



2026 年 8月—9月 | 爱文深圳幼教部点心餐单
August & September, 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 8.20-8.21	早点 Morning Snack	酱油鸡蛋炒米粉 Stir-fried Rice Noodles w/ Egg & Soy Sauce				香葱肉花卷 Steamed Chive & Pork Twisted Roll
		蜂蜜蒸南瓜 Steamed Pumpkin w/ Honey				五谷营养粥 Grains Porridge
	饮品 Drinks	燕麦露、牛奶 Oat Milk, Milk				燕麦露、牛奶 Oat Milk, Milk
	下午点 Afternoon Snack	肉松海苔曲奇 Sea Salt Crispy Oat Cookies				蒸甜玉米 Steamed Sweet Corn
	水果 Fruit	桃子 + 葡萄 Peach + Grape				甜瓜 + 奇异果 Melon + Golden Kiwi Fruits
第二周 Week 2 8.24-8.28	早点 Morning Snack	美式滑蛋 American Scrambled Eggs	青菜肉丝炒米粉 Stir-fried Rice Noodles w/ Pork & Vegetables	火龙果奶香包 Dragon Fruit Milk Bun	干炒牛河 Stir-fried Rice Noodles w/ Beef	提子鸡蛋卷 Raisin Egg Roll
		南瓜肉沫粥 Pork & Pumpkin Porridge	黄油烤玉米 Butter Roasted Corn	山药胡萝卜牛肉粥 Beef, Yam & Carrot Porridge	蜂蜜蒸山药 Steamed Yam w/ Honey	芥菜肉末粥 Pork & Leaf Mustard 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	毛毛虫芋泥卷 Sweet Taro Puree Rolls	提子餐包 Raisin Bun	芋泥蛋黄吐司 Mashed Taro & Egg Yolk Toast	巧克力司康 Chocolate Scone	日式红豆包 Japanese Red Bean Bun
	水果 Fruit	火龙果 + 西瓜 Dragon Fruit+ Watermelon	苹果 + 蓝莓 Apple + Blueberry	橘子 + 梨 Orange + Pear	桃子 + 葡萄 Peach + Grape	甜瓜 + 奇异果 Melon + Golden Kiwi Fruits

关于餐食的问题与建议欢迎联系 Please reach out to us for any suggestion
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		星期一 Mon	星期二 Tue	星期三 Wed	星期四 Thu	星期五 Fri
第三周 Week 3 8.31-9.4	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	香蕉巧克力餐包 Banana Chocolate Bun	蔬菜鸡蛋炒面 Egg Stir-fried Noodles & Vegetables	枣糕 Jujube Cake
		虾仁玉米粥 Shrimp & Corn Porridge	桂花奶香小芋头 Steamed Taro w/ Milk & Osmanthus	牛奶燕麦粥 Oatmeal w/ Milk	蜂蜜蒸红薯 Steamed Sweet Potato 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	蜂蜜香橙海绵蛋糕 Honey Orange Sponge Cake	双色吐司 Colored Toast	厚乳芋泥棒 Mashed Taro Stick	原味蛋糕 Sponge Cake	蒸甜玉米 Steamed Sweet Corn
	水果 Fruit	火龙果 + 西瓜 Dragon Fruit+ Watermelon	苹果 + 蓝莓 Apple + Blueberry	橘子 + 梨 Orange + Pear	桃子 + 葡萄 Peach + Grape	甜瓜 + 奇异果 Melon + Golden Kiwi Fruits
第四周 Week 4 9.7-9.11	早点 Morning Snack	美式滑蛋 American Scrambled Eggs	菠菜肉沫炒米粉 Stir-fried Rice Noodles w/ Pork & Spinach	肉松馒头 Meat Floss Bun	酱油鸡蛋炒米粉 Stir-fried Rice Noodles w/ Egg & Soy Sauce	香葱肉花卷 Steamed Chive & Pork Twisted Roll
		鸡蓉玉米粥 Chicken & Corn Porridge	广式香葱土豆 Cantonese Potato w/ Green Onion	胡萝卜牛肉粥 Beef & Carrot Porridge	蜂蜜蒸南瓜 Steamed Pumpkin w/ Honey	南瓜小米粥 Pumpkin & Millet 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	毛毛虫芋泥卷 Sweet Taro Puree Rolls	云朵红豆蛋糕 Soft Red Bean Cake	香橙吐司 Orange Toast	芝士软曲奇 Cheese Cookie	蒸甜玉米 Steamed Sweet Corn
	水果 Fruit	火龙果 + 西瓜 Dragon Fruit+ Watermelon	苹果 + 蓝莓 Apple + Blueberry	橘子 + 梨 Orange + Pear	桃子 + 葡萄 Peach + Grape	甜瓜 + 奇异果 Melon + Golden Kiwi Fruits

