

## 2021 年国际学校菜单（11 月 1-5 日）

日 期	菜品名称	煮 品	特色 菜品	水 果	特色 主食
11 月 1 日 (周一)	黄豆炖牛肉 干 锅 鸡 彩椒肉丝 鱼香茄子 素炒娃娃菜 清炒芥蓝	卤 面 豆花米线		时令当 季水果  2-3 个 品种	
11 月 2 日 (周二)	一品牛肉 宫爆鸡丁 香菇炒肉丝 两 亩 地 麻辣洋芋条 青红椒炒卤豆腐干		筒骨海带汤  水煮肉片 配 饭		王婆婆 炒 饭
11 月 3 日 (周三)	黄 焖 鸡 川香肉片 毛豆炒肉末 水晶冬瓜 木耳烩山药 青椒炒洋芋片	馄 饨			
11 月 4 日 (周四)	莲藕蒸肉饼 小 炒 肉 孜然牛肉 红烧家常豆腐 芝麻菠菜 韭菜花炒洋芋丝		冒 菜		香菇肉丝炒 面
11 月 5 日 (周五)	红 烧 肉 番茄炒鸡蛋 双椒鸡丁 清炒茼蒿 地 三 鲜 (土豆茄子木耳) 傣味豆腐	饵 丝 筒骨汤米 线			

### 2021 KIA Menu (Nov.1-5)

Date	Name of the dishes	Local culinary specialties	Daily specials	Fruit	Staple food
<b><u>Monday</u></b> <b><u>Nov. 1</u></b>	Stewed beef with soybeans Griddle Cooked Chicken with Pepper Pork and peppers Spicy deep-fried eggplant Chinese cabbage Cabbage mustard	<b>Noodles</b>  <b>Rice noodles with Tofu pudding</b>		Seasonal fruit  Two or three kinds	
<b><u>Tuesday</u></b> <b><u>Nov. 2</u></b>	Beef Kung pao chicken Pork and mushroom Green soya beans and corns Spicy potato Pot-stewed dried bean curd with red and green peppers		Marrow bone with kelp soup Poached spicy pork and rice		Fried rice
<b><u>Wednesday</u></b> <b><u>Nov. 3</u></b>	Braised chicken Sichuan flavor pork Pork and green soybeans Wax gourd Black fungus and dioscorea oppositis Potato and green pepper	<b>Wonton</b>			
<b><u>Thursday</u></b> <b><u>Nov. 4</u></b>	Steamed ground pork and lotus Pork Cumin beef Braised home-style Tofu Mixed with sesame spinach Shredded potatoes		Instant spicy hotpot		Fried noodles with pork and mushroom
<b><u>Friday</u></b> <b><u>Nov. 5</u></b>	Braised pork in brown sauce Scrambled egg with tomato Chicken with green and red peppers Garland chrysanthemum Eggplant with black fungus and potato Dai flavor Tofu	<b>Rice noodles with marrowbone soup</b>			

## 2021 年国际学校菜单（11 月 8-12 日）

日 期	菜品名称	煮 品	特色 菜品	水 果	特色 主食
11 月 8 日 (周一)	香卤里脊肉+黄瓜 番茄炒鸡蛋 红烧鳕鱼 香菇炒京白菜 麻辣藕盒 蒜泥白花菜	卤 面 豆花米线		时令 当季 水果  2-3 个 品种	
11 月 9 日 (周二)	黑椒牛肉 韭菜花炒肉丝 宫保鸡丁 素炒小瓜丝 蒜香白花菜 苦菜酥红豆		泰式酸 汤配饭		什锦鸡蛋 炒 饭
11 月 10 日 (周三)	菠萝咕咾肉 黄 焖 鸡 青笋肉片 蚝油生菜 茄子豆角 虎皮青椒	馄 饨			
11 月 11 日 (周四)	青椒肉丝 香菇滑鸡片 红 烧 肉 两 亩 地 素炒莲花白 干锅时蔬		酸辣 粉条		豉油鸡 汁炒饭
11 月 12 日 (周五)	蒸 蛋 卷 鱼香肉丝 腐竹红烧肉 水腌菜炒老奶洋芋 蒜泥瓜尖 蚂蚁上树	饵 丝 筒骨汤米线			

