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

GIA October Third Week Menu

十月第三周食谱 2026

(2026.10.12 — 2026.10.16)



Allergens 过敏源

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

Monday 星期一

Breakfast 早餐	Fried Egg 煎鸡蛋 Knife-Cut Noodles 刀削面 Steamed Sweet Potato 蒸蜜薯 Osmanthus Cake 桂花糕 Chinese Fried Dough Stick 油条 Soy Milk 豆浆 Stir-fried Seasonal Vegetables 炒时蔬
Snack 间餐	Nougat Cookies 牛扎饼干 Milk 牛奶
Lunch 午餐	Pan-fried Chicken Breast with Black Pepper 黑胡椒煎鸡胸 Braised Beef with Bamboo Shoots 笋子烧牛肉 Minced Pork with Pickled Cowpeas 肉末酸豇豆 Stir-fried Corn with Two Peppers 双椒玉米 Shiitake Mushrooms with Choy Sum 香菇菜心 Crucian Carp Soup 鲫鱼汤 Cracked Corn Rice 玉米碎米饭 Fruit 水果
Snack 间餐	Raisin Scone 提子司康 Fruit 水果
Dinner 晚餐	Braised Duck with Konjac 魔芋烧鸭 Three-Color Shrimp 三色虾仁 Mapo Tofu 麻婆豆腐 Braised Shredded Carrots 焖胡萝卜丝 Quick-fried Mung Bean Sprouts 炝炒绿豆芽 Tofu and Cabbage Soup 豆腐白菜汤 Steamed White Rice 白米饭
Late night snack 夜宵	Flower Pastry 鲜花饼 Milk 牛奶

Tuesday 星期二

Breakfast 早餐	Steamed Egg with Minced Pork 肉末蒸蛋 Hot and Sour Glass Noodles 酸辣粉 Steamed Corn 蒸玉米 Savory Sauce Pancake 酱香饼 Malay Sponge Cake 马拉糕 Peanut Porridge 花生粥 Stir-fried Seasonal Vegetables 炒时蔬
Snack 间餐	Madeleine 玛德琳 Milk 牛奶
Lunch 午餐	Curry Lamb 咖喱羊肉 Dry Pot Chicken 干锅鸡 Fish-Flavored Shredded Pork 鱼香肉丝 Scrambled Eggs with Cucumber 黄瓜炒蛋 Stir-fried Sweet Potato Shoots 清炒苕尖 Black Chicken Soup with Mushrooms 菌子乌鸡汤 Mixed Grain Rice 杂粮米饭
Snack 间餐	Dragon Fruit Cheese Bread 火龙果乳酪面包 Fruit 水果
Dinner 晚餐	Creamy Bacon Pasta 奶油培根意面 Fish Slices in Sour Soup 酸汤鱼片 Kung Pao Chicken 宫保鸡丁 Stir-fried Cauliflower 小炒菜花 Dry-Steamed Eggplant 旱蒸茄子 White Fungus Soup 银耳汤 Red Rice 红米饭
Late night snack 夜宵	Swiss Roll 瑞士卷 Milk 牛奶

Wednesday 星期三

Breakfast 早餐	Poached Egg 水波蛋 Wontons in Chicken Broth 鸡汤抄手 Steamed Chinese Yam 蒸山药 Corn Steamed Bun 玉米馒头 Egg Pancake 鸡蛋煎饼 Preserved Egg and Lean Pork Congee 皮蛋瘦肉粥 Stir-fried Seasonal Vegetables 炒时蔬
Snack 间餐	Egg Tart 蛋挞 Milk 牛奶
Lunch 午餐	Cheese Beef Burger 芝士牛肉堡 Orleans Chicken Wings 奥尔良鸡翅 Middle Eastern Grilled Meat 中东烤肉 Grain Power Bowl 谷物能量碗 Stir-fried Asparagus 清炒芦笋 Tomato and Meatball Soup 番茄丸子汤 Oat Rice 燕麦米饭 Fruit 水果
Snack 间餐	Pork Floss Bread 肉松面包 Fruit 水果
Dinner 晚餐	Huaxi Beef Rice Noodles 花溪牛肉粉 Lotus Root and Pork Ribs Stew 莲藕炖排骨 Hot Tossed Three Shreds 热拌三丝 Cabbbage with Pork Cracklings 油渣莲白 Black Rice 黑米饭
Late night snack 夜宵	Mexican Bun 墨西哥面包 Milk 牛奶

Thursday 星期四

Breakfast 早餐	Boiled Egg 白水蛋 Chongqing Noodles 重庆小面 Steamed Purple Sweet Potato 蒸紫薯 Pumpkin Roll 南瓜卷 Stir-fried Celery with Bean Curd Sticks 香芹炒腐竹 Eight-Treasure Porridge 八宝粥 Stir-fried Seasonal Vegetables 炒时蔬
Snack 间餐	Butter Muffin 黄油麦芬 Milk 牛奶
Lunch 午餐	Braised Pork Belly 红烧肉 Diced Rabbit with Two Peppers 双椒兔丁 Sliced Pork with Three Delicacies 三鲜肉片 Tiger-Skin Green Peppers 虎皮青椒 Stir-fried Yellow Chives with Dried Tofu 韭黄炒豆干 Seaweed and Egg Drop Soup 紫菜蛋花汤 Pumpkin Rice 南瓜米饭 Fruit 水果
Snack 间餐	Honey Bread 蜂蜜面包 Fruit 水果
Dinner 晚餐	Twice-Cooked Pork with Potatoes 土豆回锅肉 Poached Chicken with Chili Oil 口水鸡 Home-style Mung Bean Jelly 家常凉粉 Braised Loofah in White Sauce 白油丝瓜 Stir-fried Shanghai Bok Choy 炒上海青 Pork Bone and Radish Soup 大骨萝卜汤 Steamed White Rice 白米饭
Late-night snack 夜宵	Mung Bean Pastry 绿豆饼 Milk 牛奶

Friday 星期五

Breakfast 早餐	Tea Marbled Egg 茶叶蛋 Noodles with Minced Pork Sauce 杂酱面 Steamed Pumpkin 蒸南瓜 Fresh Meat Pancake 鲜肉饼 Milk Steamed Bun 奶香馒头 Oatmeal Porridge 燕麦粥 Stir-fried Seasonal Vegetables 炒时蔬
Snack 间餐	Coconut Cake 椰蓉蛋糕 Milk 牛奶
Lunch 午餐	American-style BBQ Pork Ribs 美式烤猪排 Steamed Sea Bass 清蒸鲈鱼 Tofu with Minced Pork 肉末煎蒙豆腐 Sauteed Mushrooms with Butter and Garlic 黄油蒜香口蘑 Garlic Celtuce 蒜蓉凤尾 Pickled Vegetable and Vermicelli Soup 酸菜粉丝汤 Sweet Potato Rice 红薯米饭 Fruit 水果
Snack 间餐	Pork Floss Mini Cakes 肉松小贝 Fruit 水果