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第五周 Week 5 9.14-9.18	早点 Morning Snack	中式肉末蛋羹 Chinese Steamed Eggs w/ Minced Pork	干炒牛肉米粉 Stir-fried Rice Noodles w/ Beef	火龙果奶香包 Dragon Fruit Milk Bun	青菜肉丝炒米粉 Stir-fried Rice Noodles w/ Pork & Vegetables	奶香司康饼 Milk Scone
		南瓜肉沫粥 Pork & Pumpkin Porridge	黄油烤玉米 Butter Roasted Corn	山药胡萝卜牛肉粥 Beef, Yam & Carrot Porridge	蜂蜜蒸山药 Steamed Yam w/ Honey	芥菜肉末粥 Pork & Leaf Mustard 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	蔓越莓鸡蛋卷 Cranberry Egg Roll	提子餐包 Raisin Bun	芋泥蛋黄吐司 Mashed Taro & Egg Yolk Toast	巧克力司康 Chocolate Scone	日式红豆包 Japanese Red Bean Bun
	水果 Fruit	火龙果 + 西瓜 Dragon Fruit+ Watermelon	苹果 + 蓝莓 Apple + Blueberry	橘子 + 梨 Orange + Pear	桃子 + 葡萄 Peach + Grape	甜瓜 + 奇异果 Melon + Golden Kiwi Fruits
第六周 Week 6 9.21-9.24	早点 Morning Snack	美式滑蛋 American Scrambled Eggs	三色鸡蛋肉沫炒粉 Stir-fried Rice Noodles w/ Egg, Pork & Mix Vegetables	香蕉巧克力餐包 Banana Chocolate Bun	蔬菜鸡蛋炒面 Egg Stir-fried Noodles & Vegetables	
		虾仁玉米粥 Shrimp & Corn Porridge	桂花奶香小芋头 Steamed Taro w/ Milk & Osmanthus	牛奶燕麦粥 Oatmeal w/ Milk	蜂蜜蒸红薯 Steamed 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	蜂蜜香橙海绵蛋糕 Honey Orange Sponge Cake	巧克力吐司 Chocolate Toast	厚乳芋泥棒 Mashed Taro Stick	原味蛋糕 Sponge Cake	
	水果 Fruit	火龙果 + 西瓜 Dragon Fruit+ Watermelon	苹果 + 蓝莓 Apple + Blueberry	橘子 + 梨 Orange + Pear	桃子 + 葡萄 Peach + Grape	

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2026年8月—9月 | 爱文深圳幼教部午餐餐单
August & September, 2026 | Lunch Menu Kindergarten Division

第一周 Week 1	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday					
主菜套餐 A Set Meal A 				台式三杯鸡 Taiwanese Braised Chicken w/ Three Cups Sauce		牛肉沫玉米炒甜豆 Stir-fried Beef w/ Corn & Sweet Pea				
				蛋炒饭 Stir-fried Rice w/ Egg		红豆饭 Rice w/ Red Bean				
主菜套餐 B Set Meal B 				意式牛肉酱 Italian Beef Marinara Sauce		柠香味蒸鳕鱼丸 Steamed Cod Balls w/ Lemon				
				意大利面 Spaghetti		黄油烤蝴蝶面 Butterfly-Pasta w/ Butter				
蔬菜 Vegetable 				海米炒冬瓜 Stir-fried Winter Melon w/ Dried Shrimp		彩椒炒蘑菇 Stir-fried Mushrooms w/ Bell Pepper				
				玉米大白菜 Chinese Cabbage & Corn		蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic				

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August & September, 2026 | Lunch Menu Kindergarten Division

第二周 Week 2	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 	土豆烧牛肉 Braised Beef w/ Potato 	 西葫芦清蒸狮子头 Stewed Pork Meatball w/ Zucchini 	烧汁金菇肥牛 Teriyaki Stir-fried Beef w/ Mushrooms 	番茄炒蛋 Scrambled Eggs w/ Tomato 	红烧丸子酿豆腐 Braised Tofu w/ Pork Meatball 
	荞麦饭 Rice w/ Buckwheat 	酱油蔬菜炒饭 Stir-fried Rice w/ Vegetables & Soy Sauce 	紫菜炒饭 Stir-fried Rice w/ Seaweed 	玉米饭 Rice w/ Corn 	三丝炒面 Stir-fried Noodles w/ Vegetables 
主菜套餐 B Set Meal B 	橄榄油烤三文鱼丸 Roasted Salmon Balls w/ Olive Oil 	奶油青酱炒虾仁 Creamy Stir-fried Shrimp w/ Pesto 	日式照烧鸡腿肉 Japanese Teriyaki Chicken 	烤牛腩配孜然甜椒汁 Roasted Beef w/ Cumin & Bell Pepper Sauce 	马苏里拉奶酪焗鸡扒 Roasted Chicken w/ Mozzarella Cheese 
	奶香土豆泥 Mashed Potato 	意大利面 Spaghetti 	炒蝴蝶面 Stir-fried Farfalle Pasta 	橄榄油螺旋面 Fusilli Pasta w/ Olive Oli 	 盐烧土豆片 Salt-baked Potato 
蔬菜 Vegetable 	双色莴笋丝 Celtuce w/ Carrot 	芦笋玉米炒百合 Stir-fried Asparagus, Corn & Lily 	 香葱黄豆酱蒸豆腐 Scallion & Soybean Sauce Steamed Tofu 	 椰汁百合煮南瓜 Coconut Stewed Pumpkin w/ Lily 	醋溜土豆丝 Shredded Potatoes w/ Vinegar 
	原味菜心 Choy Sum 	蒜蓉西兰花 Broccoli w/ Garlic 	甜酱油生菜 Lettuce w/ Sweet Soy Sauce 	木耳娃娃菜 Baby Cabbage & Wood Ear Mushrooms 	清炒上海青 Baby Bok Choy 

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August & September, 2026 | Lunch Menu Kindergarten Division

