





















2026年4月 | 爱文深圳中小学部餐单
April, 2026 | Snack & Lunch Menu Primary & Secondary Division

| 第一周 Week 1 | 4.6-4.10 | 周一 Monday | 周二 Tuesday | 周三 Wednesday 赏味·四川 Taste of SiChuan | 周四 Thursday | 周五 Friday |
|---|--|--|---|---|---|---|
| 点心餐单 Snacks |  早点 Morning Snack | 苹果酥 Fine Butter Apple Turnover |  麻薯肉松包 Mochi Meat Flavored Bread | 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 | 胡萝卜奶酪条 Carrot Cheese Strips | 香肠酥 Sausage Griddled | 鸡蛋肉松包 Meat Floss Bread | 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 | 茶树菇炒肥牛 Stir-fried Beef w/ Mushrooms |  酸菜粉丝炖五花肉 Stewed Pork w/ Pickled Chinese Cabbage & Vermicelli |  水煮鱼片 Boiled Fish Slices |  红烧鸡腿 Braised Chicken Drumstick | 番茄炒蛋 Scrambled Eggs w/ Tomato |
| | | 牛乳馒头 / 白米饭 Milk Bun / Rice | 香葱炒饭 Stir-fried Rice w/ Green Onion | 白米饭 Rice | 南瓜饭 Rice w/ Pumpkin | 白米饭 Rice |
| |  西式套餐 Western Set Meal | 橄榄卡真烤鱼柳 Cajun Roasted Fish w/ Olive |  青柠柠檬烤鸡大胸 Lime Roasted Chicken Breast | 回锅肉 Twice cooked pork | 意式牛肉酱 Beef Marinara Sauce |  香烤猪扒配咖喱汁 Roasted Pork w/ Curry Sauce |
| | | 烤土豆角 Roasted Potato | 黄油炒意面 Butter Stir-fried Pasta |  梅菜干拌面 Dried Plum Vegetable Mixed Noodles | 意大利面 Spaghetti | 黄油煮小土豆 Butter Boiled Potatoes |
| |  蔬菜 Vegetable | 番茄炒花菜 Stir-fried Cauliflower w/ Tomato | 芝士奶油烤茄子配扁豆 Cheese Roasted Eggplant w/ Lentils | 麻婆豆腐 (不辣) Mapo Tofu (Not Spicy) | 芹菜炒香干 Stir-fried Spiced Tofu w/ Celery | 清炒西葫芦 Zucchini |
| | | 清炒上海青 Baby Bok Choy | 木耳娃娃菜 Baby Cabbage & Wood Ear Mushrooms | 清炒包菜 Stir-fried cabbage | 原味菜心 Choy Sum |  虫草花虾米大白菜 Cabbage w/ Dried Shrimp & Cordyceps |
| |  素食 Vegetarian | 番茄炒花菜配香干 Stir-fried Cauliflower w/ Tomato & Spiced Tofu | 烤茄子配豆皮 Roasted Eggplant w/ Tofu Skin | 麻婆豆腐 (不辣) Mapo Tofu (Not Spicy) | 芹菜炒香干 Stir-fried Spiced Tofu w/ Celery | 清炒西葫芦配扁豆 Zucchini w/ Lentils |
| | | 清炒上海青 Baby Bok Choy | 木耳娃娃菜 Baby Cabbage & Wood Ear Mushrooms | 清炒包菜 Stir-fried cabbage | 原味菜心 Choy Sum |  虫草花大白菜 Cabbage w/ Cordyceps |
| | | 白米饭 Rice | 香葱炒饭 Stir-fried Rice w/ Green Onion | 白米饭 Rice | 南瓜饭 Rice w/ Pumpkin | 白米饭 Rice |
| | | 烤土豆角 Roasted Potato | 炒意面 Stir-fried Pasta |  梅菜干拌面 Dried Plum Vegetable Mixed Noodles | 意大利面 Spaghetti | 煮小土豆 Boiled Potatoes |
|  特色餐 Special Meal | | | | | 饺子 Dumpling | |
