

(10月份) 第二周

Buffet	周一Monday	周二Tuesday	周三 Wednesday	周四Thursday	周五 Friday
蔬菜Vegetables	蒜香菠菜 Garlic spinach	蒜蓉西兰花 garlic broccoli	小白菜 Chinese cabbage	蒜蓉上海青 Garlic Shanghai Green	蒜蓉娃娃菜 Garlic cabbage
	双色土豆丝 Double color potato	秋葵红萝卜 Okra carrot	西红柿炒鸡蛋 scrambled eggs with tomatoes	玉米甜心 Corn sweetheart	云南小瓜红萝卜 Yunnan pumpkin carro
蛋白类Proteins	照烧鸡翅 Zhaoshao chicken wings	蘑菇酱牛扒 Steak with mushroom sauce	香煎鸡扒配黑椒汁 Fried chicken steak with black pepper juice	番茄汁龙利鱼 Longli fish in tomato juice	番茄汁鸡扒 Chicken steak with tomato juice
	彩椒牛肉 Caijiao beef	麦香鸡块 Maixiang chicken kuai	菠萝糖醋炒虾仁 Fried shrimp with pineapple and vinegar	手撕鸡(无骨) Hand tearing chicken (boneless)	黑椒牛柳条 Sautéed Beef Wicker with Black Pepper
主食Staple food	意大利牛肉酱意粉 Italian beef sauce spaghetti	咖喱鸡焗饭 Baked rice with curry chicken	菠萝蟹柳炒饭 Fried rice with pineapple and willow	番茄汁意粉 Tomato sauce spaghetti	鸡蛋玉米炒饭 Fried rice with eggs and corn
	爆料虾鸡堡 Shrimp chicken Bao	小三明治 Small sandwich	杂粮吐司 Grains toast	小米饭 millet	奶油土豆泥 Cream mashed potatoes
汤类Soup	玉米奶油浓汤 Corn cream soup	椰子鸡汤 Coconut chicken soup	红萝卜龙骨烫 Red radish keel scalding	滋补老鸡汤 Nourish old duck soup	玉米排骨汤 Corn ribs soup
水果Fruits	香梨 bergamot pear	哈密瓜 hami melon	香蕉 banana	苹果 apple	无籽西瓜 watermelon
饮品Drinks	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt
点心pastry	核桃包 Walnut bag	虎皮蛋糕 Hupi cake	全麦面包 Whole Wheat Bread	甜甜圈 doughnut	蛋挞 egg tart

Maternell	周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五 Friday
蛋白类Proteins	照烧鸡翅 Zhaoshao chicken wings	蘑菇酱牛扒 Steak with mushroom sauce	香煎鸡扒配黑椒汁 Fried chicken steak with black pepper juice	手撕鸡（无骨） Hand tearing chicken (boneless)	番茄汁鸡扒 Chicken steak with tomato juice
主食Staple food	意大利牛肉酱意粉 Italian beef sauce spaghetti	咖喱鸡焗饭 Baked rice with curry chicken	菠萝蟹柳炒饭 Fried rice with pineapple and willow	番茄汁意粉 Tomato sauce spaghetti	鸡蛋玉米炒饭 Fried rice with eggs and corn
蔬菜Vegetables	蒜香菠菜 Garlic spinach	蒜蓉西兰花 garlic broccoli	小白菜 Chinese cabbage	蒜蓉上海青 Garlic Shanghai Green	蒜蓉娃娃菜 Garlic cabbage
水果Fruits	香梨 bergamot pear	哈密瓜 hami melon	香蕉 banana	苹果 apple	无籽西瓜 watermelon
饮品Drinks	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt
点心pastry	核桃包 Walnut bag	虎皮蛋糕 Hupi cake	全麦面包 Whole Wheat Bread	甜甜圈 doughnut	蛋挞 egg tart

(10月份) 第三周

Buffet	周一Monday	周二Tuesday	周三 Wednesday	周四Thursday	周五 Friday
蔬菜Vegetables	蒜蓉上海青 Garlic Shanghai Green	小白菜 Chinese cabbage	蒜蓉菠菜 Garlic spinach	蒜蓉娃娃菜 Garlic cabbage	蒜蓉菜心 Garlic cabbage heart
	蒜蓉西兰花 garlic broccoli	清炒红萝卜 carrot	双色玉米粒 Bicolor corn kernels	清炒土豆丝 shredded potato	西红柿炒鸡蛋 scrambled eggs with tomatoes
蛋白类Proteins	香酥鸡中翅 Crispy chicken middle wing	彩椒炒牛肉片 Fried beef slices with colored pepper	彩椒黑椒牛柳条 Colored pepper and black pepper beef fillet	酸甜酱烧鸭 Roasted duck with sweet and sour sauce	红烧鸡腿 Braised chicken legs
	黑椒牛肉 Black Pepper beef	日照鸡扒 Rizhao chicken steak	香菇蒸鸡腿肉 Steamed chicken leg with mushrooms	彩椒炒龙利鱼 Fried Longli Fish with Colored Pepper	黑椒鸡扒 Chicken steak with black pepper
主食Staple food	意大利牛肉酱意粉 Italian beef sauce spaghetti	番茄汁意粉 Tomato sauce spaghetti	海鲜意大利粉 Seafood pasta	黑椒牛肉酱意粉 Heijiao beef sauce spaghetti	咖喱鸡焗饭 Baked rice with curry chicken
	小米饭 millet	奶油土豆泥 Cream mashed potatoes	番茄滑蛋烩饭 Tomato and egg braised rice	杂粮吐司 Grains toast	红薯小米饭 Sweet potato rice
汤类Soup	红豆沙 Red bean paste	红萝卜龙骨汤 Carrot keel soup	椰子鸡汤 Coconut chicken soup	红萝卜玉米排骨 Radish and corn sparerib	玉米奶油浓汤 Corn cream so up
水果Fruits	哈密瓜 hami melon	苹果 apple	葡萄 grape	无籽西瓜 watermelon	香梨 bergamot pear
饮品Drinks	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt
点心pastry	甜甜圈 doughnut	蛋挞 egg tart	奶油面包 Bread and butter	虎皮蛋糕 Hupi cake	小红糖糕 cake

