白米饭 Rice	扬州炒饭 Yangzhou Stir-fried Rice	白米饭 Rice	白米饭 Rice
		橄榄油蝴蝶面 Farfalle Pasta w/ Olive Oil	素菜卷 Vegetables Roll	葱油拌面 Scallion Oil Noodles	意大利面 Spaghetti	土豆泥 Mashed Potato
特色餐 Special Meal					饺子 Dumpling	
汤 Soup	冬瓜肉沫汤 Pork & Winter Melon Soup	红豆汤 Red Bean Soup	冬瓜老鸭汤 Duck & Winter Melon Soup	百合苹果雪梨汤 Lily & Apple Pear Soup	紫菜蛋花汤 Egg & Seaweed Soup	

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✦ 含腊肉或香料 With Cured Meat or Spices

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第二周 Week 2	3.9-3.13	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·土耳其 Taste of Turkey	周四 Thursday	周五 Friday
点心餐单 Snacks	早点 Morning Snack	奶酪馒头 Bun w/Cheese	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
	下午茶 Afternoon Snack	海盐黄油面包	胡萝卜奶酪条 Carrot Cheese Strips	巧克力面包 Chocolate Bun	香肠酥 Sausage Griddled	芝士软麻薯 Cheese soft potato
	水果 Fruit	橘子 Orange	苹果 Apple	梨 Pear	人参果 Ginseng fruit	香蕉 Banana
午餐餐单 Lunch Menu	中式套餐 Chinese Set Meal	豉汁苦瓜炒牛柳 Stir-fried Beef w/ Bitter Gourd & Black Bean Sauce	菌菇甜豆炒肉片 Stir-fried Pork w/ Mushrooms & Sweet Pea	土耳其瓦罐鸡肉 Testi Kebabi	小炒肉 Stir-fried Pork	香椿炒鸡蛋 Stir-fried Eggs w/ Chinese Toon
		白米饭 Rice	牛乳馒头 / 白米饭 Milk Bun / Rice	双色烤甜薯 / 白米饭 Roasted Potato & Purple Sweet Potato / Rice	酱油炒饭 / 白米饭 Stir-fried Rice w/ Soy Sauce / Rice	白米饭 Rice
	西式套餐 Western Set Meal	奥尔良烤鸡腿 Orleans Roasted Chicken Drumstick	黄油黑胡椒炒虾仁 Butter Stir-fried Shrimp w/ Black Pepper	芝士牛肉法棍 Cheese Beef Stick	咖喱椰香鸡块 Curry Coconut Braised Chicken	香烤三文鱼 Roasted Salmon
		烤土豆角 Roasted Potato Wedge	黑松露意面 Black Truffle Pasta		薄饼 Flat Bread	黑椒汁螺旋面 Fusilli Pasta w/ Black Pepper Sauce
	蔬菜 Vegetable	芦蒿炒香干 Stir fried Tofu w/ Artemisia	干锅花菜 Griddled Cauliflowerer	土耳其烤茄子配番茄、青椒、芝士 Türkiye Roasted Eggplant w/ Tomato, Green Pepper & Cheese	蒜蓉粉丝大白菜 Cabbage w/ Vermicelli & Garlic	蒜蓉胡萝卜烤小瓜 Roasted Zucchini w/ Carrot & Garlic
		炆炒小白菜 Pakchoi	原味菜心 Choy Sum	黄油蒜香西兰花苔 Butter Broccoli w/ Garlic	清炒油麦菜 Lettuce	上汤豆苗 Pea Sprout
	素食 Vegetarian	芦蒿炒香干 Stir fried Tofu w/ Artemisia	干锅花菜 Griddled Cauliflowerer	土耳其烤茄子配番茄青椒、芝士和豆腐 Türkiye Roasted Eggplant w/ Tomato, Green Pepper & Cheese, Tofu	豆泡粉丝大白菜 Cabbage w/ Vermicelli & Fried Tofu	蒜蓉胡萝卜烤小瓜配鹰嘴豆 Roasted Zucchini w/ Carrot, Chickpea & Garlic
		炆炒小白菜 Pakchoi	原味菜心配香干 Choy Sum & Spiced Tofu	蒜香西兰花苔 Broccoli w/ Garlic	清炒油麦菜 Lettuce	上汤豆苗 Pea Sprout
		白米饭 Rice	薄饼 Flat Bread	白米饭 Rice	酱油炒饭 Stir-fried Rice w/ Soy Sauce	白米饭 Rice
		烤土豆角 Roasted Potato Wedge	黑松露意面 Black Truffle Pasta	烤法棍 Grilles Baguette	千层面 (素) Lasagna (Vegetables)	黑椒汁螺旋面 Fusilli Pasta w/ Black Pepper Sauce
特色餐 Special Meal				炸酱面 Pork Zhajiang Noodles		
汤 Soup	冬瓜玉米瘦肉汤 Winter Melon Corn soup	山药薏仁鸡肉汤 Chicken, Yam & Pearl Barley Soup	扁豆汤 Lentils Soup	百合苹果雪梨汤 Lily & Apple Pear Soup	香芋西米露 Taro Sago Soup	