第三周 Week 3	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 	酱爆鸡丁配玉米青豆 Braised Chicken w/ Corn & Green Pea 	 带子肉滑瓢豆腐 Scallop & Pork Stuffed Tofu 	迷迭香烤鸡腿肉 Roasted Chicken w/ Rosemary 	广式香芋扣肉 Cantonese Braised Pork w/ Taro 	宫保虾仁 Kung Pao Shrimp 
	山药饭 Rice w/ Yam 	蛋炒饭 Stir-fried Rice w/ Egg 	奶油蘑菇烩饭 Creamy Mushroom Risotto 	玉米炒饭 Fried Rice w/ Corn 	胡萝卜饭 Rice w/ Carrot 
主菜套餐 B Set Meal B 	蘑菇牛肉派 Beef & Mushrooms Pie 	香草烤鸡排 Roasted Chicken w/ Vanilla 	法式炖牛肉 French Stewed Beef 	 蜜汁烤三文鱼丸 Roasted Salmon Balls w/ Honey Sauce 	主厨牛肉番茄芝士汉堡 Chef's Beef Burger w/ Roasted Tomato & Cheese 
		双色烤甜薯 Baked Potato & Purple Potato 	橄榄油蝴蝶面 Farfalle Pasta w/ Olive Oil 	 奶香土豆饼 Potato Pancake 	
蔬菜 Vegetable 	橄榄油烤杂蔬 Roasted Vegetables w/ Olive Oil 	家常红烧豆腐 Homestyle Braised Tofu 	奶油焗花菜 Creamy Baked Cauliflower 	荷兰豆炒百合 Stir-fried Snow Peas & Lily 	烤杏鲍菇烩彩椒 Roasted Mushrooms w/ Bell Pepper 
	上汤豆苗 Pea Sprout 	炆炒小白菜 Bok Choy 	手撕包菜 Shredded Cabbage 	蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic 	酱油西兰花 Broccoli w/ Soy Sauce 

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August & September, 2026 | Lunch Menu Kindergarten Division

第四周 Week 4	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·越南 Taste of Vietnam	周四 Thursday	周五 Friday
主菜套餐 A Set Meal A 	鸡肉沫玉米炒甜豆 Stir-fried Pork w/ Corn & Sweet Pea 	 香菇马蹄蒸虾丸子 Steamed Shrimp Balls w/ Mushrooms & Water Chestnuts 	鳕鱼丸配有机芦笋 Cod w/ Asparagus 	葱油鸡 Onion Chicken 	彩椒土豆炒肉 Stir-fried Pork w/ Bell Peppers & Potatoes 
	卷心菜炒饭 Cabbage Fried Rice 	香葱炒饭 Stir-fried Rice w/ Green Onion 	鱼露蒜香米粉 Rice Noodles w/ Fish Sauce & Garlic 	五彩炒饭 Stir-fried Rice w/ Mixed Vegetables 	南瓜饭 Rice w/ Pumpkin 
主菜套餐 B Set Meal B 	 芝士番茄焗猪肉丸 Baked Pork Meatballs w/ Cheese & Tomato Sauce 	酱烧牛肉 Braised Beef 	香茅烤猪柳 Roasted Pork w/ Citronella 	千层面 (牛肉) Lasagna (Beef) 	奶油蘑菇汁烩鸡肉 Creamy Chicken w/ Mushroom Sauce 
	香烤土豆角 Baked Potato Wedges 	奶香土豆泥 Mashed Potato 	柠香芹菜饭 Rice w/ Lemon & Celery 		橄榄油意大利面 Spaghetti w/ Olive Oil 
蔬菜 Vegetable 	蒜香粉丝蒸茄子 Steamed Eggplant w/ Garlic 	红烧豆腐 Braised Tofu 	香茅煎豆腐 Pan-fried Tofu w/ Citronella 	 三鲜烧千张 Three freshVegetable w/ tofu skins 	莴笋醋溜豆芽 Bean Sprout & Celtuce w/ Vinegar 
	原味菜心 Choy Sum 	胡萝卜丝炒菠菜 Carrot Stir -fried w/ Spinach 	三色时蔬 Broccoli, Cauliflower & Carrot 	上汤菜心 Choy Sum 	清炒上海青 Baby Bok Choy 

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August & September, 2026 | Lunch Menu Kindergarten Division

第五周 Week 5	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·客家 Taste of Hakka	周四 Thursday	周五 Friday
主菜套餐 A Set Meal A 	豉汁炒牛柳 Stir-fried Beef w/ Soy Sauce 	余师傅秘制五花肉 Chef Yu Stewed Pork 	盐焗鸡 Salted Chicken 	 香醋烧三文鱼 Braised Salmon w/ Vinegar 	糖醋里脊肉 Sweet & Sour Pork 
	椰香白米饭 Rice w/ Coconut Milk 	胡萝卜饭 Rice w/ Carrot 	葱油米饭 Rice w/ Scallion Oil 	酱油蔬菜炒饭 Stir-fried Rice w/ Vegetables & Soy Sauce 	蛋炒饭 Stir-fried Rice w/ Egg 
主菜套餐 B Set Meal B 	红咖喱鱼 Red Curry Fish 	印度蒜香鸡 Indian Garlic Chicken 	客家小炒 Hakka Fried Pork w/ Lily & Color Pepper 	百里香烤牛柳 Thyme Roasted Beef 	意式鸡肉酱 Italian Chicken Marinara Sauce 
	 奶香土豆饼 Milk Potato Pancake 	香草螺旋面 Vanilla Spiral Pasta 	家常炒面 Homestyle Fried Noodles 	鲜奶芝士通心粉 Cheese Macaroni 	意大利面 Spaghetti 
蔬菜 Vegetable 	茄汁茄子煮花菜 Boiled Cauliflower & Eggplant w/ Tomato Sauce 	咸蛋黄焗南瓜 Baked Pumpkin w/ Salted Egg Yolk 	红烧豆腐 Braised Tofu 	黄油胡萝卜烤蘑菇 Butter Roasted Carrot & Mushrooms 	 南瓜炖老豆腐 Stewed Tofu w/ Pumpkin 
	手撕包菜 Shredded Cabbage 	蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic 	清炒奶白菜 Chinese Cabbage 	木耳上海青 Baby Bok Choy & Wood Ear Mushrooms 	清炒小白菜 Bok Choy 

