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

GIA October Fifth Week Menu

十月第五周食谱 2026

(2026.10.26 — 2026.10.30)



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	Five-spice Quail Eggs 五香鹌鹑蛋 Brown Sugar Glutinous Rice Cakes 红糖糯粑 Corn Steamed Bun 玉米馒饭 Steamed Chinese Yam 蒸山药 Stir-fried Rice Cake Slices 炒年糕片 Millet and Pumpkin Porridge 小米南瓜粥 Stir-fried Seasonal Vegetables 炒时蔬
Snack 间餐	Blueberry Cake 香知蓝莓蛋糕 Milk 牛奶
Lunch 午餐	Braised Beef with Carrots 胡萝卜烧牛肉 Sweet and Sour Pork with Pineapple 菠萝咕噜肉 Minced Pork with Pickled Cowpeas 肉末酸豇豆 Crispy Fried Potatoes 锅巴土豆 Stir-fried Corn with Two Peppers 双椒玉米粒 Black Chicken Soup with Mushrooms 菌子乌鸡汤 Gold and Silver Rice 金银米饭 Fruit 水果
Snack 间餐	Donut 甜甜圈 Fruit 水果
Dinner 晚餐	Steamed Lamb with Rice Flour 粉蒸羊肉 Cola Chicken Wings 可乐鸡翅 Shredded Pork with Shepherd's Purse and Dried Tofu 荠菜豆腐干肉丝 Stir-fried Three Delicacies 地三鲜 Quick-fried Celtuce 炝炒凤尾 Tomato and Fried Egg Soup 西红柿煎蛋汤 Steamed White Rice 白米饭
Late night snack 夜宵	Pineapple Bun 菠萝包 Milk 牛奶

Tuesday 星期二

Breakfast 早餐	Steamed Egg Custard 芙蓉蒸鸡蛋 Pan-fried Dumplings in Chicken Broth 鸡汁锅贴 Steamed Waxy Corn 蒸糯玉米 Glutinous Rice Balls 汤圆 Mianyang Rice Noodles 绵阳米粉 Pork and Vegetable Congee 青菜瘦肉粥 Stir-fried Seasonal Vegetables 炒时蔬
Snack 间餐	Mochi Balls 麻薯球 Milk 牛奶
Lunch 午餐	Spanish Garlic Shrimp 西班牙蒜香虾仁 Italian Lasagna 意式千层面 Braised Pork Ribs with Potatoes 土豆烧排骨 Garlic Sprouts with Baby Mustard 蒜苗儿菜 Braised Winter Melon in White Sauce 白汤冬瓜 Coconut Milk Mango Sago 椰奶芒果西米露 Sweet Potato Rice 红薯米饭 Fruit 水果
Snack 间餐	Ciabatta 恰巴塔 Fruit 水果
Dinner 晚餐	Steamed Pork Belly with Preserved Mustard Greens 梅菜扣肉 Sweet-Skin Duck 甜皮鸭 Sliced Pork with Bamboo Shoots 竹笋肉片 Steamed Whole Grains 蒸粗粮 Garlic Water Spinach 蒜蓉空心菜 Shredded Kelp Soup 海带丝汤 Red Rice 红米饭
Late night snack 夜宵	Country Bread Slices 乡村面包切片 Milk 牛奶

Wednesday 星期三

Breakfast 早餐	Fried Egg 煎鸡蛋 Croissant Sandwich 可颂三明治 Chopped Flatbread with Beef Sauce 牛肉酱剁馍 Steamed Whole Grains 蒸粗粮 Wontons in Chicken Broth 鸡汤抄手 Yogurt 酸奶 Bacon and Lettuce 培根生菜
Snack 间餐	Nougat Cookies 牛扎饼干 Milk 牛奶
Lunch 午餐	Black Pepper Beef Pizza 黑椒牛柳披萨 Middle Eastern Grilled Meat 中东烤肉 Steamed Fish with Black Bean Sauce 豉汁蒸鲈鱼 Garlic Broccoli 蒜蓉西蓝花 Blanched Okra 白灼秋葵 Creamy Corn Soup 玉米浓汤 Pumpkin Rice 南瓜米饭 Fruit 水果
Snack 间餐	Pretzel Ball with Tribute Vegetable 贡菜碱水球 Fruit 水果
Dinner 晚餐	Braised Pork Combo Rice 卤肉双拼饭 Brown Sugar Guokui 红糖锅盔 Lotus Root and Pork Ribs Stew 莲藕炖排骨 Tossed Three Shreds 拌三丝 Crucian Carp and Shredded Radish Soup 萝卜丝鲫鱼汤
Late night snack 夜宵	Shokupan 生吐司 Milk 牛奶

Thursday 星期四

Breakfast 早餐	Boiled Egg 白水鸡蛋 Scallion Steamed Roll 葱香花卷 Savory Sauce Pancake 酱香饼 Steamed Baby Pumpkin 蒸贝贝南瓜 Stir-fried Ho Fun with Shredded Beef 牛肉丝炒河粉 Oatmeal Milk Porridge 燕麦牛奶粥 Stir-fried Seasonal Vegetables 炒时蔬
Snack 间餐	Funny Face Strawberry 鬼脸草莓 Milk 牛奶
Lunch 午餐	Dry Pot Squid 干锅鱿鱼 Braised Chicken with Chestnuts 板栗烧鸡 Sliced Pork in Chili Broth 水煮肉片 Sautéed Mushrooms with Butter and Garlic 黄油蒜香口蘑 Lotus Pond Moonlight 荷塘月色 Pickled Vegetable and Pea Soup 酸菜豌豆汤 Sweet Potato Rice 红薯米饭 Fruit 水果
Snack 间餐	Mummy Hot Dog 木乃伊热狗 Fruit 水果
Dinner 晚餐	Braised Goose in Iron Pot 铁锅炖大鹅 Stir-fried Shrimp with Celery 西芹虾仁 Shredded Pork with Two Peppers 双椒肉丝 Chinese Chives with Bean Sprouts 韭菜豆芽 Garlic A-Choy 蒜蓉油麦菜 Vegetable and Sliced Pork Soup 蔬菜肉片汤 Steamed White Rice 白米饭
Late-night snack 夜宵	Oreo Spider Cookies 奥利奥蜘蛛饼干 Milk 牛奶

Friday 星期五

Breakfast 早餐	Tea Marbled Egg 茶叶蛋 Brown Sugar Steamed Bun 红糖包子 Osmanthus Cake 桂花糕 Steamed Baby Purple Sweet Potato 蒸小紫薯 Hot and Sour Glass Noodles 酸辣粉 Red Date and Peanut Porridge 红枣花生粥 Stir-fried Seasonal Vegetables 炒时蔬
Snack 间餐	Baked Cheese 烤芝士 Milk 牛奶
Lunch 午餐	Leshan Qiaojiao Beef 跷脚牛肉 Diced Rabbit with Two Peppers 双椒兔丁 Snow Peas with Pork Hock 雪豆扒肉 Dry Pot Thousand-Layer Tofu 干锅千叶豆腐 Three Shreds with King Oyster Mushrooms 杏鲍菇三丝 Pork Bone and Radish Soup 筒骨萝卜汤 Purple Sweet Potato Rice 紫薯米饭 Fruit 水果
Snack 间餐	Sunflower Seed Pastry 瓜子酥 Fruit 水果