

小学菜单 第二周					
星期	周一	周二	周三	周四	周五
副食	香酥大虾 Crispy Prawns	椒盐藕合 Deep-Fried Lotus Roots with Spiced Salt	炸原味鸡块 Fried Chicken	滑溜肉片 Sautéed Pork Slices with Sour Sauce	红烧排骨 braised Ribs with brown source
	京酱肉丝 Sautéed Shredded Pork in Sweet Bean Sauce	西红柿炖牛腩 Stewed Beef Brisket with Tomato	肉沫豆角 Sautéed Pickled Beans with Minced Pork	红烧鲷鱼 braised Bream with brown source	玉米鸡丁 diced Chicken with Corn
	清炒奶白菜 Sauteed Chinese Cabbage	烧豆腐 Braised Tofu	蟹棒西兰花 Sauteed Broccoli with Crab Meat	金针菇娃娃菜 Sauteed Golden Mushroom and Baby Cabbage	醋溜土豆丝 potato fries with sour sause
	西红柿鸡蛋 scrambled egg with tomato	炸酱面+菜码 Noodles with Soy Bean Paste+vegetable	清炒菠菜 Sauteed spinach	芹菜腐竹 Sauteed Celery and Straw Mushrooms	清炒小白菜 Sauteed Chinese Cabbage
汤	冬瓜蛋花汤 white gourd and egg flower soup	绿豆汤 green bean soup	西红柿鸡蛋汤 egg flower and tomato soup	绿豆汤 green bea soup	紫菜虾皮汤 seaweed and shrimp skin soup
主食	米饭、豆沙包 rice、smashed bean bun	米饭、红薯 rice、sweet potato	米饭、小馒头 rice、steamed bread	米饭、玉米 rice、corn	米饭、奶黄包 rice、Steamed Creamy Custard Bun
上午间点	牛奶 milk	酸奶 yogurt	牛奶 milk	酸奶 yogurt	牛奶 milk
	木瓜、葡萄 papaya、grape	圣女果、白兰瓜 cherry tomato、honey melon	葡萄、梨 grape pear	香蕉、西瓜 banana watermelon	苹果、火龙果 apple、pitaya
下午间点	紫米夹心面包 purple rice sandwich	蛋挞 egg tarts	奶黄包 Steamed Creamy Custard Bun	紫米发糕 purple rice sponge cake	法式小面包 Frech Bread
	酸梅汤 syrup of plum	冰糖雪梨汤 pear soup with crystal sugar	红枣银耳汤 date tremella soup	绿豆汤 green bea soup	柠檬水 lemonade