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August & September, 2026 | Lunch Menu Kindergarten Division

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 	NEW 西芹酱炒鸡腿肉 Stir Fried Chicken w/ celery 	莴笋百合炒牛柳 Stir-fried Beef w/ Celtuce & Lily 	香茅猪脊肉 Citronella Roasted Pork 	番茄炒蛋 Scrambled Eggs w/ Tomato 	
	黑松露芦笋炒饭 Stir-fried Rice w/ Black Truffle & Asparagus 	素炒面 Vegetarian Stir- fried Noodles 	椰香饭 Rice w/ Coconut Milk 	NEW 广式瑶柱炒饭 Cantonese Style Fried Rice w/ Scallops 	
主菜套餐 B Set Meal B 	NEW 芝士番茄焗猪肉丸 Baked Pork Meatballs w/ Cheese & Tomato Sauce 	NEW 奶油虾仁 Creamy Shrimp 	姜汁椰香鸡块 Coconut Braised Chicken w/ Ginger Sauce 	主厨牛肉番茄芝士 汉堡 Chef's Beef Burger w/ Roasted Tomato & Cheese 	
	意大利面 Spaghetti 	奶香土豆泥 Mashed Potato 	泰式三丝炒米粉 Thai Stir-fried Rice Noodles w/ Vegetables 		
蔬菜 Vegetable 	胡萝卜炒豆芽 Stir-fried Carrot & Bean Sprouts 	彩椒炒蘑菇 Stir-fried Mushrooms w/ Bell Pepper 	烤蔬菜配扁豆 Roasted Vegetables w/ Lentils 	卤水炖豆腐 Braised Tofu in Brine 	
	原味菜心 Choy Sum 	清炒奶白菜 Chinese Cabbage 	酱油西兰花 Broccoli w/ Soy Sauce 	蒜蓉生菜 Lettuce w/ Garlic 	

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2026 年 8 月-9 月 | 爱文深圳中小学部餐单
August & September, 2026 | Snack & Lunch Menu Primary & Secondary Division

第一周 Week 1	8.20-8.21	周一 Monday	周二 Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
点心餐单 Snacks	 早点 Morning Snack				红豆吐司 Red Bean Toast	巧克力软曲奇 Chocolate Cookie
	 下午点 Afternoon Snack				 岩烧蛋糕 Grilled Cheesecake	香肠酥 Sausage Gridded
	 水果 Fruit				桃子 Peach	香蕉 Banana
午餐餐单 Lunch Menu	 中式套餐 Chinese Set Meal				 红烧鸡腿配鹌鹑蛋 Braised Chicken Legs w/ Quail Eggs	鸡蓉蒸蛋 Steamed Egg w/ Minced Chicken
	 西式套餐 Western Set Meal				酱油炒饭 Stir-fried Rice w/ Soy Sauce	白米饭 Rice
	 蔬菜 Vegetable				黄咖喱土豆炖牛腩 Stewed Curry Beef w/ Potatoes	 烤猪肉丸配蘑菇汁 Roasted Pork Meatball w/ Mushrooms Sauce
	素食 Vegetarian				意大利面 Spaghetti	盐烧土豆片 Salt-baked Potato
					海米炒冬瓜 Stir-fried Winter Melon w/ Dried Shrimp	孜然烤老豆腐 Baked Tofu w/ Cumin
					原味菜心 Choy Sum	清炒上海青 Baby Bok Choy
					红烧冬瓜 Braised Winter Melon	孜然烤老豆腐 Baked Tofu w/ Cumin
					原味菜心配香干 Choy Sum w/ Spiced Tofu	清炒上海青 Baby Bok Choy
					酱油炒饭 Stir-fried Rice w/ Soy Sauce	白米饭 Rice
	 特色餐 Special Meal				意大利面 Spaghetti	盐烧土豆片 Salt-baked Potato
	 汤 Soup					饺子 Dumpling
					椰汁香芋西米露 Coconut Tapioca	罗宋汤 Borsch

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 仅在中学生用餐时段提供辣菜Spicy dishes available only during middle school meal times

 含腊肉或香料With Cured Meat or Spices

2026 年 8 月-9 月 | 爱文深圳中小学部餐单
August & September, 2026 | Snack & Lunch Menu Primary & Secondary Division

