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

GIA October Fourth Week Menu

十月第四周食谱 2026

(2026.10.19 — 2026.10.23)



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	Boiled Egg 白水蛋 Stir-fried Noodles 炒面 Steamed Baby Pumpkin 蒸贝贝南瓜 Scallion Oil Pancake 葱油饼 Vegetable Sesame Salt Roll 蔬菜芝麻盐卷 Oatmeal Milk Porridge 燕麦牛奶粥 Stir-fried Seasonal Vegetables 炒时蔬
Snack 间餐	Swiss Roll 瑞士卷 Milk 牛奶
Lunch 午餐	Steamed Beef with Rice Flour 粉蒸牛肉 Lemon Chicken Chunks 柠檬鸡块 Moo Shu Pork 木须肉 Dry-fried Bitter Melon 干煸苦瓜 Stir-fried Choy Sum 清炒菜心 Pork Bone and Radish Soup 龙骨萝卜汤 Sweet Potato Rice 红薯米饭 Fruit 水果
Snack 间餐	Chiffon Bread 雪芙蛋包 Fruit 水果
Dinner 晚餐	Basa Fish in Tomato Sauce 番茄龙利鱼 Braised Chicken with Taro 芋儿烧鸡 Shredded Pork with Green Peppers 青椒肉丝 Braised Winter Melon in White Sauce 白油冬瓜 Quick-fried Celtuce 炝炒凤尾 Lotfah and Fried Egg Soup 丝瓜煎蛋汤 Steamed Rice 白米饭
Late night snack 夜宵	Yogurt Bread 酸奶面包 Milk 牛奶

Tuesday 星期二

Breakfast 早餐	Tea Egg 茶叶蛋 Hot and Sour Glass Noodles 酸辣粉 Steamed Purple Sweet Potato 蒸紫薯 Soy Sauce Pork Bun 酱肉包 Glutinous Rice Dumpling in Leaves 叶儿粑 Eight-Treasure Porridge 八宝粥 Stir-fried Seasonal Vegetables 炒时蔬
Snack 间餐	Puff 闪电泡芙 Milk 牛奶
Lunch 午餐	British-style Fried Fish Fillet 英式炸鱼排 Spicy Diced Rabbit 红星兔丁 Shredded Pork in Sweet Bean Sauce 京酱肉丝 Sauteed Lotus Root with Assorted Vegetables 荷塘月色 Quick-fried Sweet Potato Shoots 炝炒红苗尖 Old Duck Soup with Pickled Radish 酸萝卜老鸭汤 Cracked Corn Rice 玉米碎米饭 Fruit 水果
Snack 间餐	Carrot Breadsticks 胡萝卜面包棒 Fruit 水果
Dinner 晚餐	Braised Pork Belly with Bean Curd Sticks 豆筋红烧肉 Wood Ear Mushrooms with Pork Liver 木耳猪腰肝 Sliced Pork with Oyster Mushrooms 平菇肉片 Crystal Pumpkin 水晶老南瓜 Garlic Water Spinach 蒜蓉空心菜 Three Delicacies Soup 三鲜汤 Red Rice 红米饭
Late night snack 夜宵	Baked Cheese Slice 岩烧乳酪片 Milk 牛奶

Wednesday 星期三

Breakfast 早餐	Fried Egg 煎鸡蛋 Wontons in Chicken Broth 鸡汤抄手 Cheese Mashed Potatoes 芝士土豆泥 Bacon 培根 Whole Wheat Toast 全麦吐司 Yogurt with Cereal 酸奶麦片 Lettuce 生菜
Snack 间餐	Butter Cookies 奶油曲奇 Milk 牛奶
Lunch 午餐	Baked Beef Ribs with Onions 洋葱焗牛仔骨 Thyme Roasted Chicken 百里香烤鸡 Stir-fried Shrimp with Celery 西芹虾仁 Fried Potato Wedges 炸薯角 Quinoa Salad 藜麦沙拉 Cream of Mushroom Soup 奶油蘑菇汤 Purple Rice 紫米饭 Fruit 水果
Snack 间餐	Pretzel Bun 碱水包 Fruit 水果
Dinner 晚餐	Steamed Pork Ribs with Black Bean Sauce 豉汁蒸排骨 Shredded Pork with Celery and Dried Tofu 芹菜豆干肉丝 Stir-fried Baby Bok Choy 清炒小白菜 Crucian Carp and Tofu Soup 鲫鱼豆腐汤 Yangzhou Fried Rice 扬州炒饭
Late night snack 夜宵	Apple Pie 苹果派 Milk 牛奶

Thursday 星期四

Breakfast 早餐	Five-spice Quail Eggs 五香鹌鹑蛋 Beef Noodle Soup 牛肉面 Steamed Sweet Potato 蒸红薯 Scallion Steamed Roll 葱油花卷 Mini Chinese Fried Dough Stick 小油条 Soy Milk 豆浆 Stir-fried Seasonal Vegetables 炒时蔬
Snack 间餐	Honey Cake 蜂蜜蛋糕 Milk 牛奶
Lunch 午餐	Fish Hot Pot 火锅鱼 Stir-fried Cauliflower with Cured Pork 腊肉炒花菜 Sweet and Sour Pork with Apple 苹果咕噜肉 Ants Climbing a Tree 蚂蚁上树 Stir-fried Malabar Spinach 清炒木耳菜 Chicken Soup with Chinese Yam 山药鸡汤 Pumpkin Rice 南瓜米饭 Fruit 水果
Snack 间餐	Mini Hot Dog Bun 迷你热狗包 Fruit 水果
Dinner 晚餐	Cola Chicken Wings 可乐鸡翅 Sliced Pork in Chili Broth 水煮肉片 Shredded Pork with Garlic Bolts 蒜苔肉丝 Scrambled Eggs with Tomatoes 番茄炒蛋 Garlic A-Choy 蒜蓉油麦菜 Seaweed and Egg Drop Soup 紫菜蛋花汤 Steamed Rice 白米饭
Late-night snack 夜宵	Apple Scone 苹果司康 Milk 牛奶

Friday 星期五

Breakfast 早餐	Steamed Egg with Minced Pork 肉末蒸蛋 Fish Ball Udon 鱼丸乌冬面 Steamed Waxy Corn 蒸糯玉米 Steamed Dumplings 蒸饺 Hot Tossed Bean Curd Sticks 热拌腐竹 Mung Bean Porridge 绿豆粥 Stir-fried Seasonal Vegetables 炒时蔬
Snack 间餐	Chocolate Cake 巧克力蛋糕 Milk 牛奶
Lunch 午餐	Beer Braised Duck 啤酒鸭 Salt-Fried Pork 盐煎肉 Minced Pork with Peas 肉末豌豆 Shredded Potato with Two Peppers 双椒土豆丝 Garlic Broccoli 蒜蓉西兰花 Pickled Vegetable and Vermicelli Soup 酸菜粉丝汤 Purple Sweet Potato Rice 紫薯米饭 Fruit 水果
Snack 间餐	Snowy Mochi 雪媚娘 Fruit 水果