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第三周 Week 3	3.16-3.20	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·上海 Taste of Shanghai	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	巧克力麻薯 Chocolate Mochi	鸡蛋肉松包 Meat Floss Bread	丹麦菠萝奶酥 Pineapple Bun	香肠酥 Sausage Griddled	华夫饼 Waffle
	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	山药木耳炒肉片 Stir-fried Pork w/ Yam & Wood Ear Mushrooms	糖醋鱼柳 Sweet & Sour Fish Fillet	茄汁芙蓉鸡片 Chicken w/ Egg White	香芹炒肥牛 Stir-fried Beef w/ Celery	番茄炒蛋 Scrambled Eggs w/ Tomato
		酱油鸡蛋炒饭 Fried Rice w/ Eggs & Soy Sauce	白米饭 Rice	葱油面 / 白米饭 Scallion Oil Noodles / Rice	橄榄油螺旋面 Fusilli Pasta w/ Olive Oli	白米饭 Rice
	西式套餐 Western Set Meal	椰汁咖喱鸡 Curry Chicken w/ Coconut Juice	主厨牛肉番茄芝士汉堡 Beef Burger w/ Roasted Tomato & Cheese	油面筋鳧肉 Stuffed Fired Gluten (Pork)	日式三文鱼蔬菜炒饭 Japanese Salmon Vegetable Fried Rice	卡真鸡肉丸 Roasted Chicken Meatball w/ Cajun Seasoning
		薄饼 Flat Bread		咸肉菜饭 Salt Pork & Vegetable Rice		奶香土豆泥 Mashed Potatoes
	蔬菜 Vegetable	青椒茄子 Eggplant & Green Pepper	毛豆炒玉米 Stir fried Corn w/ Green Beans	口蘑芥菜 Mustard Greens & Mushrooms	家常豆腐 Homestyle Tofu	青椒土豆丝 Shredded Potatoes w/ Green Pepper
		姜汁菜苔 Brassica Chinensis w/ Ginger Sauce	盐水菜心 Salty Choy Sum	炒上海青 Baby Bok Choy	蒜蓉生菜 Lettuce w/ Garlic	上汤芥兰 Kale
	素食 Vegetarian	青椒茄子烧黄豆 Eggplant & Green Pepper & Soybean	毛豆炒玉米配豆腐 Stir fried Corn w/ Green Beans & Tofu	口蘑芥菜配豆干 Mustard Greens & Mushrooms w/ Dried Tofu	家常豆腐 Homestyle Tofu	青椒土豆丝配豆皮 Shredded Potatoes w/ Green Pepper & Tofu Skin
		姜汁菜苔 Brassica Chinensis w/ Ginger Sauce	盐水菜心 Salty Choy Sum	炒上海青 Baby Bok Choy	蒜蓉生菜 Lettuce w/ Garlic	上汤芥兰 Kale
		酱油炒饭 Stir-fried Rice w/ Soy Sauce	白米饭 Rice	葱油面 Scallion Oil Noodles	橄榄油螺旋面 Fusilli Pasta w/ Olive Oli	白米饭 Rice
		薄饼 Flat Bread	茄汁意面 Spaghetti w/ Tomato Sauce	糯米饭 Rice w/ Brown Rice	薄饼 Flat Bread	土豆泥 Mashed Potatoes
特色餐 Special Meal					包子 Bun	
汤 Soup	冬瓜猪骨汤 Pork & Winter Melon Soup	番茄菌菇汤 Tomato Mushroom Soup	苹果马蹄瘦肉汤 Pork, Apple & Water Chestnut Soup	百合苹果香梨汤 Lily & Apple Pear Soup	小米粥 Millet Porridge	