第二周 Week 2	8. 24-8. 28	周一 Monday	周二 Tuesday	周三 Wednesday 赏味 · 法国 Taste of France	周四 Thursday	周五 Friday	
点心餐单 Snacks	 早点 Morning Snack	苹果酥 Apple Turnover	 巴斯克面包 Basque Bread	厚乳吐司 Thick Milk Toast	香葱肉花卷 Steamed Chive & Pork Twisted Roll	脏脏包 Chocolate Bun	
	 下午点 Afternoon Snack	芝士软麻薯 Cheese soft potato	香肠酥 Sausage Griddled	香蕉面包 Banana Bread	 巧克力牛角包 Chocolate Croissant	华夫饼 Waffle	
	 水果 Fruit	桃子 Peach	梨 Pear	苹果 Apple	桃子 Peach	香蕉 Banana	
午餐餐单 Lunch Menu	 中式套餐 Chinese Set Meal	  腊味炒花菜 Stir Fried Cauliflower w/ Preserved Meat	 腐竹炖牛腩 Beef Stew w/ Dried Tofu Skin	芝士肥牛卷 Cheese Beef Roll	 青椒小炒肉 Stir-fried Pork w/ Green Pepper	香醋烧鲳鱼 Braised Cod w/ Vinegar	
		白米饭 Rice	蛋炒饭 Stir-fried Rice w/ Egg		山药饭/牛乳馒头 Rice w/ Yam& Milk Bun	白米饭 Rice	
	 西式套餐 Western Set Meal	香煎三文鱼配奶油香草汁 Pan Fried Salmon w/ Cream & Vanilla Sauce	千层面 (鸡肉) Lasagna (Chicken)	  法式土豆时蔬炖肉 French Style Potatoes w/ Vegetables & meat	奥尔良风味烤鸡腿 Orleans Roasted Chicken Drumstick	 黄芥末酱烤牛肉丸 Grilled Beef Meatballs w/ Yellow Mustard Sauce	
		奶香土豆泥 Mashed Potatoes		蒜香橄榄油蝴蝶面 Farfalle Pasta w/ Olive Oil & Garlic	双色烤甜薯 Baked Potato & Purple Potato	茄汁意大利面 Spaghetti w/ Tomato Sauce	
	 蔬菜 Vegetable	  蒜泥粉丝蒸茄子 Steamed Eggplant w/ Garlic Sauce	橄榄油烤杂蔬配扁豆 Roasted Mixed Vegetables w/ Olive Oil & Lentils	芝士奶油焗花菜 Cheese Baked Cauliflower	麻婆豆腐 (不辣) Mapo Tofu (Not Spicy)	 三鲜煮千张 Boiled Tofu Skin w/ Three Delicacies	
		酱油生菜 Lettuce w/ Soy Sauce	炆炒小白菜 Bok Choy	清炒杭白菜 Chinese Cabbage	姜汁炒芥兰 Chinese Kale w/ Ginger Sauce	蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic	
	 素食 Vegetarian	蒜泥粉丝蒸茄子配香干 Steamed Eggplant w/ Garlic Sauce & Spiced Tofu	橄榄油烤杂蔬配豆皮 Roasted Mixed Vegetables w/ Olive Oil & Tofu Skin	扁豆焗花菜配香干 Lentil Baked Cauliflower w/ Spiced Tofu	麻婆豆腐 (不辣) Mapo Tofu (Not Spicy)	 三鲜煮千张 Boiled Tofu Skin w/ Three Delicacies	
		酱油生菜 Lettuce w/ Soy Sauce	炆炒小白菜 Bok Choy	清炒杭白菜 Chinese Cabbage	姜汁炒芥兰 Chinese Kale w/ Ginger Sauce	蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic	
		白米饭 Rice	红薯饭 Rice w/ Sweet Potato	白米饭 Rice	山药饭 Rice w/ Yam	白米饭 Rice	
		土豆泥 Potatoes	薄饼 Flatbread	蒜香橄榄油蝴蝶面 Farfalle Pasta w/ Olive Oil & Garlic	双色烤甜薯 Baked Potato & Purple Potato	茄汁意大利面 Spaghetti w/ Tomato Sauce	
	 特色餐 Special Meal						包子 Pork Bun
	 汤 Soup	红豆莲子汤 Red Bean & Lotus Seed Soup	海米冬瓜汤 Dried Shrimp Winter Melon Soup	 地中海鹰嘴豆汤 Mediterranean Chickpea Soup	百合苹果雪梨汤 Lily & Apple Pear Soup	小米粥 Millet Porridge	

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2026 年 8 月-9 月 | 爱文深圳中小学部餐单
August & September, 2026 | Snack & Lunch Menu Primary & Secondary Division

