

MENU

午餐菜单

LUNCH



Shenzhen American
International School
深圳市深美外籍人员子女学校



深圳市欢筷营养配餐有限公司
SHENZHEN HAPPY FOOD CO., LTD

欢筷营养配餐公司

• 菜单时间：5月19日-5月23日 •

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	蒸玉米+奶香馒头+小麻球+蛋糕+瘦肉粥 Steamed corn+Milk-flavored steamed buns+Little marbles+cake+Lean Meat Porridge	红豆玉米卷+玉米蒸饺+鹌鹑蛋+青豆玉米青菜炒饭+豆浆 Red Bean Corn Roll+Corn steamed dumplings+quail egg+Fried rice with green peas, corn, and vegetables+Soy milk	蒸山药+手抓饼+杂粮包+红糖发糕+南瓜粥 Steamed yam+Scallion pancake+Multigrain Bun+Brown Sugar Steamed Cake+Pumpkin porridge	水煮鸡蛋+油条+鲜肉包+青菜炒河粉+小米苹果粥 Boiled egg+Deep-fried dough sticks+Steamed pork bun+Stir-fried rice noodles with greens+Xiaomi apple porridge	蒸贝贝南瓜+青菜包+番茄肉酱意面+蛋糕+小米山药瘦肉粥 Steamed baby pumpkin+Vegetable bun+Spaghetti with Tomato Meat Sauce+cake+Xiaomi Yam and Lean Meat Congee
MAIN CHINESE	黄焖牛腩 Braised Beef Brisket	西兰花炒虾仁 Stir-fried broccoli with shrimp	莲藕炖排骨 Lotus Root Stewed with Pork Ribs	番茄肥牛 Tomato Beef	酱卤琵琶腿 Braised Chicken Drumsticks in Sauce
	白切鸡 White Cut Chicken	宫爆鸡丁 Kung Pao Chicken	三杯酱鸭腿 Three Cups Sauce Duck Leg	香菇梅头肉丁炖豆腐 Braised tofu with shiitake mushrooms and minced meat	香芹木耳炒肉丝 Stir-fried shredded pork with celery and black fungus
	包菜炒肉片 Stir-fried cabbage with sliced meat	丝瓜炒肉片 Stir-fried Loofah with Sliced Pork	橄榄菜豆角炒肉末 Stir-fried minced meat with olive vegetables and green beans	雪里红炒肉末 Stir-fried minced meat with snow spinach	西红柿炒鸡蛋 Tomato and scrambled eggs
MAIN WESTEN	烤花椰菜（玉米，红萝卜块，花菜） Roasted cauliflower (corn, carrot chunks, cauliflower)	咖喱鱼蛋 Curry fish balls	黄油玉米粒 Butter corn kernels	咖喱土豆鸡 Curry Potato Chicken	小火慢炖牛肉 Slow-cooked beef
VEGETABLE	上汤时蔬 Serve soup vegetables	上汤时蔬 Serve soup vegetables	上汤时蔬 Serve soup vegetables	上汤时蔬 Serve soup vegetables	上汤时蔬 Serve soup vegetables
Rice	白米饭 Plain rice	白米饭 Plain rice	白米饭 Plain rice	白米饭 Plain rice	白米饭 Plain rice
SOUP	裙带菜荷包蛋汤 Seaweed and Poached Egg Soup	白萝卜老鸭汤 White Radish and Old Duck Soup	番茄玉米浓汤 Tomato and Corn Cream Soup	茶树菇鸡汤 Tea tree mushroom chicken soup	红豆香芋汤 Red Bean and Taro Soup
AFTERNOON TEA	牛奶+香蕉+肉松包 Milk+banana+ croissant	牛奶+小番茄+虎皮蛋卷 Milk+Cherry tomato+Tiger Skin Egg Roll	牛奶+火龙果+肉松小贝 Milk+Dragon fruit+Pork floss cake	牛奶+苹果+牛角包 Milk +Apple+Croissant	牛奶+蜜梨+红豆包 Milk+honey pear+Red bean bun

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日期	能量(kcal)	蛋白质(g)	脂肪(g)	碳水化合物(g)	钙(mg)	铁(mg)	锌(mg)	硒(μg)	钠(mg)
2025-05-19	1515.8	67	34.7	238.7	391.7	10.4	11.2	35	780.1
2025-05-20	1572.2	74.1	35.5	244.5	558.4	10.3	11.7	39.7	1346.2
2025-05-21	1472.5	55.6	42.6	217	260.7	7.2	9.3	26.1	439.2
2025-05-22	1955.6	88.3	38.7	322	507.6	14.4	16	41.5	629.2
2025-05-23	1399.1	71.6	27.2	222.6	362.3	11.3	12	30.4	679.5