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第四周 Week 4	3. 23-3. 27	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·日本 Taste of Japan	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	 胡萝卜奶酪条 Carrot Cheese Strips	巧克力面包 Chocolate Bun	香肠酥 Sausage Griddled	芝士软麻薯 Cheese soft potato	
	 水果 Fruit	橘子 Orange	苹果 Apple	梨 Pear	 人参果 Ginseng fruit	香蕉 Banana	
午餐餐单 Lunch Menu	 中式套餐 Chinese Set Meal	 酱爆鸡丁 (麻辣鸡丁) Braised Chicken	 腊肉炒芥兰 Stir-fried Chinese Bacon w/ Gailan	 日式照烧鸡腿 Japanese Teriyaki Chicken Drumstick	 白玉菇彩椒炒牛肉片 Stir-fried Beef w/ Mushroom & Pepper	虾仁蒸水蛋 Steamed Egg w/ Shrimp	
		牛乳馒头 / 白米饭 Milk Bun / Rice	白米饭 Rice	照烧汁焖饭 / 白米饭 Rice w/ Teriyaki Sauce / Rice	红豆饭 / 白米饭 Rice w/ Red Bean / Rice	白米饭 Rice	
	 西式套餐 Western Set Meal	红咖喱牛腩 Curry Beef	三色烤虾仁 Roasted Shrimp	 芥末籽奶油猪扒 Mustard Seed Cream Pork		 迷迭香烤牛柳配蘑菇汁 Rosemary Roasted Beef w/ Mushrooms Sauce	
		夏巴达面包 Ciabatta	蒜香橄榄油蝴蝶面 Farfalle Pasta w/ Garlic & Olive Oil	奶香土豆泥 Mashed Potato	千层面 (三文鱼) Lasagna (Salmon)	双色烤甜薯 Baked Sweet Potato	
	 蔬菜 Vegetable	 西芹马蹄炒香干 Stir-fried Spiced Tofu w/ Lily & Water Chestnut	 菠菜粉丝小炒 Spinach Vermicelli	小葱蒸豆腐 Steamed Tofu w/ Green Onion	香菇红烧萝卜配豆腐 Braised Radish w/ Mushrooms & Tofu	罗汉斋 Stewed Mixed Vegetables	
		清炒白菜苔 Boiled Cabbage	上汤菜心 Choy Sum	清炒杭白菜 Chinese Cabbage	蒜蓉油麦菜 Lettuce w/ Garlic	清炒冬瓜 Winter Melon	
	 素食 Vegetarian	 西芹马蹄炒香干 Stir-fried Spiced Tofu w/ Lily & Water Chestnut	 菠菜粉丝豆皮小炒 Spinach Vermicelli w/ Tofu Skin	小葱蒸豆腐 Steamed Tofu w/ Green Onion	香菇红烧萝卜豆腐 Braised Radish & Tofu w/ Mushrooms	罗汉斋 Stewed Mixed Vegetables	
		清炒白菜苔 Boiled Cabbage	上汤菜心 Choy Sum	清炒杭白菜 Chinese Cabbage	蒜蓉油麦菜 Lettuce w/ Garlic	清炒冬瓜 Winter Melon	
		薄饼 Flat Bread	白米饭 Rice	烤土豆 Baked Potato	红豆饭 Rice w/ Red Bean	白米饭 Rice	
		白米饭 Rice	蒜香橄榄油蝴蝶面 Farfalle Pasta w/ Garlic & Olive Oil	白米饭 Rice	千层面 (素) Lasagna (Vegetables)	双色烤甜薯 Baked Sweet Potato	
 特色餐 Special Meal					饺子 Dumpling		
 汤 Soup	粟米羹 Corn Soup	红豆莲子汤 Red Bean & Lotus Seed Soup	味噌汤 Miso Soup	百合苹果雪梨汤 Lily & Apple Pear Soup	紫菜蛋花汤 Egg & Seaweed Soup		

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