|  汤 Soup | 香芋椰汁西米露 Taro Coconut Sago | 虫草花鸡肉汤 Chicken & Cordyceps Flower Soup |  嫩豆腐汤 Soft Tofu 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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April, 2026 | Snack & Lunch Menu Primary & Secondary Division

| 第二周 Week 2 | 4.13-4.17 | 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 | 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 |
| | 下午点 Afternoon Snack | 海盐黄油面包 Salty Butter Bread | 香蕉面包 Banana Bread | 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 | 土豆炒肉片 Stir-fried Pork w/ Potato | 广式清蒸鳕鱼 Cantonese Steamed Cod | 红烧狮子头 Braised Pork Meatball | 三杯鸡 Braised Chicken w/ Three Cups Sauce | 鸡肉沫蒸水蛋 Steamed Egg w/ Minced Chicken |
| | | 白米饭 Rice | 咸肉菜饭 Salt Pork & Vegetable Rice | 扬州炒饭(含香肠) Yangzhou Stir-fried Rice w/Sausage | 红薯饭 Rice w/ Sweet Potato | 白米饭 Rice |
| | 西式套餐 Western Set Meal | 奥尔良烤鸡腿 Orleans Roasted Chicken Drumstick | 蘑菇牛肉派 Beef Mushrooms Pie | 酸甜鱼块 Sweet & Sour Fish | 主厨牛肉番茄芝士汉堡 Chef's Beef Burger w/ Roasted Tomato & American Cheese | 芥末籽奶油猪扒 Mustard Seed Cream Pork |
| | | 橄榄油螺旋面 Fusilli Pasta w/ Olive Oil | | 葱油拌面 Scallion Oil Noodles | | 黑松露土豆泥 Black Truffle Mashed Potatoes |
| | 蔬菜 Vegetable | 冬瓜煲 Braised Winter Melon | 咖喱杂菜 Curry Mixed Vegetables | 扬州鸡汤大煮干丝 Yangzhou Boiled Slice Dried Tofu | 橄榄油烤时蔬 Roasted Vegetables w/ Olive Oil | 蒜香毛豆 Edamame w/ Garlic |
| | | 上汤奶白菜 Bok Choy | 蒜蓉粉丝蒸大白菜 Cabbage w/ Vermicelli & Garlic | 清炒上海青 Baby Bok Choy | 酱油生菜 Lettuce w/ Soy Sauce | 姜汁芥兰 Kale w/ Ginger Sauce |
| | 素食 Vegetarian | 冬瓜煲配豆腐 Braised Winter Melon w/ Tofu | 咖喱杂菜配鹰嘴豆 Curry Mixed Vegetables w/ Chickpea | 扬州大煮干丝 Yangzhou Boiled Slice Dried Tofu | 橄榄油烤时蔬配扁豆 Roasted Vegetables w/ Olive Oil & Lentils | 蒜香毛豆配香干 Edamame w/ Garlic w/ Spiced Tofu |
| | | 上汤奶白菜 Bok Choy | 豆泡粉丝大白菜 Cabbage w/ Vermicelli & Fried Tofu | 清炒上海青 Baby Bok Choy | 酱油生菜 Lettuce w/ Soy Sauce | 姜汁芥兰 Kale w/ Ginger Sauce |
| | | 白米饭 Rice | 白米饭 Rice | 扬州炒饭 Yangzhou Stir-fried Rice | 红薯饭 Rice w/ Sweet Potato | 白米饭 Rice |
| | | 橄榄油螺旋面 Fusilli Pasta w/ Olive Oil | 蘑菇派(素) Mushrooms Pie (Vegetables) | 葱油拌面 Scallion Oil Noodles | 薄饼 Flatbread | 黑松露土豆泥 Black Truffle Mashed Potatoes |
| 特色餐 Special Meal | | | | | 西红柿牛肉面 Beef & Tomato Noodles | |