第三周 Week 3	8.31-9.4	周一 Monday	周二 Tuesday	周三 Wednesday 赏味 • 香港 Hong Kong	周四 Thursday	周五 Friday
点心餐单 Snacks	 早点 Morning Snack	牛角包 Croissant	黄油提子吐司 Butter Grape Toast	原味曲奇 Cheese Cookie	 香蕉巧克力餐包 Banana Chocolate Meal Bun	红豆吐司 Red Bean Toast
	 下午点 Afternoon Snack	 松松包 Meat Floss Bread	巧克力麻薯 Chocolate Mochi	 红豆面包 Red Bean Bread	 奶酪条 Cheese Sticks	 水果玉米 Sweet Corn
	 水果 Fruit	桃子 Peach	梨 Pear	苹果 Apple	人参果 Ginseng Fruit	香蕉 Banana
午餐餐单 Lunch Menu	 中式套餐 Chinese Set Meal	广式蒸鱼柳 Cantonese Steamed Fish	五香卤鸡腿配鹌鹑蛋 Spiced Chicken Drumstick w/ Quail Eggs	 香菇马蹄蒸虾肉丸子 Steamed Shrimp Balls w/ Mushroom & Water Chestnut	 彩椒紫苏小炒鸡 Stir-fried Chicken w/ Bell Pepper & Basil	番茄炒蛋 Scrambled Eggs w/ Tomato
		 扬州炒饭 Stir-fried Rice w/ Corn	香菇豆酱拌面 Noodles w/ Mushrooms & Paste	白米饭 Rice	蛋炒饭 Stir-fried Rice w/ Egg	白米饭 Rice
	 西式套餐 Western Set Meal	 摩洛哥塔吉锅炖牛肉 Moroccan Taji Pot Stewed Beef	 韩式年糕炖五花肉 Korean Stewed Pork w/ Rice Cake	 蜜汁叉烧 Honey Roasted Pork	主厨牛肉番茄芝士汉堡 Chef's Beef Burger w/ Roasted Tomato & Cheese	 烤猪柳配烧烤汁 Roasted Pork w/ Barbecue Sauce
		薄饼 Flat Bread	茄汁意面 Spaghetti w/ Tomato Sauce	三丝炒面 Stir-fried Noodles w/ Vegetables		百里香烤土豆角 Thyme Baked Potato Wedges
	 蔬菜 Vegetable	甜椒炒香干 Stir-fried Spiced Tofu w/ Bell Pepper	橄榄油烤南瓜配扁豆 Roasted Pumpkin w/ Olive Oil & Lentils	椒盐煎豆腐 Spiced Salt Pan-fried Tofu	黄油玉米 Butter Corn	双色莴笋丝 Celtuce w/ Carrot
		蒜蓉菜心 Choy Sum w/ Garlic	清炒杭白菜 Chinese Cabbage	原味菜心 Choy Sum	清炒上海青 Baby Bok Choy	酱油生菜 Lettuce w/ Soy Sauce
	 素食 Vegetarian	甜椒炒香干 Stir-fried Spiced Tofu w/ Bell Pepper	橄榄油烤南瓜配豆皮 Roasted Pumpkin w/ Olive Oil & Tofu Skin	椒盐煎豆腐 Spiced Salt Pan-fried Tofu	蒸甜玉米 Steamed Corn	双色莴笋丝配香干 Celtuce w/ Carrot w/ Spiced Tofu
		蒜蓉菜心 Choy Sum w/ Garlic	清炒杭白菜 Chinese Cabbage	原味菜心 Choy Sum	清炒上海青配香干 Baby Bok Choy w/ Spiced Tofu	酱油生菜 Lettuce w/ Soy Sauce
		青菜炒饭 Stir-fried Rice w/ Vegetables	香菇豆酱拌面 Noodles w/ Mushrooms & Paste	白米饭 Rice	薄饼 Flatbread	白米饭 Rice
		薄饼 Flatbread	白米饭 Rice	三丝炒面 Stir-fried Noodles w/ Vegetables	白米饭 Rice	百里香烤土豆角 Thyme Baked Potato Wedges
	 特色餐 Special Meal					牛腩粉 Braised Beef & Rice Noodles
	 汤 Soup	淮山胡萝卜玉米排骨汤 Pork, Yam, Carrot & Corn Soup	椰汁西米露 Coconut Tapioca	冬瓜瘦肉汤 Winter Melon meat soup	百合苹果香梨汤 Lily & Apple Pear Soup	茶树菇鸡汤 Chicken & Mushroom Soup

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2026 年 8 月-9 月 | 爱文深圳中小学部餐单
August & September, 2026 | Snack & Lunch Menu Primary & Secondary Division

