

**AIAN PreSchool Menu 2020-2021 / 2020-2021 爱学幼儿园菜单**

使用日期	week one	周一Monday	周二Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
	午餐Lunch	Crispy Pork Steak 香酥猪排	Taiwan Style Stewed Chicken 台式三杯鸡	Beef with Oyster Sauce 蚝油牛肉	Braised Pork with Preserved Vegetables 梅干菜扣肉	Fried Asparagus and Shrimp 芦笋炒虾仁
		Fried Broccoli 清炒西兰花	Fried Shrimp and Corn and Pea 虾仁玉米青豆	Fried Green Bean 干煸梅豆	Spring Roll 春卷	Fried Gourd with Bamboo Shoot 丝瓜炒羊尾笋
		Braised Shredded Tofu 大煮干丝	Fried Water Oat 炒茭白	Homestyle Tofu 家常豆腐	Fried Cabbage and Mushroom 青菜炒香菇	Fried Dried Tofu with Shredded Pork 香干炒肉丝
		Tomato and Egg Soup 西红柿鸡蛋汤	Italian Vegetable Soup 意大利蔬菜汤	Steamed Egg Soup 蒸蛋汤	Fish and Tofu Soup 鱼头豆腐汤	Wonton Soup 馄饨汤
		Rice 米饭/Seafood Fried Rice 海鲜炒饭	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭
		Baguette 法棍切片	Pastry 西点	Baguette 法棍切片	Chinese Dimsum 中式点心	Fruit, Beverage 水果、饮料
		Tuna 金枪鱼	Fruit, Beverage 水果、饮料	Tuna 金枪鱼	Fruit, Beverage 水果、饮料	
	Fruit, Beverage 水果、饮料		Fruit, Beverage 水果、饮料			
点心Snack	水果 Fruit	小馄饨 Small wontons	水果 Fruit	营养粥 Porridge	小点心 Snack	

使用日期	week two	周一Monday	周二Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
	午餐Lunch	Sweet and Sour Pork 糖醋里脊	Lamb with Black Pepper 黑椒羊排	Oreans Roasted Chicken Wings 奥尔良烤鸡翅	Crispy Sole Fish 香酥龙利鱼	Chicken Hamburger 鸡排汉堡
		Fried Long Beans with Minced Pork 肉末带豆	Stewed Eggplant with Brown Sauce 红烧茄子	Fried Celery and Bean Sprouts 芹菜炒黄豆芽	Fried Cabbage and Chinese Vermicelli 包菜炒粉丝	Fried Egg with Soysauce 荷包蛋
		Fried Cabbage 蒜泥5号菜	Fried Zucchini with Pork 西葫芦炒肉片	Fried Bean with Pickles 毛豆炒榨菜	Fried Asparagus Lettuce and Chinese Yam 莴笋炒山药	Fried Cabbages 清炒包菜
		Potato and Pickled Cabbage Soup 酸菜土豆汤	Miso Soup 味噌汤	Russian Soup 罗宋汤	Trotter and Soybean Soup 黄豆猪蹄汤	Spinach and Mushroom Soup 菠菜平菇汤
		Rice 米饭/Seafood Fried Rice 海鲜炒饭	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭
		Baguette 法棍切片	Pastry 西点	Baguette 法棍切片	Chinese Dimsum 中式点心	Fruit, Beverage 水果、饮料
		Tuna 金枪鱼	Fruit, Beverage 水果、饮料	Tuna 金枪鱼	Fruit, Beverage 水果、饮料	
	Fruit, Beverage 水果、饮料		Fruit, Beverage 水果、饮料			
点心Snack	水果 Fruit	小馄饨 Small wontons	水果 Fruit	营养粥 Porridge	小点心 Snack	

使用日期	week three	周一Monday	周二Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
午餐Lunch		Braised Pork with Chestnut 板栗烧肉	Roasted Chicken Wing with Vegetable Sauce 蔬汁烤鸡翅	Multi-spiced Beef 五香牛肉	Tasty Squid Rings 香酥鱿鱼圈	Hakka Fried Pork 客家小炒肉
		Garlic Bolt and Seafood Tofu 蒜苗海鲜豆腐	Vietnamese Pho 越南米粉	Fried Eggplant, Potato and Pepper 北国地三鲜	Baked Vegetables 烤箱蔬菜	Fried Wintermelon with Baby Shrimp 冬瓜炒虾皮
		Mashed Potato 芝士土豆泥	Fried Snow Pea and Baby Corn 荷兰豆炒玉米笋	Sauted Lettuce with Oyster Sauce 蚝油生菜	Fried Spinich and Pine nuts 松仁炒菠菜	Stewed Potato with Curry 咖喱土豆
		Chicken and Mushroom Soup 香菇鸡汤	Pumpkin Soup 奶油南瓜汤	Rib and Corn Soup 玉米排骨汤	Seafood Soup 海鲜汤	Fried Noodles 中式炒面
		Rice 米饭/Seafood Fried Rice 海鲜炒饭	Rice 米饭	Rice 米饭	Rice 米饭	Kelp and Egg Soup 紫菜蛋汤
		Baguette 法棍切片	Pastry 西点	Baguette 法棍切片	Chinese Dimsum 中式点心	Rice 米饭
		Tuna 金枪鱼	Fruit, Beverage 水果、饮料	Tuna 金枪鱼	Fruit, Beverage 水果、饮料	Fruit, Beverage 水果、饮料
		Fruit, Beverage 水果、饮料		Fruit, Beverage 水果、饮料		
点心Snack	水果 Fruit	小馄饨 Small wontons	水果 Fruit	营养粥 Porridge	小点心 Snack	

