



2026年4月 | 爱文深圳幼教部点心餐单
April, 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 4.6-4.10	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	瘦肉芹菜粥 Pork & Celery Porridge	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	椰蓉芋泥吐司 Coconut and Taro 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 + 蓝莓 Apple + Blueberry	梨 + 葡萄 Pear + Grape	橘子 + 姑娘果 Orange + Cape gooseberry	香蕉 Banana
第二周 Week 2 4.13-4.17	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	鸡蓉百合粥 Chicken and Lily 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	厚乳吐司 Thick Milk Toast	枣糕 Jujube Cake	猫咪吐司 Cat-shaped Toast
	水果 Fruit	甜瓜 + 车厘子 Melon + Cherries	苹果 + 蓝莓 Apple + Blueberry	梨 + 葡萄 Pear + Grape	橘子 + 姑娘果 Orange + Cape gooseberry	香蕉 Banana

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第三周 Week 3 4.20-4.24	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	瘦肉芹菜粥 Pork & Celery 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	西式奶黄包 Western-style Egg Yolk Steamed Buns	椰蓉芋泥吐司 Coconut and Taro 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 + 蓝莓 Apple + Blueberry	梨 + 葡萄 Pear + Grape	橘子 + 姑娘果 Orange + Cape gooseberry	香蕉 Banana
第四周 Week 4 4.27-4.30	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	香蕉蛋糕 Banana Cake	橙香松饼 Orange Pancake	
		桂花奶香小芋头 Steamed Taro w/ Milk & Osmanthus	鸡蓉百合粥 Chicken and Lily Porridge	香菇肉末粥 Pork & Mushroom Porridge	蜂蜜蒸紫薯 Steamed Purple Sweet Potato w/ Honey	
	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	
	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	厚乳吐司 Thick Milk Toast	海苔肉松包 Seaweed Meat Floss Bun	
	水果 Fruit	甜瓜 + 车厘子 Melon + Cherries	苹果 + 蓝莓 Apple + Blueberry	梨 + 葡萄 Pear + Grape	橘子 + 姑娘果 Orange + Cape gooseberry	



































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April, 2026 | Lunch Menu Kindergarten Division

第一周 Week 1	周一 Monday	周二 Tuesday	周三 Wednesday 赏味 广州 Taste of Guangzhou	周四 Thursday	周五 Friday
主菜套餐 A Set Meal A 	芦蒿彩椒炒牛肉 Stir-fried Beef w/ Artemisia & Bell Pepper 	New! 大酱烧鳕鱼丸子 Braised Cod Balls w/ Soy Sauce 	广式沙姜鸡 Cantonese Style Ginger Chicken 	胡萝卜黑木耳炖肉 Stewed Pork w/ Carrot & Wood Ear Mushrooms 	三杯鸡 Braised Chicken w/ Three Cups Sauce 
	青菜炒饭 Vegetable Stir-fried Rice 	绿豆饭 Rice w/ Mung Bean 	玉米饭 Rice w/ Corn 	山药饭 Rice w/ Yam 	蛋炒饭 Stir-fried Rice w/ Egg 
主菜套餐 B Set Meal B 	蘑菇汁焗鸡肉丸 Chicken Meatball w/ Mushroom Sauce 	New! 肉酱烤土豆泥 Mashed Potatoes w/ Meat Sauce 	New! 滑蛋牛肉 Slippery Egg Beef 	红咖喱虾仁 Curry Shrimp 	意式牛肉酱 Beef Marinara 
	意大利面 Spaghetti 	New! 梅菜干拌面 Dried Plum Vegetable Mixed Noodles 	奶香土豆泥 Creamy Mashed Potatoes 	螺旋面 Fusilli Pasta 	
蔬菜 Vegetable 	西芹百合煮黄豆 Boiled Soybeans w/ Celery & Lily 	海带金针菇煮豆腐皮 Kelp, Mushrooms & Boiled Tofu Skin 	咸蛋黄炒小南瓜 Stir-fried Baby Pumpkin w/ Salted Egg Yolk 	炒花菜 Cauliflower 	New! 海苔香葱豆腐 Seaweed & Scallion Stewed Tofu 
	炆炒小白菜 Stir-fried Cabbage 	虫草花虾米小白菜 Cabbage w/ Dried Shrimp & Cordyceps 	蒜香西兰花菜苔 Broccolini w/ Garlic 	清炒上海青 Baby Bok Choy 	蒜蓉油麦菜 Lettuce w/ Garlic 




































