



2026 年10月 | 爱文深圳幼教部点心餐单
October, 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 10.5-10.9	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	酱油鸡蛋炒米粉 Stir-fried Rice Noodles w/ Egg & Soy Sauce	提子鸡蛋卷 Raisin Egg Roll
		马蹄牛肉粥 Beef Congee	黄油烤玉米 Butter Roasted Corn	南瓜肉沫粥 Pork & Pumpkin 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	巧克力提子曲奇 Chocolate Grape Cookies	日式红豆包 Japanese Red Bean Bun
	水果 Fruit	甜瓜 + 奇异果 Melon + Golden Kiwi Fruits	橘子 + 梨 Orange + Pear	苹果 + 蓝莓 Apple + Blueberry	橘子 + 葡萄 Orange + Grape	车厘子 + 哈密瓜 Cherry+ Honeymelon
第二周 Week 2 10.12-10.16	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	椰蓉包 Coconut Bun
		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	蓝莓奶酪球 Blueberry Cheese Balls	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	甜瓜 + 奇异果 Melon + Golden Kiwi Fruits	橘子 + 梨 Orange + Pear	苹果 + 蓝莓 Apple + Blueberry	橘子 + 葡萄 Orange + Grape	车厘子 + 哈密瓜 Cherry+ Honeymelon

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October, 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
第三周 Week 3 10.19-10.23	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
		马蹄牛肉粥 Beef Congee	广式香葱土豆 Cantonese Potato w/ Green Onion	鸡蓉玉米粥 Chicken & Corn 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	芝士燕麦曲奇 Cheese Oat Cookies	蒸甜玉米 Steamed Sweet Corn
	水果 Fruit	甜瓜 + 奇异果 Melon + Golden Kiwi Fruits	橘子 + 梨 Orange + Pear	苹果 + 蓝莓 Apple + Blueberry	橘子 + 葡萄 Orange + Grape	车厘子 + 哈密瓜 Cherry+ Honeymelon
第四周 Week 4 10.26-10.30	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	蓝莓奶酪球 Blueberry Cheese Balls	提子餐包 Raisin Bun	芋泥蛋黄吐司 Mashed Taro & Egg Yolk Toast	巧克力提子曲奇 Chocolate Grape Cookies	日式红豆包 Japanese Red Bean Bun
	水果 Fruit	甜瓜 + 奇异果 Melon + Golden Kiwi Fruits	橘子 + 梨 Orange + Pear	苹果 + 蓝莓 Apple + Blueberry	橘子 + 葡萄 Orange + Grape	车厘子 + 哈密瓜 Cherry+ Honeymelon

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2026年10月 | 爱文深圳幼教部午餐餐单
October, 2026 | Lunch Menu Kindergarten Division

第一周 Week 1	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 	 彩椒小炒鸡 Stir fried Chicken with Colored Pepper 	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 
	燕麦饭 Rice w/ Oats 	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 	主厨牛肉番茄芝士汉堡 Chef's Beef Burger w/ Roasted Tomato & Cheese 	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 	盐烧土豆片 Salt-baked Potato 		 罗勒酱炒蝴蝶面 Stir-fried Farfalle Pasta 
蔬菜 Vegetable 	双色茼笋丝 Celtnce w/ Carrot 	芦笋玉米炒百合 Stir-fried Asparagus, Corn & Lily 	 菌菇烩豆腐 Mushroom Braised 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 	 生炒春菜 Stir-fried Spring Vegetables 	清炒上海青 Baby Bok Choy 