第四周 Week 4	9. 7-9, 11	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·云南 Taste of Yunnan	周四 Thursday	周五 Friday
点心餐单 Snacks	 早点 Morning Snack	苹果酥 Apple Turnover	巧克力软曲奇 Chocolate Cookie	 巴斯克面包 Basque Bread	厚乳吐司 Thick Milk Toast	香葱肉花卷 Steamed Chive & Pork Twisted Roll
	 下午点 Afternoon Snack	芝士软麻薯 Cheese soft potato	 贝贝南瓜 Mini Kabocha Pumpkin	海盐黄油面包 Salty Butter Bread	 奶酪条 Cheese Sticks	 水果玉米 Sweet Corn
	 水果 Fruit	香蕉 Banana	梨 Pear	苹果 Apple	人参果 Ginseng Fruit	香蕉 Banana
午餐餐单 Lunch Menu	 中式套餐 Chinese Set Meal	 原味什锦香锅 Original Flavor Mixed Spice Pot	 湘味红烧肉 Hunan Style Braised Pork	 酸汤肥牛 Sour Soup Beef	 土豆炒肉片 Stir-fried Pork w/ Potato	虾仁蒸蛋 Steamed Shrimp Egg
		白米饭 Rice	小葱鸡蛋炒饭 Stir-fried Rice w/ Egg & Green Onion	白米饭 Rice	咸肉菜饭 Salt Pork & Vegetable Rice	白米饭 Rice
	 西式套餐 Western Set Meal	咖喱鱼 Curry Fish	番茄酱汁猎人烩鸡 Braised Chicken w/ Tomato Sauce	 香烤薄荷鸡丸子 Grilled Mint Chicken Meatballs	蜜汁烤鸡腿 Honey Sauce Roasted Chicken Legs	 烤猪肉丸配黄咖喱汁 Roasted Pork Meatballs w/ Curry Sauce
		五彩螺旋面 Fusilli Pasta w/ Bell Pepper	薄饼 Flatbread	 肉末米线 Minced Meat Rice Noodles	鲜奶芝士通心粉 Cheese Macaroni	奶香土豆饼 Milk Potato Pancake
	 蔬菜 Vegetable	橄榄油烤杂蔬配扁豆 Roasted Mixed Vegetables w/ Olive Oil & Lentils	中东烤菜盒 Middle Eastern Roasted Eggplant, Potato, Spinach, Lentils w/ Cheese	卤汁炖豆腐 Braised Tofu in Brine	烤杏鲍菇配彩椒配香干 Roasted Mushrooms w/ Bell Pepper & Spiced Tofu	荷塘小炒 Snap Bean, Lotus Root, Water Chestnut & Wood Ear Mushrooms
		炆炒小白菜 Bok Choy	清炒杭白菜 Chinese Cabbage	姜汁炒芥兰 Chinese Kale w/ Ginger Sauce	蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic	蒜蓉菜心 Choy Sum w/ Garlic
	 素食 Vegetarian	橄榄油烤杂蔬配香干 Roasted Mixed Vegetables w/ Olive Oil & Spiced Tofu	中东烤菜盒 Middle Eastern Roasted Eggplant, Potato, Spinach, Lentils w/ Cheese	卤水汁炖豆腐 Braised Tofu in Brine	烤杏鲍菇配彩椒 Roasted Mushrooms w/ Bell Pepper	荷塘小炒配香干 Snap Bean, Lotus Root, Water Chestnut & Wood Ear Mushrooms w/ Spiced Tofu
		炆炒小白菜 Bok Choy	清炒杭白菜配香干 Chinese Cabbage w/ Spiced Tofu	姜汁炒芥兰 Chinese Kale w/ Ginger Sauce	蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic	蒜蓉菜心 Choy Sum w/ Garlic
		白米饭 Rice	小葱炒饭 Stir-fried Rice w/ Green Onion	白米饭 Rice	薄饼 Flatbread	白米饭 Rice
		五彩螺旋面 Fusilli Pasta w/ Bell Pepper	薄饼 Flatbread	素米线 Rice Noodles	通心粉 Macaroni	土豆饼 Potato Pancake
	 特色餐 Special Meal					
	 汤 Soup	粉葛赤小豆猪骨汤 Pork, Yam & Red Bean Soup	丝瓜蛋花汤 Luffa & Egg Soup	 大理豆腐酸汤 Dali Tofu Sour Soup	百合苹果雪梨汤 Lily & Apple Pear Soup	海米冬瓜汤 Dried Shrimp Winter Melon Soup

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August & September, 2026 | Snack & Lunch Menu Primary & Secondary Division

第五周 Week 5	9. 14-9. 18	周一 Monday	周二 Tuesday	周三 Wednesday 赏味 • 摩洛哥Taste of Moluoge	周四 Thursday	周五 Friday
点心餐单 Snacks	 早点 Morning Snack	牛角包 Croissant	脏脏包 Chocolate Bun	黄油提子吐司 Butter Grape Toast	原味曲奇 Cheese Cookie	 香蕉巧克力餐包 Banana Chocolate Meal Bun
	 下午点 Afternoon Snack	巧克力麻薯 Chocolate Mochi	 水果玉米 Sweet Corn	 红豆面包 Red Bean Bread	 水果玉米 Sweet Corn	 奶酪条 Cheese Sticks
	 水果 Fruit	香蕉 Banana	梨 Pear	苹果 Apple	人参果 Ginseng Fruit	香蕉 Banana
午餐餐单 Lunch Menu	 中式套餐 Chinese Set Meal	 酸菜猪肉炖粉条 Stewed Pork w/ Pickled Chinese Cabbage & Vermicelli	 椒盐煎三文鱼配香醋汁 Spiced Salt Pan-Fried Salmon w/ Vinegar	 摩洛哥炖牛肉 Moroccan Stewed Beef	 酸甜咕鲁鱼 Sweet & Sour Fish	青瓜炒蛋 Stir-fried Egg w/ Cucumber
		白米饭 Rice	葱油米饭/牛乳馒头 Rice w/ Scallions & Milk Bun	白米饭 Rice	蔬菜炒米粉 Stir-fried rice Noodles w/ Vegetables	白米饭 Rice
	 西式套餐 Western Set Meal	蘑菇鸡肉派 Chicken & Mushrooms Pie	意式牛肉酱 Italian Beef Marinara Sauce	 皮塔鸡肉夹饼 Pita Chicken S/W Cake	卡真烤鸡肉丸 Roasted Chicken Meatball w/ Cajun Seasoning	 红咖喱牛腩 Curry Beef
			意大利面 Spaghetti		鲜奶芝士通心粉 Cheese Macaroni	奶香土豆泥 Mashed Potato
	 蔬菜 Vegetable	香草烤南瓜配扁豆 Roasted Pumpkin w/ Vanilla & Lentils	青椒土豆丝 Shredded Potato w/ Green Peppers	彩椒炒豆皮 Stir-fried Tofu Skin w/ Bell Pepper	芝士烤薯仔配青豆 Cheese Roasted Potato w/ Green Bean	红烧茄子配蘑菇 Braised Eggplant w/ Mushrooms
		姜汁炒芥兰 Chinese Kale w/ Ginger Sauce	原味菜心 Choy Sum	清炒上海青 Baby Bok Choy	酱油生菜 Lettuce w/ Soy Sauce	炆炒小白菜 Bok Choy
	 素食 Vegetarian	香草烤南瓜配香干 Roasted Pumpkin w/ Vanilla & Spiced Tofu	青椒土豆丝配豆皮 Shredded Potato w/ Green Peppers & Tofu Skin	彩椒炒豆皮 Stir-fried Tofu Skin w/ Bell Pepper	芝士烤薯仔配青豆 Cheese Roasted Potato w/ Green Bean	红烧茄子配豆皮 Braised Eggplant w/ Tofu Skin
		姜汁炒芥兰 Chinese Kale w/ Ginger Sauce	原味菜心 Choy Sum	清炒上海青 Baby Bok Choy	酱油生菜配香干 Lettuce w/ Soy Sauce w/ Spiced Tofu	炆炒小白菜 Bok Choy
		白米饭 Rice	葱油米饭 Rice w/ Scallions	玉米饭 Rice w/ Corn	蔬菜炒米粉 Stir-fried rice Noodles w/ Vegetables	白米饭 Rice
		薄饼 Flatbread	意大利面 Spaghetti	皮塔饼 Pita Cake	通心粉 Macaroni	土豆泥 Potatoes
	 特色餐 Special Meal					包子 Pork Bun
	 汤 Soup	苦瓜黄豆瘦肉汤 Bitter Gourd, Soybean & Meat Soup	红豆汤 Red Bean Soup	紫菜蛋花汤 Seaweed & Egg Soup	百合苹果香梨汤 Lily & Apple Pear Soup	小米粥 Millet Porridge