使用日期	week four	周一Monday	周二Tuesday	周三 Wednesday	周四 Thursday	周五 Friday
午餐Lunch		Steamed Chicken with Soysauce 白切鸡	Honey Ribs 蜜汁仔排	Boiled Egg with Shredded Pork 肉末蒸蛋	Baked Salmon 烤箱三文鱼	Korean Fried Pork 韩式炒肉
		Dry-fried Caulifower 干锅花菜	Baked Bran 四喜烤麸	Shredded Potato and Carrot 胡萝卜土豆丝	Fried Tomato and Egg 西红柿炒鸡蛋	Spaghetti 意大利面
		Stewed Cabbage with Dry Scallop 干贝娃娃菜	Fried Mushroom with oyster Sauce 蚝油蘑菇	Fried Cucumber with Bacon 青瓜炒培根	Fried Dried Tofu Sticks and Black Fungus 木耳炒腐竹	Fried Celery with Squid 青椒炒鱿鱼
		Rib and Chinese Yam Soup 山药排骨汤	Scotch Lamb Soup 苏格兰羊肉汤	Duck and Bamboo Soup 咸笋老鸭汤	Meat Ball Soup 三鲜肉丸汤	Green Cabbage and Tofu Soup 青菜豆腐汤
		Rice 米饭/Seafood Fried Rice 海鲜炒饭	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭
		Baguette 法棍切片	Pastry 西点	Baguette 法棍切片	Chinese Dimsum 中式点心	Fruit, Beverage 水果、饮料
		Tuna 金枪鱼	Fruit, Beverage 水果、饮料	Tuna 金枪鱼	Fruit, Beverage 水果、饮料	
		Fruit, Beverage 水果、饮料		Fruit, Beverage 水果、饮料		
点心Snack	水果 Fruit	小馄饨 Small wontons	水果 Fruit	营养粥 Porridge	小点心 Snack	

## 2020-2021 AIAN Cafeteria Menu

August 24, 2020 ~ January 18, 2021

### First Week

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Crispy Pork Steak 香酥猪排	Taiwan Style Stewed Chicken 台式三杯鸡	Beef with Oyster Sauce 蚝油牛肉	Braised Pork with Preserved Vegetables 梅干菜扣肉	Fried Asparagus and Shrimp 芦笋炒虾仁
2	Fried Broccoli 清炒西兰花	Fried Shrimp and Corn and Pea 虾仁玉米青豆	Fried Green Bean 干煸梅豆	Spring Roll 春卷	Fried Gourd with Bamboo Shoot 丝瓜炒羊尾笋
3	Braised Shredded Tofu 大煮干丝	Fried Water Oat with Pepper 青椒炒茭白	Homestyle Tofu 家常豆腐	Fried Cabbage and Mushroom 青菜炒香菇	Fried Dried Tofu with Shredded Pork 香干炒肉丝
4	Tomato and Egg Soup 西红柿鸡蛋汤	Italian Vegetable Soup 意大利蔬菜汤	Steamed Egg Soup 蒸蛋汤	Fish and Tofu Soup 鱼头豆腐汤	Wonton Soup 馄饨汤
5	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭
6	Baguette 法棍切片	Pastry 西点	Baguette 法棍切片	Chinese Dimsum 中式点心	Fruit, Beverage 水果、饮料
7	Tuna 金枪鱼	Fruit, Beverage 水果、饮料	Tuna 金枪鱼	Fruit, Beverage 水果、饮料	
8	Fruit, Beverage 水果、饮料		Fruit, Beverage 水果、饮料		

