

2021 年国际学校菜单（10 月 11-15 日）

日 期	菜品名称	煮 品	特色 菜品	水 果	特色 主食
10 月 11 日 (周一)	七彩虾仁 黄 焖 鸡 小瓜肉丝 金钩白菜 蚝油甜笋 香芹豆干	卤 面 豆花米线		时令当 季水果 2-3 个 品种	
10 月 12 日 (周二)	蒸 蛋 卷 番茄炒鸡蛋 红三剁 芝麻回锅洋芋 铁板茄盒 蒜泥白花菜		酸菜鱼 配 饭		香辣酱油炒饭
10 月 13 日 (周三)	黑椒牛肉 鱼香肉丝 宫保鸡丁 番茄炒豆腐 茄子豆角 苦菜酥红豆	馄 饨			
10 月 14 日 (周四)	青椒肉丝 糖醋鸡柳 红 烧 肉 两 亩 地 韭黄炒豆腐皮 干锅时蔬		豆花 牛肉 配饭		黑椒牛肉炒面
10 月 15 日 (周五)	白菜烩肉圆子 藤椒小炒鸡 黄焖牛肉 手撕包菜 田园小炒 青椒炒洋芋片	饵 丝 筒骨汤米线			

2021 KIA Menu (Oct. 11-15)

Date	Name of the dishes	Local culinary specialties	Daily specials	Fruit	Staple food
<u>Monday</u> <u>Oct. 11</u>	Shrimps Braised chicken Pork & zucchini Chinese cabbage & shelled shrimp Oyster sauce sweet bamboo shoots Dried bean curd with celery	Noodles Rice noodles with Tofu pudding		Seasonal fruit Two or three kinds	
<u>Tuesday</u> <u>Oct. 12</u>	Steamed egg rolls Scrambled egg with tomato Pork with tomato and red pepper Potato Teppanyaki eggplant Cauliflower		Pickled fish with Pickled Cabbage and Chili & Rice		Fried rice
<u>Wednesday</u> <u>Oct. 13</u>	Black Pepper Beef Spicy pork Kung pao chicken Tofu and tomato Eggplant and string beans Vegetable and crispy red beans	Wonton			
<u>Thursday</u> <u>Oct. 14</u>	Pork and green peppers Sweet and sour chicken fillet Braised pork Green soya beans and corns Bean curd skin with chives Seasonal vegetable		Beef with Tofu pudding and rice		Fried noodles with black pepper beef
<u>Friday</u> <u>Oct. 15</u>	Chinese cabbage & meatballs Rattan pepper chicken Braised beef Cabbage Vegetables Potato & green pepper	Rice noodles with marrowb one soup			

2021 年国际学校菜单（10 月 18-21 日）

日 期	菜品名称	煮 品	特色 菜品	水 果	特色 主食
10 月 18 日 (周一)	鸡蛋炒火腿肠 孜然牛肉 双椒鸡丁 干煸藕条 素炒莲花白 蚝油菜心	豆花米线 卤面			
10 月 19 日 (周二)	牙 签 肉 黄豆炖牛肉 野生木耳炒肉片 金钩白菜 小瓜洋芋 香葱茨菇		酸辣粉		香辣酱油炒饭
10 月 20 日 (周三)	糖醋鱼片 青椒肉丝 宫保鸡丁 茄子豆角 芝麻菠菜 麻辣土豆条	馄 饨			
10 月 21 日 (周四)	蒸 蛋 卷 香菇肉丝 黄焖牛肉 红烧家常豆腐 木耳烩山药 胡萝卜炒洋芋丝		水煮 肉片 配饭		鸡蛋炒米线

2021 KIA Menu(Oct.18-21)

Date	Name of the dishes	Local culinary specialties	Daily specials	Fruit	Staple food
<u>Monday</u> <u>Oct. 18</u>	Eggs and ham sausage Cumin beef Chicken with red and green peppers Lotus root Cabbage Green leaves in oyster sauce	Rice noodles with Tofu pudding Noodles		Seasonal fruit Two or three kinds	
<u>Tuesday</u> <u>Oct. 19</u>	Toothpick pork Stewed beef with soybeans Black fungus and pork Chinese cabbage & shelled shrimp Zucchini and potato Chinese onion and arrowhead		Sour and chili vermicelli		Fried rice
<u>Wednesday</u> <u>Oct. 20</u>	Sweet and sour fish Pork and green peppers Kung pao chicken Eggplant and string beans Mixed with sesame spinach Spicy potato	Wonton			
<u>Thursday</u> <u>Oct. 21</u>	Steamed egg rolls Mushroom and pork Braised beef Braised home-style Tofu Black fungus and dioscorea oppositis Carrots and potato		Poached spicy pork and rice		Fried rice noodles with scrambled eggs

2021 年国际学校菜单(10 月 25-29 日)

日 期	菜品名称	煮 品	特色 菜品	水 果	特色 主食
10 月 25 日 (周一)	小 炒 肉 咖喱鸡柳 宫保鸡丁 傣味豆腐 蒜泥青花 水晶冬瓜	豆花米线 卤面		时令当季 水果 2-3 个品 种	
10 月 26 日 (周二)	菠萝咕嚕肉 一品牛肉 香菇滑鸡 金钩白菜 酱香洋芋 韭菜炒豆芽		酸辣粉		豉油鸡汁炒饭
10 月 27 日 (周三)	红烧狮子头 鱼香肉丝 辣子鸡 番茄炒土豆片 油焖小瓜 腌菜炒红豆	馄 饨			
10 月 28 日 (周四)	芹菜炒牛肉沫 双脚鸡丁 香酥肉丁 蚝油生菜 辣炒茄丁 青椒洋芋丝		水煮 肉片 配饭		蔬菜肉丝 炒面
10 月 29 日 (周五)	香辣肉丝 锅 包 肉 香酥鳕鱼排 手撕包菜 青椒炒卤豆腐干 素炒白花菜	饵 丝 汤米线			

2021 KIA Menu (Oct.25-29)

Date	Name of the dishes	Local culinary specialties	Daily specials	Fruit	Staple food
<u>Monday</u> <u>Oct. 25</u>	Pork Curry chicken fillet Kung pao chicken Dai flavor Tofu Broccoli Wax gourd	Rice noodles with Tofu pudding Noodles		Seasonal fruit Two or three kinds	
<u>Tuesday</u> <u>Oct. 26</u>	Sweet & sour with pineapple Beef Mushroom and chicken Chinese cabbage & shelled shrimp Potato Bean sprouts with leeks		Sour and chili vermicelli		
					Fried rice
<u>Wednesday</u> <u>Oct. 27</u>	Meat balls in brown sauce Shredded pork with garlic sauce Spicy chicken Tomato and potato Zucchini Preserved vegetable and red beans	Wonton			
<u>Thursday</u> <u>Oct. 28</u>	Ground beef and celery Chicken with peppers Crispy pork lettuce in oyster sauce Spicy eggplant Potato and green pepper		Poached spicy pork and rice		Fried noodles with pork and vegetable
<u>Friday</u> <u>Oct. 29</u>	Spicy pork Fried pork in scoop Crispy Cod Fillets Cabbage Pot-stewed dried bean curd with green pepper Cauliflower	Rice noodles with soup			