成都美中爱智学校(GIA)
GRIFFIN INTERNATIONAL ACADEMY

GIA October Second Week Menu

十月第二周食谱 2026

(2026.10.08 — 2026.10.10)



Allergens 过敏源

FISH SHRIMP DUCK PORK CHICKEN BEEF
BEANS SEAWEED CELERY MUSHROOM ONION
EGGS MILK HONEY CHEESE CREAM

Thursday 星期四

Breakfast 早餐	Boiled Egg 煮鸡蛋 Noodles with Scallion Oil 葱油拌面 Steamed Taro 蒸芋头 Egg Pancake 鸡蛋煎饼 Brown Sugar Steamed Bun 红糖馒头 Black Rice Porridge 黑米粥 Stir-fried Seasonal Vegetables 炒时蔬
Snack 间餐	Mochi Balls 麻薯球 Milk 牛奶
Lunch 午餐	Sweet-Skin Duck 甜皮鸭 Twice-Cooked Pork with Garlic Sprouts 蒜苗回锅肉 Sichuan Maocai 四川冒菜 Lotus Pond Moonlight 荷塘月色 Blanched A-Choy 白灼油麦菜 Mushroom Soup 菌菇汤 Oat Rice 燕麦米饭 Fruit 水果
Snack 间餐	Apple Pie 苹果派 Fruit 水果
Dinner 晚餐	Braised Pork Trotters with Soybeans 黄豆烧猪蹄 Stir-fried Chicken with Green Peppers 青椒鸡 Specialty Crispy Fried Pork 特色小酥肉 Braised Loofah in White Sauce 白油丝瓜 Garlic Broccoli 蒜蓉西兰花 Kelp Soup 海带汤 Millet Mixed Grain Rice 小米杂粮饭
Late night snack 夜宵	Red Date Cake 红枣蛋糕 Milk 牛奶

Friday 星期五

Breakfast 早餐	Tea Marbled Egg 茶叶蛋 Wontons in Clear Broth 清汤抄手 Steamed Chinese Yam 蒸山药 Malay Sponge Cake 马拉糕 Soy Sauce Pork Bun 酱肉包 Mung Bean Porridge 绿豆粥 Stir-fried Seasonal Vegetables 炒时蔬
Snack 间餐	Basque Cheesecake 巴斯克 Milk 牛奶
Lunch 午餐	Orleans Chicken Sandwich 奥尔良三明治 Yanbian-style Beef 延边牛肉 Shrimp Power Bowl 虾仁能量碗 Bacon Mashed Potatoes 培根土豆泥 Stir-fried Gai Lan 清炒芥蓝 Sorghum Rice 高粱米饭 Radish and Meatball Soup 萝卜圆子汤 Fruit 水果
Snack 间餐	Ciabatta 恰巴塔 Fruit 水果
Dinner 晚餐	Zhong Dumplings 钟水饺 Sweet and Sour Pork Ribs 糖醋排骨 Leshan Tofu Pudding 乐山豆腐脑 Garlic Spinach 蒜蓉菠菜 Tomato and Fried Egg Soup 西红柿煎蛋汤
Late night snack 夜宵	French Milk Toast 法式奶香片 Milk 牛奶

Saturday 星期六

Breakfast 早餐	Fried Egg 煎鸡蛋 Noodles with Minced Pork Sauce 臊子面 Steamed Corn 蒸玉米 Popcorn Chicken 鸡米花 Original Wrap 原味卷饼 Black Rice Porridge 黑米粥 Stir-fried Three Shreds 炒三丝
Snack 间餐	Nut Muffin 坚果麦芬 Milk 牛奶
Lunch 午餐	Braised Pork Ribs with Potatoes 土豆烧排骨 Braised Fish with Pickled Vegetables 酸菜耗儿鱼 Cantonese White-Cut Chicken 广式白切鸡 American-style Baked Sweet Potato 美式烤蜜薯 Quick-fried Water Spinach 炝炒空心菜 Tofu and Napa Cabbage Soup 豆腐白菜汤 Red Bean Rice 红豆米饭 Fruit 水果
Snack 间餐	Blueberry Bagel 蓝莓贝果 Fruit 水果