Maternell	周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五 Friday
蛋白类Proteins	香酥鸡中翅 Crispy chicken middle wing	彩椒炒牛肉片 Fried beef slices with colored pepper	彩椒黑椒牛柳条 Colored pepper and black pepper beef fillet	酸甜酱烧鸭 Roasted duck with sweet and sour sauce	红烧鸡腿 Braised chicken legs
主食Staple food	意大利牛肉酱意粉 Italian beef sauce spaghetti	番茄汁意粉 Tomato sauce spaghetti	海鲜意大利粉 Seafood pasta	黑椒牛肉酱意粉 Heijiao beef sauce spaghetti	咖喱鸡焗饭 Baked rice with curry chicken
蔬菜Vegetables	蒜蓉上海青 Garlic Shanghai Green	小白菜 Chinese cabbage	蒜蓉菠菜 Garlic spinach	蒜蓉娃娃菜 Garlic cabbage	蒜蓉菜心 Garlic cabbage heart
水果Fruits	哈密瓜 hami melon	苹果 apple	葡萄 grape	无籽西瓜 watermelon	香梨 bergamot pear
饮品Drinks	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt
点心pastry	甜甜圈 doughnut	蛋挞 egg tart	奶油面包 Bread and butter	虎皮蛋糕 Hupi cake	小红糖糕 cake

10月 第四周

Buffet	周一Monday	周二Tuesday	周三 Wednesday	周四Thursday	周五 Friday
蔬菜Vegetables	蒜蓉菜心 Garlic cabbage heart	蒜蓉西兰花 Garlic broccoli	上汤娃娃菜 Chinese cabbage served with soup	蒜蓉上海青 Garlic Shanghai Green	大白菜 Chinese cabbage
	清炒爽藕 Fried lotus root	三色玉米粒 Three-color corn grain	清炒杂菇 Stir-fried mushrooms	清炒红萝卜 Fried carrots	双色土豆丝 Bicolor shredded potatoes
蛋白类Proteins	土豆红烧鸡腿 Braised chicken legs with potatoes	果汁鸡扒 Chicken steak with juice	无骨烧鸭 Roasted duck without bone	蘑菇酱牛扒 Steak with mushroom sauce	姜葱白切鸡腿 Ginger, onion and white cut chicken legs
	红烧鸡腿 Braised chicken legs	彩椒牛肉 Caijiao beef	姜葱炒虾仁 Fried shrimp with ginger and onion	豉油鸡 Chicken with soy sauce	黑椒炒牛肉 Fried beef with black pepper
主食Staple food	海鲜意大利粉 Seafood pasta	番茄汁酱意粉 Spaghetti with tomato sauce	鸡蛋玉米炒饭 Fried rice with eggs and corn	意大利酱意粉 Spaghetti with Italian sauce	蘑菇酱意粉 Pasta with mushroom sauce
	奶油土豆泥 Cream mashed potatoes	红薯小米饭 Sweet potato rice	火腿菜心粒炒饭 Fried rice with ham and cabbage	鸡蛋炒饭 Stir-Fried Rice with Egg	小三文治 Small sandwich
汤类Soup	玉米排骨 Corn sparerib	虫草花鸡汤 Chongcaohua chicken soup	玉米奶油浓汤 Corn cream soup	红萝卜龙骨汤 Carrot keel soup	椰子鸡汤 Coconut chicken soup
水果Fruits	哈密瓜 hami melon	橙子 Orange	苹果 Apple	西瓜 Watermelon	香梨 Fragrant pear
饮品Drinks	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt
点心pastry	蓝莓蛋糕 Blueberry cake	奶油面包 Milk bread	甜甜圈 doughnut	蛋挞 Egg Tart	虎皮蛋糕 Hupi cake

Maternell	周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五 Friday
蛋白类Proteins	土豆红烧鸡腿 Braised chicken legs with potatoes	果汁鸡扒 Chicken steak with juice	无骨烧鸭 Roasted duck without bone	蘑菇酱牛扒 Steak with mushroom sauce	姜葱白切鸡腿 Ginger, onion and white cut chicken legs
主食Staple food	海鲜意大利粉 Seafood pasta	番茄汁酱意粉 Spaghetti with tomato sauce	鸡蛋玉米炒饭 Fried rice with eggs and corn	意大利酱意粉 Spaghetti with Italian sauce	蘑菇酱意粉 Pasta with mushroom sauce
蔬菜Vegetables	蒜蓉菜心 Garlic cabbage heart	蒜蓉西兰花 Garlic broccoli	上汤娃娃菜 Chinese cabbage served with soup	蒜蓉上海青 Garlic Shanghai Green	大白菜 Chinese cabbage
水果Fruits	哈密瓜 hami melon	橙子 Orange	苹果 Apple	西瓜 Watermelon	香梨 Fragrant pear
饮品Drinks	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt	酸奶 yogurt
点心pastry	蓝莓蛋糕 Blueberry cake	奶油面包 Milk bread	甜甜圈 doughnut	蛋挞 Egg Tart	虎皮蛋糕 Hupi cake