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第二周 Week 2	周一 Monday	周二 Tuesday	周三 Wednesday 赏味 • 希腊 Taste of Greece	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 	虾仁肉滑瓢豆腐 Shrimp & Pork Stuffed Tofu 	 希腊烤鸡肉 Greek Grilled Chicken 	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 	藜麦饭 Rice w/ Quinoa 	玉米炒饭 Fried Rice w/ Corn 	胡萝卜饭 Rice w/ Carrot 
主菜套餐 B Set Meal B 	百里香烤牛柳 Thyme Roasted Beef 	香草烤鸡排 Roasted Chicken w/ Vanilla 	 千层牛肉酱茄子派 Beef Sauce Eggplant Pie 	 地中海香烤三文鱼丸 Mediterranean Grilled Salmon Balls 	烤牛腩配孜然甜椒汁 Roasted Beef w/ Cumin & Bell Pepper Sauce 
	鲜奶芝士通心粉 Cheese Macaroni 	双色烤甜薯 Baked Potato & Purple Potato 		奶香土豆饼 Potato Pancake 	橄榄油螺旋面 Fusilli Pasta w/ Olive Oli 
蔬菜 Vegetable 	 红焖杏鲍菇 Braised Mushrooms 	家常红烧豆腐 Homestyle Braised Tofu 	橄榄油烤时蔬 Roasted Mixed Vegetables w/ Olive Oil 	荷兰豆炒百合 Stir-fried Snow Peas & Lily 	 茶树菇炒香干 Stir fried Dried Tofu w/ mushroom 
	上汤豆苗 Pea Sprout 	炆炒小白菜 Bok Choy 	茄子炆菜花 Stewed Cauliflower & Eggplant 	蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic 	手撕包菜 Shredded Cabbage 

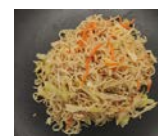
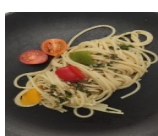
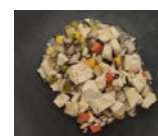
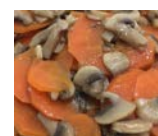
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第三周 Week 3	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·越南 Taste of Vietnam	周四 Thursday	周五 Friday
主菜套餐 A Set Meal A 	鸡肉沫玉米炒甜豆 Stir-fried Pork w/ Corn & Sweet Pea 	香菇马蹄蒸虾丸子 Steamed Shrimp Balls w/ Mushrooms & Water Chestnuts 	鳕鱼丸配有机芦笋 Cod w/ Asparagus 	葱油鸡 Onion Chicken 	 云瓜炒肉片 Stir Fried Pork w/ Cloud Melon 
	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 	 蒜香黄油煎猪柳 Garlic Flavored Butter Fried Pork 	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 	 清炒茭白 Stir-fried Water Bamboo 	香茅煎豆腐 Pan-fried Tofu w/ Citronella 	三鲜烧千张 Three freshVegetable w/ tofu skins 	 西兰花玉米粒 Broccoli & Corn 
	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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October, 2026 | Lunch Menu Kindergarten Division

第四周 Week 4	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 	 家常瓢茄盒 Home Style Eggplant 	盐焗鸡 Salted Chicken 	香醋烧三文鱼 Braised Salmon w/ Vinegar 	 鲜菇胡萝卜炒肉片 Stir-fried Pork w/ Fresh Mushrooms & Carrots 
	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 	 避风塘虾仁 Garlic Flavored Shrimp 	蘑菇牛肉派 Beef & Mushrooms Pie 	意式鸡肉酱 Italian Chicken Marinara Sauce 
	 香草烤土豆饼 Vanilla Baked Potato Cake 	香草螺旋面 Vanilla Spiral Pasta 	家常炒面 Homestyle Fried Noodles 		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 	 生炒春菜 Stir-fried Spring Vegetables 	清炒小白菜 Bok Choy 

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2026 年 10 月 | 爱文深圳中小学部餐单
October, 2026 | Snack & Lunch Menu Primary & Secondary Division