### Second Week

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Sweet and Sour Pork 糖醋里脊	Lamb with Black Pepper 黑椒羊排	Oreans Roasted Chicken Wings 奥尔良烤鸡翅	Crispy Sole Fish 香酥龙利鱼	Chicken Hamburger 鸡排汉堡
2	Fried Long Beans with Minced Pork 肉末带豆	Stewed Eggplant with Brown Sauce 红烧茄子	Fried Celery and Bean Sprouts 芹菜炒黄豆芽	Fried Cabbage and Chinese Vermicelli 包菜炒粉丝	Fried Egg with Soysauce 荷包蛋
3	Fried Cabbage 蒜泥5号菜	Fried Zucchini with Pork 西葫芦炒肉片	Fried Bean with Pickles 毛豆炒榨菜	Fried Asparagus Lettuce and Chinese Yam 莴笋炒山药	Fried Cabbages 清炒包菜
4	Potato and Pickled Cabbage Soup 酸菜土豆汤	Miso Soup 味噌汤	Russian Soup 罗宋汤	Trotter and Soybean Soup 黄豆猪蹄汤	Spinach and Mushroom Soup 菠菜平菇汤
5	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭
6	Baguette 法棍切片	Pastry 西点	Baguette 法棍切片	Chinese Dimsum 中式点心	Fruit, Beverage 水果、饮料
7	Tuna 金枪鱼	Fruit, Beverage 水果、饮料	Tuna 金枪鱼	Fruit, Beverage 水果、饮料	
8	Fruit, Beverage 水果、饮料		Fruit, Beverage 水果、饮料		

**Third Week**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
1	Braised Pork with Chestnut 板栗烧肉	Roasted Chicken Wing with Vegetable Sauce 蔬汁烤鸡翅	Multi-spiced Beef 五香牛肉	Tasty Squid Rings 香酥鱿鱼圈	Hakka Fried Pork 客家小炒肉
2	Garlic Bolt and Seafood Tofu 蒜苗海鲜豆腐	Vietnamese Pho 越南米粉	Fried Eggplant, Potato and Pepper 北国地三鲜	Baked Vegetables 烤箱蔬菜	Fried Wintermelon with Baby Shrimp 冬瓜炒虾皮
3	Mashed Potato 芝士土豆泥	Fried Snow Pea and Baby Corn 荷兰豆炒玉米笋	Sauted Lettuce with Oyster Sauce 蚝油生菜	Fried Spinich and Pine nuts 松仁炒菠菜	Stewed Potato with Curry 咖喱土豆
4	Chicken and Mushroom Soup 香菇鸡汤	Pumpkin Soup 奶油南瓜汤	Rib and Corn Soup 玉米排骨汤	Seafood Soup 海鲜汤	Fried Noodles 中式炒面
5	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭	Kelp and Egg Soup 紫菜蛋汤
6	Baguette 法棍切片	Pastry 西点	Baguette 法棍切片	Chinese Dimsum 中式点心	Rice 米饭
7	Tuna 金枪鱼	Fruit, Beverage 水果、饮料	Tuna 金枪鱼	Fruit, Beverage 水果、饮料	Fruit, Beverage 水果、饮料
8	Fruit, Beverage 水果、饮料		Fruit, Beverage 水果、饮料		

**Fourth Week**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
1	Sichuan-style Steamed Chicken 川味口水鸡	Honey Ribs 蜜汁仔排	Boiled Egg with Shredded Pork 肉末蒸蛋	Baked Salmon 烤箱三文鱼	Korean Fried Pork 韩式炒肉
2	Dry-fried Cauliflower 干锅花菜	Baked Bran 四喜烤麸	Sour and Spicy Shredded Potato 酸辣土豆丝	Fried Tomato and Egg 西红柿炒鸡蛋	Spaghetti 意大利面
3	Stewed Cabbage with Dry Scallop 干贝娃娃菜	Fried Mushroom with Pepper 青椒蘑菇	Fried Cucumber with Bacon 青瓜炒培根	Fried Dried Tofu Sticks and Black Fungus 木耳炒腐竹	Fried Celery with Squid 青椒炒鱿鱼
4	Rib and Chinese Yam Soup 山药排骨汤	Scotch Lamb Soup 苏格兰羊肉汤	Duck and Bamboo Soup 咸笋老鸭汤	Meat Ball Soup 三鲜肉丸汤	Green Cabbage and Tofu Soup 青菜豆腐汤
5	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭	Rice 米饭
6	Baguette 法棍切片	Pastry 西点	Baguette 法棍切片	Chinese Dimsum 中式点心	Fruit, Beverage 水果、饮料
7	Tuna 金枪鱼	Fruit, Beverage 水果、饮料	Tuna 金枪鱼	Fruit, Beverage 水果、饮料	
8	Fruit, Beverage 水果、饮料		Fruit, Beverage 水果、饮料		