## 2021 KIA Menu(Nov.8-12)

Date	Name of the dishes	Local culinary specialties	Daily specials	Fruit	Staple food
<b><u>Monday</u></b> <b><u>Nov. 8</u></b>	Marinated pork tenderloin + cucumber Scrambled egg with tomato Braised cod Mushroom and Chinese cabbage Spicy deep fried lotus root Colliflower	<b>Noodles</b>  <b>Rice noodles with Tofu pudding</b>		Seasonal fruit  Two or three kinds	
<b><u>Tuesday</u></b> <b><u>Nov. 9</u></b>	Black pepper beef Shredded pork Kung pao chicken Shredded zucchini Colliflower Vegetable and crispy red beans		Thai sour soup and rice		Fried rice
<b><u>Wednesday</u></b> <b><u>Nov. 10</u></b>	Sweet & sour pork with pineapple Braised chicken Pork and endive sprout lettuce with oyster sauce Eggplant and string beans Green pepper	<b>Wonton</b>			
<b><u>Thursday</u></b> <b><u>Nov. 11</u></b>	Pork and green peppers Mushroom and chicken Braised pork Green soya beans and corns Vermicelli and cabbage Seasonal vegetable		Sour and chilli vermicelli		Fried rice
<b><u>Friday</u></b> <b><u>Nov. 12</u></b>	Steamed egg rolls Shredded pork with garlic sauce Braised pork with bean curd sheet roll Mash potato with preserved vegetable Pumpkin tips Vermicelli with spicy minced pork	<b>Rice noodles with marrowbone soup</b>			

## 2021 年国际学校菜单（11 月 15-19 日）

日 期	菜品名称	煮 品	特色 菜品	水 果	特色 主食
11 月 15 日 (周一)	黄 焖 鸡 杏鲍菇炒肉丝 蒜苗炒牛肉沫 苦菜酥红豆 韭黄炒豆腐皮 回锅洋芋	豆花米线  卤面		时令当季 水果  2-3 个品 种	
11 月 16 日 (周二)	牙 签 肉 番茄炖牛肉 野生木耳炒肉片 金钩白菜 干煸藕条 素炒小米菜		酸菜鱼 配 饭		葱花鸡蛋 洋芋丝炒饭
11 月 17 日 (周三)	红烧狮子头 腌菜肉丝 酱汁排骨 番茄炒豆腐 油焖小瓜 苦菜酥红豆	馄 饨			
11 月 18 日 (周四)	酱汁排骨 藤椒小炒鸡 小 炒 肉 素炒青花 韭菜炒豆芽 回锅洋芋		水煮 肉片 配饭		黑椒牛肉 炒 面
11 月 19 日 (周五)	小瓜炒肉丝 白菜烩肉圆子 黄焖牛肉 手撕包菜 青椒炒香豆腐 腌菜炒洋芋	饵 丝  筒骨汤米线			

## 2021 KIA Menu(Nov.15-19)

Date	Name of the dishes	Local culinary specialties	Daily specials	Fruit	Staple food
<b><u>Monday</u></b> <b><u>Nov. 15</u></b>	Braise chicken Pleurotus eryngii and pork Ground beef Vegetable and crispy red beans Leek shoot with bean curd sheet roll Potato	<b>Rice noodles with Tofu pudding</b>  <b>Noodles</b>		Seasonal fruit  Two or three kinds	
<b><u>Tuesday</u></b> <b><u>Nov. 16</u></b>	Toothpick pork Stewed beef with tomato Black fungus and pork Chinese cabbage & shelled shrimp Spicy lotus Vegetable		Pickled fish with Pickled Cabbage and Chili & Rice		Fried rice
<b><u>Wednesday</u></b> <b><u>Nov. 17</u></b>	Meat balls in brown sauce Shredded pork with preserved vegetable Braised spareribs in brown sauce Tomato and Tofu Zucchini Preserved vegetable and red beans	<b>Wonton</b>			
<b><u>Thursday</u></b> <b><u>Nov. 18</u></b>	Braised spareribs in brown sauce Rattan pepper chicken Pork Broccoli Bean sprouts with leeks Potato		Poached spicy pork and rice		Fried noodles with black pepper beef
<b><u>Friday</u></b> <b><u>Nov. 19</u></b>	Pork and zucchini Chinese cabbage & meatballs Braised beef Cabbage Dried bean curd with green pepper Potato & preserved vegetable	<b>Rice noodles with marrowbone soup</b>			