| 汤 Soup | 鸡蓉玉米羹 Chicken & Corn Soup | 眉豆莲藕老鸡汤 Black-eyed Pea and Lotus Root Soup with Old Chicken | 番薯糖水 Sweet Potato Soup | 百合苹果香梨汤 Lily & Apple Pear Soup | 番茄蛋花汤 Tomato & Egg Soup | |

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| 第三周 Week 3 | 4.20-4.24 | 周一 Monday | 周二 Tuesday | 周三 Wednesday 赏味·越南 Taste of Vietnam | 周四 Thursday | 周五 Friday |
|---------------------|--------------------------------------|---|---|---|--|--|
| 点心餐单 Snacks | 早点 Morning Snack | 牛角包 Croissant | 麻薯肉松包 Mochi Meat Flavored Bread | 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 | 胡萝卜奶酪条 Carrot Cheese Strips | 香肠酥 Sausage Griddled | 鸡蛋肉松包 Meat Floss Bread | 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 | 香菇红枣蒸鸡 Steamed Chicken with Shiitake Mushrooms and Red Dates | 酸菜鱼 Fish w/ Pickled Chinese Cabbage | 香草烤鸡柳 Grilled Chicken Tenders w/ Vanilla | 咸蛋黄鸡翅根 Chicken Wing w/ Salted Egg Yolk | 青瓜炒蛋 Stir-fried Egg w/ Cucumber |
| | | 牛乳馒头 / 白米饭 Milk Bun / Rice | 酱油炒饭 Stir-fried Rice w/ Soy Sauce | 白米饭 Rice | 蛋炒饭 / 白米饭 Stir-fried Rice w/ Egg / Rice | 白米饭 Rice |
| | 西式套餐 Western Set Meal | 香草烤五花肉 Roasted Pork w/ Vanilla | 菠菜芝士培根蛋饼 Spinach Cheese Bacon Egg Cakes | 芝士牛肉法棍 Cheese Beef Stick | 瑞典肉丸 Sweden Pork Meatball | 千层面 (牛肉) Lasagna (Beef) |
| | | 双色烤甜薯 Roasted Sweet Potato | 黑松露蝴蝶面 Black Truffle Farfalle Pasta | | 薄饼 Flat Bread | |
| | 蔬菜 Vegetable | 素炒平菇 Stir-fried Mushrooms | 蒜蓉金针菇蒸豆腐 Stewed Tofu w/ Mushrooms & Garlic | 咸蛋黄炒小南瓜 Stir-fried Baby Pumpkin w/ Salted Egg Yolk | 麻婆豆腐 (不辣) Mapo Tofu (Not Spicy) | 红烧茄子 Braised Eggplant |
| | | 炆炒小白菜 Bok Choy | 玉米炒大白菜 Chinese Cabbage & Corn | 蒜香西兰花菜苔 Broccolini w/ Garlic | 木耳娃娃菜 Baby Cabbage & Wood Ear Mushrooms | 清炒上海青 Baby Bok Choy |
| | 素食 Vegetarian | 豆干炒平菇 Stir-fried Mushrooms w/ Spiced Tofu | 蒜蓉金针菇蒸豆腐 Stewed Tofu w/ Mushrooms & Garlic | 扁豆烤小南瓜 Roasted Baby Pumpkin w/ Lentils | 麻婆豆腐 (不辣) Mapo Tofu (Not Spicy) | 红烧茄子配鹰嘴豆 Braised Eggplant w/ Chickpea |
| | | 炆炒小白菜 Bok Choy | 玉米炒大白菜 Chinese Cabbage & Corn | 蒜香西兰花菜苔 Broccolini w/ Garlic | 木耳娃娃菜 Baby Cabbage & Wood Ear Mushrooms | 清炒上海青 Baby Bok Choy |
| | | 白米饭 Rice | 酱油炒饭 Stir-fried Rice w/ Soy Sauce | 白米饭 Rice | 白米饭 Rice | 白米饭 Rice |
| | | 双色烤甜薯 Roasted Sweet Potato | 黑松露蝴蝶面 Black Truffle Farfalle Pasta | 素炒河粉 Stir-fried Rice Noodles w/ Vegetables | 千层面 (素) Lasagna (Vegetables) | 薄饼 Flat Bread |