第一周 Week 1	10. 5-10. 9	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·印度 Taste of India	周四 Thursday	周五 Friday	
点心餐单 Snacks	 早点 Morning Snack	 苹果酥 Apple Turnover	 肉松曲奇 Meat Floss Cookie	 香葱肉花卷 Steamed Chive & Pork Twisted Roll	 红豆吐司 Red Bean Toast	 巴斯克面包 Basque Bread	
	 G1-G5下午点 Afternoon Snack	 蒸甜玉米 Steamed Sweet Corn	 蒸甜薯 Steamed Sweet Potato	 蒸山药 Steamed Yam	 蒸甜玉米 Steamed Sweet Corn	 蒸紫薯 Steamed Purple Sweet Potato	
	 G6-G12下午点 Afternoon Snack	 巧克力麻薯 Chocolate Mochi	 红豆面包 Red Bean Bread	 海盐黄油面包 Salty Butter Bread	 丹麦菠萝奶酥 Pineapple Bun	 芝士软麻薯 Cheese soft potato	
	 水果 Fruit	 橘子 Orange	 梨 Pear	 苹果 Apple	 橘子 Orange	 香蕉 Banana	
午餐餐单 Lunch Menu	 中式套餐 Chinese Set Meal	 彩椒小炒鸡 Stir fried Chicken with Colored Pepper	 广式清蒸鲈鱼 Guangdong-Style Steamed Cod Fish	 黑胡椒汁煎猪柳 Fried Pork w/ Black Pepper Sauce	 豉油鸡腿配鹌鹑蛋 Soy Sauce Chicken Leg w/ Quail Eggs	 虾仁蒸蛋 Steamed Egg w/ Shrimp	
		 白米饭 Rice	 蛋炒饭 Stir-fried Rice w/ Egg	 提子干黄姜炒饭/ 白米饭 Stir-fried Rice w/ Raisin & Turmeric / Rice	 扬州炒饭 Stir-fried Rice w/ Corn	 白米饭 Rice	
	 西式套餐 Western Set Meal	 千层面 (牛肉) Lasagna (Beef)	 法式时蔬炖牛肉 French Style w/ Vegetables & Beef	 黄油鸡 Butter Chicken	 皮塔肥牛夹饼 Pita Beef S/W	 蒜香黄油煎猪柳 Garlic Flavored Butter Fried Pork	
		 茄汁意大利面 Spaghetti w/ Tomato Sauce	 蒜香面包 Garlic Bread	 橄榄油通心粉 Macaroni w/ Olive Oil			
	 蔬菜 Vegetable	 黄油烤玉米粒 Butter Roasted Corn	 烤时蔬配扁豆 Roasted Vegetables w/ Lentils	 香茅豆腐 Tofu w/ Citronella	 甜椒炒香干 Stir-fried Spiced Tofu w/ Bell Pepper	 炆炒豆芽 Stir-fried Mung Bean Sprout	
		 蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic	 上汤菜心 Choy Sum	 茄子炆菜花 Stewed Cauliflower & Eggplant	 酱油生菜 Lettuce w/ Soy Sauce	 清炒上海青 Baby Bok Choy	
	 素食 Vegetarian	 烤玉米粒配豆皮 Roasted Corn w/ Tofu Skin	 烤时蔬配千张 Roasted Vegetables w/ Tofu Skin	 香茅豆腐 Tofu w/ Citronella	 甜椒炒香干 Stir-fried Spiced Tofu w/ Bell Pepper	 炆炒豆芽配香干 Stir-fried Mung Bean Sprout w/ Spiced Tofu	
		 蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic	 上汤菜心 Choy Sum	 茄子炆菜花 Stewed Cauliflower & Eggplant	 酱油生菜 Lettuce w/ Soy Sauce	 清炒上海青 Baby Bok Choy	
		 藜麦饭 Rice w/ Quinoa	 茄汁意大利面 Spaghetti w/ Tomato Sauce	 提子干黄姜炒饭 Stir-fried Rice w/ Raisin & Turmeric	 青菜炒饭 Stir-fried Rice w/ Vegetables	 白米饭 Rice	
		 薄饼 Flat Bread	 白米饭 Rice	 白米饭 Rice	 皮塔饼 Pita Cake	 橄榄油通心粉 Macaroni w/ Olive Oil	
	 特色餐 Special Meal						 饺子 Dumpling
	 汤 Soup	 山药鸡汤 Yam Chicken Soup	 木瓜莲子汤 Pawpaw, Lotus Seeds Soup	 青红萝卜瘦肉汤 Pork, Green Radish & Carrot Soup	 百合苹果雪梨汤 Lily & Apple Pear Soup	 西红柿鸡蛋汤 Tomato & Egg Soup	

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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

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October, 2026 | Snack & Lunch Menu Primary & Secondary Division