## 2021 年国际学校菜单（11 月 22-24 日）

日 期	菜品名称	煮 品	特色 菜品	水 果	特色 主食
11 月 22 日 (周一)	糖醋里脊 宫爆鸡丁 青椒肉丝 两 亩 地 酱香洋芋 素炒京白菜	馄 饨		时令当 季水果  2-3 个品 种	
11 月 23 日 (周二)	红 烧 肉 番茄炒鸡蛋 一品牛肉 素炒青笋片 蒜泥豆角 麻婆豆腐		豆花牛肉 配饭		王婆婆炒饭
11 月 24 日 (周三)	卤鸡翅+鸡蛋+豆腐 鱼香肉丝 香菇滑鸡 红烧茄子 干锅时蔬 芝麻土豆	饵 丝 筒骨汤米线			

### 2021 KIA Menu(Nov.22-24)

Date	Name of the dishes	Local culinary specialties	Daily specials	Fruit	Staple food
<b><u>Monday</u></b> <b><u>Nov. 22</u></b>	Sweet and sour pork Kung pao chicken Pork and green peppers Green soya beans and corns Potato Chinese cabbage	<b>Wonton</b>		Season al fruit  Two or three kinds	
<b><u>Tuesday</u></b> <b><u>Nov. 23</u></b>	Braised pork Scrambled egg with tomato Beef Endive sprout String beans Mapo Tofu		Beef with Tofu pudding and rice		Fried rice
<b><u>Wednesday</u></b> <b><u>Nov. 24</u></b>	Pot-stewed chicken wings + eggs + Tofu Shredded pork with garlic sauce Mushroom and chicken Braised eggplant Seasonal vegetable Potato	<b>Rice noodles with marrowbone soup</b>			

## 2021 年国际学校菜单（11 月 29-30 日）

日 期	菜品名称	煮 品	特色 菜品	水果	特色 主食
11 月 29 日 (周一)	香菇牛肉片 黄 焖 鸡 野生木耳炒肉片 麻辣卤豆腐 木耳娃娃菜 甜脆玉米	卤 面 豆花米线		时令 当季 水果	
11 月 30 日 (周二)	菠萝咕嚕肉 黄瓜炒鸡蛋 鱼香肉丝 茄子肉末 蒜泥菜心 素炒青花 腌菜炒土豆片		蒸南瓜  酸菜鱼 配饭	2-3 个 品种	白 菜 肉 丝炒饭

### 2021 KIA Menu(Nov. 29-30)

Date	Name of the dishes	Local culinary specialties	Daily specials	Fruit	Staple food
<b><u>Monday</u></b> <b><u>Nov. 29</u></b>	Mushroom and beef Braised chicken Black fungus and pork Spicy Pot-stewed dried bean curd Black fungus and Chinese cabbage Corns	Noodles  Rice noodles with Tofu pudding		Seasonal fruit  Two or three kinds	
<b><u>Tuesday</u></b> <b><u>Nov. 30</u></b>	Sweet & sour with pineapple Scrambled eggs and cucumber Shredded pork with garlic sauce Ground pork and eggplant Vegetable Broccoli Potato with preserved vegetable		Steamed pumpkin  Boiled Fish with Pickled Cabbage and Chili		Fried rice with pork and Chinese cabbage