| 特色餐 Special Meal | | | | | 包子 Bun | |
| 汤 Soup | 胜瓜肉片汤 Sliced Pork and Loofah Soup | 红豆汤 Red Bean Soup | 罗宋汤 Borscht | 百合苹果雪梨汤 Lily & Apple Pear Soup | 小米粥 Millet Porridge | |

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| 第四周 Week 4 | 4. 27-4. 30 | 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 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 | | |
| | 下午点 Afternoon Snack | 巧克力麻薯 Chocolate Mochi | 香蕉面包 Banana Bread | 巧克力面包 Chocolate Bun | 香肠酥 Sausage Griddled | | |
| | 水果 Fruit | 橘子 Orange | 苹果 Apple | 梨 Pear | 橘子 Orange | | |
| 午餐餐单 Lunch Menu | 中式套餐 Chinese Set Meal | 鸡纵菌彩椒炒牛肉 Stir Fried Beef Tenderloin w/ Mushroom & Colored Pepper | 小炒肉 Stir-fried Pork | 碳烤猪颈肉 Grilled Pork | 京味红烧鸡腿配鹌鹑蛋 Beijing-Style Braised Chicken Drumstick w/ Quail Eggs | | |
| | | 白米饭 Rice | 洋葱玉米炒饭 / 白米饭 Stir-fried Rice w/ Corn & Onion / Rice | 香茅饭 Rice w/ Citronella | 薄饼 Flat Bread | | |
| | 西式套餐 Western Set Meal | 煎三文鱼配柠檬汁 Pan-fried Salmon w/ Lemon Juice | 葡汁土豆炖鸡肉 Stewed Chicken w/ Potato | 金不换炒鸡肉 Stir-fried Chicken w/ Basil | 日式三文鱼蔬菜炒饭 Japanese Salmon Vegetable Fried Rice | | |
| | | 蒜味土豆角 Baked Potato Wedges w/ Garlic | 橄榄油螺旋面 Fusilli Pasta w/ Olive Oli | 泰式炒河粉 Thai Stir-fried Rice Noodles | | | |
| | 蔬菜 Vegetable | 蒜蓉粉丝蒸丝瓜 Vermicelli & Luffa w/ Garlic | 芝士烤番茄 Cheese Baked Tomato | 泰汁烧豆腐 Thai Braised Tofu | 油焖云南小瓜 Braised Yunnan Jiegua | | |
| | | 酱油生菜 Lettuce w/ Soy Sauce | 蒜蓉奶白菜 Bok Choy w/ Garlic | 原味菜心 Choy Sum | 蒜蓉油麦菜 Lettuce w/ Garlic | | |
| | 素食 Vegetarian | 蒜蓉粉丝蒸丝瓜豆腐 Tofu, Vermicelli & Luffa w/ Garlic | 烤南瓜配扁豆 Roasted Pumpkin w/ Lentils | 泰汁烧豆腐 Thai Braised Tofu | 油焖云南小瓜配香干 Braised Yunnan Jiegua w/ Spiced Tofu | | |
| | | 酱油生菜 Lettuce w/ Soy Sauce | 蒜蓉奶白菜 Bok Choy w/ Garlic | 原味菜心 Choy Sum | 蒜蓉油麦菜 Lettuce w/ Garlic | | |
| | | 白米饭 Rice | 洋葱玉米炒饭 Stir-fried Rice w/ Corn & Onion | 香茅饭 Rice w/ Citronella | 白米饭 Rice | | |
| | | 蒜味土豆角 Baked Potato Wedges w/ Garlic | 橄榄油螺旋面 Fusilli Pasta w/ Olive Oli | 泰式炒河粉 Thai Stir-fried Rice Noodles | 薄饼 Flat Bread | | |
| 特色餐 Special Meal | | | | | | | |
| 汤 Soup | 眉豆莲藕老鸡汤 Black-eyed Pea and Lotus Root Soup with Old Chicken | 南瓜西米露 Pumpkin Sago | 椰子鸡汤 Coconut Chicken Soup | 百合苹果香梨汤 Lily & Apple Pear Soup | | | |