第二周 Week 2	10. 12-10. 16	周一 Monday	周二 Tuesday	周三 Wednesday 黄味·广州 Taste of Guangzhou	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	脏脏包 Chocolate Bun	原味曲奇 Cheese Cookie	原味蛋糕 Sponge Cake
	 G1-G5下午点 Afternoon Snack	蒸甜玉米 Steamed Sweet Corn	蒸甜薯 Steamed Sweet Potato	蒸山药 Steamed Yam	蒸甜玉米 Steamed Sweet Corn	蒸紫薯 Steamed Purple Sweet Potato
	 G6-G12下午点 Afternoon Snack	巧克力麻薯 Chocolate Mochi	红豆面包 Red Bean Bread	海盐黄油面包 Salty Butter Bread	丹麦菠萝奶酥 Pineapple Bun	芝士软麻薯 Cheese soft potato
	 水果 Fruit	橘子 Orange	梨 Pear	苹果 Apple	橘子 Orange	香蕉 Banana
午餐餐单 Lunch Menu	 中式套餐 Chinese Set Meal	  菌蔬什锦锅 Mushroom & vegetable Mixed Pot	 三杯鸡腿 Three Cups Stewed Chicken Drumstick	 香菇红枣蒸鸡 Steamed Chicken w/h Red Dates & Mushrooms	 青蒜萝卜炖牛腩 Stewed Beef w/ Green Garlic & Radish	西红柿炒鸡蛋 Scrambled Eggs w/ Tomatoes
		白米饭 Rice	酱油香葱炒饭 / 白米饭 Stir-fried Rice w/ Soy Sauce & Onion / Rice	白米饭 Rice	牛乳馒头 / 白米饭 Milk Buns / Rice	白米饭 Rice
	 西式套餐 Western Set Meal	柠檬蒜香三文鱼 Lemon Garlic Salmon	主厨牛肉番茄芝士汉堡 Chef' s Beef Burger w/ Roasted Tomato & American Cheese	 腐竹炖牛腩 Beef Stew w/ Dried Tofu Skin	 蒜香黄油虾 Garlic Butter Shrimp	 酸菜烤五花肉 Roasted Pork w/ Pickled Chinese Cabbage
		奶香土豆泥 Mashed Potatoes		 薄饼 Flat Bread	 罗勒酱通心粉 Basil Sauce Macaroni	五彩螺旋面 Fusilli Pasta
	 蔬菜 Vegetable	麻婆豆腐 (不辣) Mapo Tofu (Not Spicy)	黄油玉米粒 Butter Corn	咸蛋黄炒小南瓜 Stir-fried Baby Pumpkin w/ Salted Egg Yolk	西芹炒香干 Stir-fried Spiced Tofu w/ Celery	橄榄油烤时蔬 Roasted Vegetables w/ Olive Oil
		上汤菜心 Choy Sum	酱油生菜 Lettuce w/ Soy Sauce	蒜蓉生菜 Lettuce w/ Garlic	炒春菜 Spring Vegetables	清炒杭白菜 Stir-fried Baby Bok Choy
	 素食 Vegetarian	麻婆豆腐 (不辣) Mapo Tofu (Not Spicy)	烤玉米粒 Roasted Corn	炒小南瓜 Stir-fried Baby Pumpkin	西芹炒香干 Stir-fried Spiced Tofu w/ Celery	橄榄油烤时蔬配千张 Roasted Vegetables w/ Olive Oil & Tofu Skin
		上汤菜心 Choy Sum	酱油生菜配香干 Lettuce w/ Soy Sauce & Spiced Tofu	蒜蓉生菜配香干 Lettuce w/ Garlic w/ Spiced Tofu	炒春菜 Spring Vegetables	清炒杭白菜 Stir-fried Baby Bok Choy
		白米饭 Rice	酱油香葱炒饭 Stir-fried Rice w/ Soy Sauce & Onion	白米饭 Rice	白米饭 Rice	五彩螺旋面 Fusilli Pasta
		土豆泥 Potatoes	薄饼 Flat Bread	薄饼 Flat Bread	通心粉 Macaroni	白米饭 Rice
	 特色餐 Special Meal					包子 Pork Bun
	 汤 Soup	罗宋汤 Borscht	海带猪骨汤 Pork & Kelp Soup	黄豆猪骨汤 Pork & Soybean Soup	百合苹果雪梨汤 Lily & Apple Pear Soup	小米粥 Millet Porridge