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August & September, 2026 | Snack & Lunch Menu Primary & Secondary Division

第六周 Week 6	9. 21-9. 24	周一 Monday	周二 Tuesday	周三 Wednesday 赏味 • 东北 Taste of Northeast	周四 Thursday	周五 Friday
点心餐单 Snacks	 早点 Morning Snack	苹果酥 Apple Turnover	巧克力软曲奇 Chocolate Cookie	红豆吐司 Red Bean Toast	 巴斯克面包 Basque Bread	
	 下午点 Afternoon Snack	海盐黄油面包 Salty Butter Bread	 水果玉米 Sweet Corn	 奶酪条 Cheese Sticks	 水果玉米 Sweet Corn	
	 水果 Fruit	香蕉 Banana	梨 Pear	苹果 Apple	人参果 Ginseng Fruit	
午餐餐单 Lunch Menu	 中式套餐 Chinese Set Meal	 萝卜炖牛腩 Stewed Beef w/ Raddish	 川香滑炒鱼柳 Sichuan Style Stir Fried Fish	三杯鸡 Braised Chicken w/ Three Cups Sauce	  青椒炒蛋 Stir-fried Green Pepper w/ Eggs	
		白米饭 Rice	香葱炒饭 Stir-fried Rice w/ Green Onion	白米饭 Rice	 牛肉丝炒米粉 Fried Rice Noodles w/ Beef	
	 西式套餐 Western Set Meal	香草烤鸡腿 Roasted Chicken Drumstick w/ Vanilla	主厨牛肉番茄芝士汉堡 Chef's Beef Burger w/ Roasted Tomato & Cheese	台式卤肉 Taiwanese Braised Pork	烤鸡腿肉配烧烤汁 Roasted Chicken w/ BBQ Sauce	
		茄汁通心粉 Macaroni w/ Tomato Sauce		鸡蛋炒面 Stir-fried Noodles w/ Egg	薄饼 Flatbread	
	 蔬菜 Vegetable	孜然豆腐 Cumin Tofu	中东烤菜盒 Middle Eastern Roasted Eggplant & Potato w/ Cheese	甜酱油玉米焖豆腐 Braised Tofu w/ Corn & Soy Sauce	橄榄油烤时蔬配扁豆 Roasted Mixed Vegetables w/ Lentils & Olive Oil	
		清炒杭白菜 Chinese Cabbage	姜汁炒芥兰 Chinese Kale w/ Ginger Sauce	蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic	蒜蓉菜心 Choy Sum w/ Garlic	
	 素食 Vegetarian	孜然豆腐 Cumin Tofu	中东烤菜盒 Middle Eastern Roasted Eggplant & Potato w/ Cheese	甜酱油玉米焖豆腐 Braised Tofu w/ Corn & Soy Sauce	橄榄油烤时蔬配香干 Roasted Mixed Vegetables w/ Lentils & Spiced Tofu	
		清炒杭白菜 Chinese Cabbage	姜汁炒芥兰配香干 Chinese Kale w/ Ginger Sauce & Spiced Tofu	蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic	蒜蓉菜心 Choy Sum w/ Garlic	
		白米饭 Rice	香葱炒饭 Stir-fried Rice w/ Green Onion	白米饭 Rice	素炒米粉 Fried Rice Noodles w/ Vegetables	
		茄汁通心粉 Macaroni w/ Tomato Sauce	皮塔饼 Pita Cake	素炒面 Stir-fried Noodles w/ Vegetables	薄饼 Flatbread	
	 特色餐 Special Meal					
	 汤 Soup	罗宋汤 Borsch	番茄蛋花汤 Tomato & Egg Soup	红豆汤 Red Bean Soup	百合苹果香梨汤 Lily & Apple Pear Soup	

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