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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 	 鸡纵菌彩椒炒牛肉 Stir Fried Beef w/ Mushroom & Colored Pepper 	香菇马蹄蒸肉饼 Meat Pie w/ Mushrooms 	韩式酱油烤三文鱼 Korean Roasted Salmon w/ Soy Sauce 	豉汁茼蒿炒鸡片 Stir-fried Chicken w/ Asparagus & Black Bean Soyce 	青椒炒肉 Stir-fried Pork w/ Green Pepper 
	洋葱玉米炒饭 Stir-fried Rice w/ Corn & Onion 	藜麦饭 Rice w/ Quinoa 	南瓜饭 Rice w/ Pumpkin 	红薯饭 Rice w/ Sweet Potato 	素炒饭 Stir-fried Rice w/ Vegetables 
主菜套餐 B Set Meal B 	香草烤鸡排 Chicken Kiev 	蒜香虾仁 Shrimp w/ Garlic 	裙带菜萝卜炖牛腩 Stewed Beef w/ Wakame & Radish 	主厨牛肉番茄芝士汉堡 Chef's Beef Burger w/ Roasted Tomato & American Cheese 	卡真烤鸡肉 Cajun Swasoning Roasted Chicken 
	炒乌冬面 Stir-fried Udon 	茄汁意面 Spaghetti w/ Tomato Sauce 	香葱捞面 Noodles w/ Green Onion 	奶香土豆泥 Mashed Potatoes 	
蔬菜 Vegetable 	橄榄油烤南瓜配扁豆 Roasted Pumpkin in Olive Oil w/ Lentils 	西亩地 (豌豆炒玉米) Pea & Corn 	 上汤西葫芦丝 Soup w/ Shredded Zucchini 	五彩素丁 Stir-fried Vegetables 	咖喱杂菜 Curry Mixed Vegetables 
	原味菜心 Choy Sum 	蒜蓉奶白菜 Bok Choy w/ Garlic 	酱油西兰花 Broccoli w/ Soy Sauce 	双色茼蒿丝 Carrot w/ Lettuce 	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·新疆 Taste of Xinjiang	周四 Thursday	周五 Friday
主菜套餐 A Set Meal A 	糖醋鱼块 Sweet & Sour Fish 	 客家酿豆腐(牛肉丸) Hakka Stuffed Tofu w/ Beef 	孜然烤大虾 Cumin Roasted Shrimp 	萝卜炖牛腩 Stewed Beef w/ White Radish 	红烧肉 Braised Pork 
	三丝炒米粉 Stir-fried Rice Noodles w/ Vegetables 	酱油炒饭 Stir-fried Rice w/ Soy Sauce 	胡萝卜手抓饭 Rice w/ Carrot 	红豆饭 Rice w/ Red Bean 	蛋炒饭 Stir-fried Rice w/ Egg 
主菜套餐 B Set Meal B 	香草烤五花肉 Roasted Pork w/ Herbs 	 葡汁土豆炖鸡肉 Stewed Chicken w/ Potatoes in Portuguese Sauce 	大盘鸡 Big Plate Chicken 	烤鱼柳配芦笋 Grilled Fish Fillet w/ Asparagus 	千层面 (鸡肉) Lasagna (Chicken) 
	胡萝卜饭 Rice w/ Carrot 	橄榄油蝴蝶面 Farfalle Pasta w/ Olive Oil 	大葱番茄炒宽面 Stir-fried Noodles w/ Tomato & Scallion 	奶香土豆泥 Mashed Potatoes 	
蔬菜 Vegetable 	西芹马蹄炒香干 Stir-fried Spiced Tofu w/ Water Chestnuts & Celery 	银芽烩豆皮 Tofu skin w/ Bean Sprouts 	洋葱香烤南瓜 Onion Roasted Pumpkin 	 虫草花虾米大白菜 Cabbage w/ Dried Shrimp & Cordyceps 	黄豆炖冬瓜 Braised Winter Melon w/ Soybean 
	炆炒小白菜 Stir-fried Cabbage 	木耳娃娃菜 Baby Cabbage & Wood Ear Mushrooms 	孜然菜花 Cumin Cauliflower 	蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic 	花菇扒菜胆 Mushrooms & Vegetables 

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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 	番茄炒蛋 Scrambled Eggs w/ Tomato 	三色时蔬炒虾仁 Stir-fried Shrimp w/ Three Color Vegetables 	碳烤猪颈肉 Grilled Pork 	 虫草花白木耳蒸鸡 Cordyceps Flower White Fungus Steamed Chicken 	
	蔬菜炒饭 Stir-fried Rice w/ Vegetables 	紫薯饭 Rice w/ Purple Sweet Potato 	香茅饭 Rice w/ Citronella / Rice 	南瓜饭 Rice w/ Pumpkin 	
主菜套餐 B Set Meal B 	 芝士奶油烤菠菜肉丸 Roasted Spinach Meat Ball w/ Cheese & Cream 	葡汁土豆炖牛腩 Stewed Beef w/ Potato & Portuguese Sauce 	金不换炒鸡肉 Stir-fried Chicken w/ Basil 	 白灼虾仁配姜汁甜酱油 Blanched shrimp w/ Ginger Sauce & Sweet Soy Sauce 	
	黄油煮小土豆 Butter Boiled Potatoes 	橄榄油螺旋面 Fusilli Pasta w/ Olive Oil 	泰式炒河粉 Thai Stir-fried Rice Noodles 	三丝炒面 Stir-fried Noodles w/ Vegetables 	
蔬菜 Vegetable 	金针菇蒜蓉蒸豆腐 Stewed Tofu w/ Mushroom & Garlic 	素炒平菇 Stir-fried Mushrooms 	泰汁烧豆腐 Thai Braised Tofu 	蒜香烤口蘑 Roasted Mushrooms w/ Garlic 	
	蒜蓉奶白菜 Bok Choy w/ Garlic 	双色菜花 Broccoli & Cauliflower 	清炒菜心 Choy Sum 	清炒上海青 Baby Bok Choy 	

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