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

第三周 Week 3	10.19-10.23	周一 Monday	周二 Tuesday	周三 Wednesday 赏味·希腊 Taste of Greece	周四 Thursday	周五 Friday
点心餐单 Snacks	 早点 Morning Snack	 葡萄蜂蜜奇亚籽面包 Grape Honey Chia Seed Bread	 肉松曲奇 Meat Floss Cookie	香葱肉花卷 Steamed Chive & Pork Twisted Roll	红豆吐司 Red Bean Toast	巴斯克面包 Basque Bread
	 G1-G5下午点 Afternoon Snack	蒸甜玉米 Steamed Sweet Corn	蒸甜薯 Steamed Sweet Potato	蒸山药 Steamed Yam	蒸甜玉米 Steamed Sweet Corn	蒸紫薯 Steamed Purple Sweet Potato
	 G6-G12下午点 Afternoon Snack	巧克力麻薯 Chocolate Mochi	红豆面包 Red Bean Bread	海盐黄油面包 Salty Butter Bread	丹麦菠萝奶酥 Pineapple Bun	芝士软麻薯 Cheese soft potato
	 水果 Fruit	橘子 Orange	梨 Pear	苹果 Apple	橘子 Orange	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	 豉香螺丝椒炒肉片 Stir-fried Pork w/ Soy Sauce & Green Pepper	 希腊烤鸡肉 Greek Grilled Chicken	 红烧鸡腿 Braised Chicken Drumstick	鸡蓉蒸蛋 Steamed Egg w/ Minced Chicken
		白米饭 Rice	薄饼/白米饭 Flat Bread / Rice	白米饭 Rice	蔬菜酱油炒饭/白米饭 Stir-fried Rice w/ Vegetables & Soy Sauce / Rice	白米饭 Rice
	 西式套餐 Western Set Meal	墨西哥炖牛肉 Mexican Stewed Beef	泰北香茅小炒鸡 Thai North Lemongrass Stir fried Chicken	 千层牛肉酱茄子派 Beef Sauce Eggplant Pie	 地中海香烤鱼柳 Mediterranean Grilled Fish	 咖喱牛腩 Curry Beef
		鲜奶芝士通心粉 Cheese Macaroni	烤土豆角 Baked Potato Wedges		奶香土豆泥 Mashed Potatoes	意大利面 Spaghetti
	 蔬菜 Vegetable	金针菇煮油豆腐 Stewed Golden-Tipped Mushrooms w/ Oil-Dried Tofu	蒜蓉粉丝蒸丝瓜 Steamed Loofah w/ Vermicelli & Garlic	橄榄油烤时蔬 Roasted Mixed Vegetables w/ Olive Oil	孜然香煎豆腐 Cumin Pan-fried Tofu	荷塘小炒 Stir-fried Mixed Vegetables
		炆炒小白菜 Pakchoi	原味菜心 Choy Sum	芝士焗菜花 Baked Cauliflower w/ Cheese	蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic	清炒上海青 Baby Bok Choy
	 素食 Vegetarian	金针菇煮油豆腐 Stewed Golden-Tipped Mushrooms w/ Oil-Dried Tofu	蒜蓉粉丝蒸丝瓜 Steamed Loofah w/ Vermicelli & Garlic	橄榄油烤时蔬配千张 Roasted Vegetables w/ Olive Oil & Tofu Skin	孜然香煎豆腐 Cumin Pan-fried Tofu	荷塘小炒配香干 Stir-fried Mixed Vegetables w/ Spiced Tofu
		炆炒小白菜 Pakchoi	原味菜心配香干 Choy Sum w/ Spiced Tofu	彩椒焗菜花 Baked Cauliflower w/ Colored Pepper	蒜蓉油麦菜 Stir-fried Lettuce w/ Garlic	清炒上海青 Baby Bok Choy
		通心粉 Macaroni	烤土豆角 Baked Potato Wedges	白米饭 Rice	蔬菜酱油炒饭 Stir-fried Rice w/ Vegetables & Soy Sauce	意大利面 Spaghetti
		白米饭 Rice	白米饭 Rice	薄饼 Flat Bread	土豆泥 Potatoes	白米饭 Rice
	 特色餐 Special Meal					炸酱面 Pork Zhajiang Noodles
	 汤 Soup	 莲子雪耳红枣汤 Lotus Seed Snow Ear Red Date Soup	冬瓜瘦肉汤 Pork & Winter Melon Soup	鸡肉柠檬汤 Augo lemon	百合苹果雪梨汤 Lily & Apple Pear Soup	紫菜蛋花汤 Egg & Seaweed Soup

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2026 年 10 月 | 爱文深圳中小学部餐单
October, 2026 | Snack & Lunch Menu Primary & Secondary Division

