

AIAN Menu 20210823-20220118

爱学菜单20210823-20220118

(四周一个循环 Four weeks a cycle)

使用日期Date	week 1	周一-Monday	周二-Tuesday	周三-Wednesday	周四-Thursday	周五-Friday	
11/22-11/26 01/03-01/07	午餐Lunch	烤箱五花肉 Grilled pork	奶油鸡片炒蘑菇 Fried mushroom with sliced	牛腩炖萝卜 Stewed radish with beef	梅干菜扣肉 Braised Meat with	芦笋虾仁 Shrimp with asparagus	
		三彩干丝 Tricolor dry silk	海鲜米粉 Seafood rice noodles	干扁梅豆 Stir fried plum beans	拌炒海带丝 Stir fried shredded kelp	洋葱土豆 onion potato	
		清炒西兰花 Sauteed Broccoli	清炒玉米粒 Stir fried corn kernels	白菜油面筋 Cabbage oil gluten	青菜炒香菇 Fried mushrooms with green vegetables	韭菜豆芽 Fried Bean Sprouts with Chives	
		西红柿鸡蛋汤 Tomato and Egg Soup	意大利蔬菜汤 Minestrone Soup	蛤蜊蒸蛋 Steamed egg with clam	西湖牛肉羹 West Lake beef soup	馄饨汤 Wonton soup	
		炒饭&杂粮 Fried rice & Cereals		中式炒面 Chinese style fried noodles		日式寿司 (给幼儿园) Japanese sushi(for kindergarten)	
		法棍 Baguette	西点 Dessert	法棍 Baguette	中式点心 Dim Sum		
		水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	
		酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	鲜奶 Milk	
		幼儿园点心 Snack (for kindergarten)	水果	馄饨或水饺 Wonton or dumplings	水果	营养粥或水果圆子 Nutritious porridge or fruit balls	小零食 Snack

使用日期Date	week 2	周一-Monday	周二-Tuesday	周三-Wednesday	周四-Thursday	周五-Friday	
11/29-12/03 01/10-01/14	午餐Lunch	糖醋仔排 Sweet and sour pork chops	黑椒羊排 Lamb Rib with Black Pepper	奥尔良烤鸡翅 Orleans roast wings	香酥龙利鱼 Crispy dragon fish	鸡排汉堡 Chicken Hamburger	
		肉沫带豆 Minced meat with beans	葱油洋葱 Potato with scallion oil	酱瓜炒毛豆米 Fried soybeans with pickled melon and rice	包菜炒粉丝 Stir fried noodles with cabbage	薯条 French fries	
		清炒五号菜 Fried Cabbage	西葫芦炒肉片 Fried pork slices with zucchini	肉沫豆腐 Minced bean curd	红烧萝卜 Braised Radish		
		咸菜土豆汤 Pickled vegetable and potato soup	味噌汤 Miso Soup	罗宋汤 Russian Soup	冬瓜炖猪蹄汤 Stewed pig's feet soup with white gourd	奶油西兰花汤 (浓) Cream Broccoli Soup (strong)	
		炒饭&杂粮 Fried rice & Cereals		中式炒面 Chinese style fried noodles		日式寿司 (给幼儿园) Japanese sushi(for kindergarten)	
		法棍 Baguette	西点 Dessert	法棍 Baguette	中式点心 Dim Sum		
		水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	
		酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	鲜奶 Milk	
		幼儿园点心 Snack (for kindergarten)	水果	馄饨或水饺 Wonton or dumplings	水果	营养粥或水果圆子 Nutritious porridge or fruit balls	小零食 Snack

使用日期Date	week 3	周一-Monday	周二-Tuesday	周三-Wednesday	周四-Thursday	周五-Friday	
12/06-12/10 01/17-01/21	午餐Lunch	鸭鸭蛋烧肉 Roast meat with quail eggs	蔬菜烤中翅 Grilled chicken wings with vegetables	香酥牛肉丸 Crispy beef balls	香酥炸鸡腿 Crispy fried chicken leg	中式炒面 Chinese style fried noodles	
		蒜香海鲜豆腐 Seafood Tofu with garlic sprouts	鱼香茄子 Eggplant with Fish Flavor	北国地三鲜 Fried Eggplant, Potato and Pepper	烤箱蔬菜 Oven vegetables	韩式炒肉 Korean fried meat	
		芝士土豆泥 Mashed potato with cheese	葱油金针菇 Flammulina velutipes with scallion oil	蚝油生菜 Sauteed Lettuce in Oyster Sauce	松仁菠菜 Spinach with pine nuts	手撕包菜 Shredded cabbage	
		蘑菇鸡汤 Mushroom chicken soup	奶油南瓜浓汤 Cream Pumpkin Soup	玉米排骨汤 Rib and Corn Soup	海鲜汤 Seafood Soup	紫菜蛋汤 Kelp and Egg Soup	
		炒饭&杂粮 Fried rice & Cereals		中式豆芽炒面 Chinese fried noodles with bean sprouts			
		法棍 Baguette	西点 Dessert	法棍 Baguette	中式点心 Dim Sum	日式寿司 (给幼儿园) Japanese sushi(for kindergarten)	
		水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	
		酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	鲜奶 Milk	
		幼儿园点心 Snack (for kindergarten)	水果	馄饨或水饺 Wonton or dumplings	水果	营养粥或水果圆子 Nutritious porridge or fruit balls	小零食 Snack

使用日期Date	week 4	周一-Monday	周二-Tuesday	周三-Wednesday	周四-Thursday	周五-Friday	
12/13-12/17	午餐Lunch	白切鸡 Sliced Boiled Chicken	蜜汁仔排 (里脊肉) Honey steak (tenderloin)	肉末蒸蛋 Steamed egg with minced meat	烤箱三文鱼 Baked Salmon	意大利面 Spaghetti	
		干锅花菜 Dried cauliflower	蘑菇胡萝卜炒肉片 Fried pork slices with mushrooms and carrots	泡椒土豆丝 Shredded potato with pickled pepper	西红柿炒蛋 Fried Tomato and Egg	素炒西兰花山药 Stir fried broccoli yam	
		素炒三丝 (胡萝卜、香菇、莴笋) Stir fried shredded vegetables (carrot, mushroom, lettuce)	四喜烤麸 Baked Bran	青瓜炒午餐肉 Fried lunch meat with cucumber	莴笋炒木耳 Fried fungus with lettuce	牛奶蘑菇浓汤 Milk and mushroom soup	
		山药排骨汤 Rib and Chinese Yam Soup	苏格兰羊肉汤 Scottish mutton soup	咸香老鸭汤 Duck and Bamboo Soup	三鲜肉丸汤 Three fresh meatballs soup	日式寿司 (给幼儿园) Japanese sushi(for kindergarten)	
		炒饭&杂粮 Fried rice & Cereals		中式豆芽炒面 Chinese fried noodles with bean sprouts			
		法棍 Baguette	西点 Dessert	法棍 Baguette	中式点心 Dim Sum		
		水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	水果 Fruit	
		酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	酸奶 Yogurt	鲜奶 Milk	
		幼儿园点心 Snack (for kindergarten)	水果	馄饨或水饺 Wonton or dumplings	水果	营养粥或水果圆子 Nutritious porridge or fruit balls	小零食 Snack