

2022 年国际学校菜单(2 月 14-18 日)

日期	菜品名称	煮品	特色菜品	水果	特色主食
2 月 14 日 (周一)	一品牛肉 小瓜肉丝 宫保鸡丁 松仁玉米 木耳烩山药 虎皮青椒	卤面 豆花米线	蒸南瓜	时令当季水果 2-3 个品种	葱花鸡蛋炒饭
2 月 15 日 (周二)	卤肉+黄瓜 番茄炒鸡蛋 双椒鸡丁 香菇炒京白菜 鱼番茄盒 蒜泥白花菜		养生乌鸡汤		鸡蛋什锦炒饭 香辣酱油炒饭
2 月 16 日 (周三)	糖醋里脊 小炒肉 七彩鸡丝 番茄炒豆腐 油焖小瓜 苦菜酥红豆	馄饨	卤鸡腿 卤鸡蛋		
2 月 17 日 (周四)	青椒肉丝 卤鸡翅根 红烧肉 两亩地 粉丝炒莲花白 干锅时蔬		豆花牛肉配饭		
2 月 18 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 腌菜炒洋芋片	饵丝 米线			泰式炒饭
					黑椒牛肉炒面

2021 KIA Menu (Feb. 14-18)

Date	Name of the dishes	Local culinary specialties	Daily specials	Fruit	Staple food
<u>Monday</u> <u>Feb. 14</u>	Beef Pork and zucchini Kung pao chicken Sweet corn with pine nuts Black fungus and dioscorea oppositis Green peppers	Noodles Rice noodles with Tofu pudding	Steamed pumpkin	Seasonal fruit Two or three kinds	Fried rice
<u>Tuesday</u> <u>Feb. 15</u>	Marinated pork tenderloin + cucumber Scrambled egg with tomato Chicken and peppers Mushroom and Chinese cabbage Spicy deep fried lotus root Colliflower		Black-bone chicken Soup		Fried rice
<u>Wednesday</u> <u>Feb. 16</u>	Sweet & sour pork Pork Shredded chicken Tofu and tomato Zucchini Vegetable and crispy red beans	Wonton	Pot-stewed chicken wings + eggs		Fried rice
<u>Thursday</u> <u>Feb. 17</u>	Pork and green peppers Pot stewed chicken wing root Braised pork Green soya beans and corns Vermicelli and cabbage Seasonal vegetable		Beef with Tofu pudding and rice		
<u>Friday</u> <u>Feb. 18</u>	Chinese cabbage & meatballs Rattan pepper chicken Braised beef Cabbage Vegetables Potato & preserved vegetable	Rice noodles with marrowb one soup			Fried rice
					Fried noodles with black pepper beef

2022 年国际学校菜单(2 月 21-28 日)

日期	菜品名称	煮品	特色菜品	水果	特色主食
2 月 21 日 (周一)	红烧狮子头 七彩鸡丁 鱼香肉丝 两亩地 香酥平菇 蚝油茄丁	卤面 豆花米线	芝士 土豆	时令当季 水果 2-3 个品 种	火腿鸡蛋 炒饭
2 月 22 日 (周二)	红烧肉 蒜苗炒牛肉 糖醋鸡柳 素炒小瓜片 地三鲜 (土豆茄子木耳) 傣味豆腐		玉米布丁		
2 月 23 日 (周三)	黄焖鸡 香菌炒肉丝 芹菜炒牛肉沫 腌菜炒红豆 蚝油菜心 麻辣洋芋条	馄饨	无骨鸡柳		扬州 炒饭
2 月 24 日 (周四)	蒸蛋卷 青豆炒肉末 杏鲍菇炒肉丝 红烧家常豆腐 蚝油甜笋 蚂蚁上树		水煮 肉片 配饭		
2 月 25 日 (周五)	干锅鸡 咖喱牛肉 小瓜炒肉丝 腌菜炒红豆 素炒菜心 蒜泥青花	饵米 丝线	筒骨 海带汤		王婆婆 炒饭
2 月 28 日 (周一)	手撕鸡 胡萝卜焖牛肉 青笋肉丝 金钩白菜 韭菜炒豆腐皮 麻婆豆腐		养生 乌鸡汤		苦菜牛肉 干巴炒饭

2021 KIA Menu (Feb. 21-28)

Date	Name of the dishes	Local culinary specialties	Daily specials	Fruit	Staple food
<u>Monday</u> <u>Feb. 21</u>	Braised meat balls in brown sauce Chicken Shredded pork with garlic sauce Green soya beans and corns Crispy oyster mushroom Eggplant in oyster sauce	Noodles Rice noodles with Tofu pudding	Cheese potato	Seasonal fruit Two or three kinds	Fried rice
<u>Tuesday</u> <u>Feb. 22</u>	Braised pork Beef and garlic sprout Sweet and sour chicken fillet Zucchini Potato with eggplant and black fungus Dai flavor Tofu		Indian pudding		
<u>Wednesday</u> <u>Feb. 23</u>	Braised chicken Mushroom and pork Ground beef and celery Vegetable and crispy red beans Green leaves in oyster sauce Spicy potato	Wonton	Deep Fry Chicken Sticks		Fried rice
<u>Thursday</u> <u>Feb. 24</u>	Steamed eggrolls Ground pork and green soybeans Pork with pleurotus eryngii mushroom Braised home-style Tofu Sweet bamboo shoots in oyster sauce Vermicelli with spicy minced pork		Poached spicy pork and rice		
<u>Friday</u> <u>Feb. 25</u>	Griddle Cooked Chicken with Pepper Curry beef Pork and zucchini Red beans with preserved vegetable Green leaves Garlic broccoli	Rice noodles with marrowbone soup	Marrow bone with kelp soup		Fried rice
<u>Monday</u> <u>Feb. 28</u>	Chicken Beef and carrots Pork and endive sprout Chinese cabbage & shelled shrimp Leek shoot with skin of soya-bean milk Mapo Tofu		Black-bone chicken Soup	Fried rice	