第四周 Week 4	10. 26-10. 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 Apple Turnover	黄油提子吐司 Butter Grape Toast	脏脏包 Chocolate Bun	原味曲奇 Cheese Cookie	原味蛋糕 Sponge Cake	
	 G1-G5下午点 Afternoon Snack	蒸甜玉米 Steamed Sweet Corn	蒸甜薯 Steamed Sweet Potato	蒸山药 Steamed Yam	蒸甜玉米 Steamed Sweet Corn	蒸紫薯 Steamed Purple Sweet Potato	
	 G6-G12下午点 Afternoon Snack	巧克力麻薯 Chocolate Mochi	红豆面包 Red Bean Bread	海盐黄油面包 Salty Butter Bread	丹麦菠萝奶酥 Pineapple Bun	芝士软麻薯 Cheese soft potato	
	 水果 Fruit	橘子 Orange	梨 Pear	苹果 Apple	橘子 Orange	香蕉 Banana	
午餐餐单 Lunch Menu	 中式套餐 Chinese Set Meal	 青蒜尖椒回锅肉 Pork w/ Green Garlic & Peppers	 土豆片炒肉 Stir-fried Pork w/h Sliced Potatoes	 金不换炒肥牛 Stir-fried Beef w/ Basil	 余师傅红烧鸡腿配鹌鹑蛋 Master Yu's Braised Chicken Legs w/ Quail Eggs	虾仁蒸蛋 Steamed Egg w/ Shrimp	
		白米饭 Rice	蛋炒饭 / 白米饭 Stir-fried Rice w/ Egg / Rice	白米饭 Rice	牛乳馒头 / 白米饭 Milk Buns / Rice	白米饭 Rice	
	 西式套餐 Western Set Meal	香煎三文鱼配苣萝草汁 Pan-fried Salmon	迷迭香烤牛柳 Rosemary Roasted Beef	泰式咖喱鸡 Thai Curry Chicken	 香酥猪柳 Roasted Pork Fillet	 摩洛哥塔吉锅炖牛肉 Moroccan Tajiri Pot Stewed Beef	
		蒜香烤小土豆 Baked Potatoes w/ Garlic	 罗勒酱意大利面 Basil sauce spaghetti	皮塔饼 Pita Cake	茄汁通心粉 Macaroni w/ Tomato Sauce	奶香土豆泥 Mashed Potatoes	
	 蔬菜 Vegetable	麻婆豆腐 (不辣) Mapo Tofu (Not Spicy)	蒜香包菜炒粉丝 Garlic Stir-fried Vermicelli w/ Cabbage	椰菜双色菜花 Broccoli & Cauliflower w/ Coconut Milk	芝士烤西葫芦 Cheese Baked Zucchini	豆瓣酱冬瓜煮嫩豆腐 Boiled Tofu w/ Winter Gourd & Bean Paste	
		炒青菜 Spring Vegetables	姜汁芥兰 Kale w/ Ginger Sauce	炒时蔬 Stir-fried Vegetables	上汤菜心 Choy Sum	炆炒小白菜 Pakchoi	
	 素食 Vegetarian	麻婆豆腐 (不辣) Mapo Tofu (Not Spicy)	蒜香包菜炒粉丝 Garlic Stir-fried Vermicelli w/ Cabbage	蒜泥蒸豆腐 Steamed Tofu w/ Garlic	烤西葫芦 Baked Zucchini	豆瓣酱冬瓜煮嫩豆腐 Boiled Tofu w/ Winter Gourd & Bean Paste	
		炒青菜 Spring Vegetables	姜汁芥兰配香干 Kale w/ Ginger Sauce w/ Spiced Tofu	炒时蔬 Stir-fried Vegetables	上汤菜心配千张 Choy Sum w/ Tofu Skin	炆炒小白菜 Pakchoi	
		白米饭 Rice	意大利面 Spaghetti	皮塔饼 Pita Cake	茄汁通心粉 Macaroni w/ Tomato Sauce	白米饭 Rice	
		蒜香烤小土豆 Baked Potatoes w/ Garlic	玉米饭 Rice w/ Corn	白米饭 Rice	白米饭 Rice	土豆泥 Potatoes	
	 特色餐 Special Meal						饺子 Dumpling
	 汤 Soup	南瓜椰香西米露 Pumpkin Coconut Tapioca	番茄蛋花汤 Egg & Tomato Soup	椰汁西米露 Coconut Tapioca	百合苹果雪梨汤 Lily & Apple Pear Soup	 茅根竹蔗水 Couchgrass Root & Bamboo Cane Water	

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