

合肥协和双语学校菜单

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日期	9月21日		9月22日		9月23日		9月24日		9月25日	
	星期一	星期二	星期三	星期四	星期五					
早餐 breakfast		白煮蛋 / boiled egg	茶叶蛋 / tea eggs	白煮蛋 / boiled egg	荷包蛋 / poached egg	白煮蛋 / boiled egg				
		炒面 / Fried noodles	炒饭 / Fried rice	炒河粉 / fried rice noodles	炒饭 / Fried rice	炒面 / Fried noodles				
		蒸红薯 / Sweet potato	蒸南瓜 / Steamed pumpkin	蒸玉米 / Steamed corn	蒸红薯 / Sweet potato	蒸南瓜 / Steamed pumpkin				
		蛋挞 / Egg Tart	米饺 / Fried dumplings	春卷 / Spring Rolls	麻圆 / Ma Yuan	绿茶糕 / Green tea cake				
		鲜肉包 / Fresh meat bun	糯米糍粑 / Glutinous rice cake	黑米糕 / Black rice cake	双色拉糕 / steamed sponge cake	鸡蛋糕 / sponge cake				
		发糕 / steamed sponge cake	葱油饼 / Baked Scallion Pancake	烤南瓜饼 / Baked pumpkin pie	小桃酥 / Walnut Cake	韭菜盒子 / Leek pancake				
		纯牛奶/豆浆 Milk / Soyabean milk	豆浆 / Soyabean milk	纯牛奶/豆浆 Milk / Soyabean milk	豆浆 / Soyabean milk	纯牛奶/豆浆 Milk / Soyabean milk				
		绿豆粥 / Mung Bean Congee	黑米粥 / Black rice porridge	花生粥 / Peanut porridge	红豆粥 / Congee with red beans	小米粥 / Millet Congee				
					学生西餐	教师餐				
中餐 Lunch	大荤 Main Dish	萝卜炖鸭块 / Stewed duck with radish	干锅鸡块 / Dry pot chicken nuggets	玉米炖排骨 / Stewed spareribs with corn	蒜蓉扇贝 / Scallop with garlic	意大利通心粉 / Macaroni	白切鸡 / Sliced Boiled Chicken			
		红烧狮子头 / Stewed Pork Ball in Brown Sauce	粉蒸肉 / steamed pork with rice flour	红烧鱼块 / Braised fish block	海带烧肉 / Braised pork with kelp	烤肠 / Bratwurst	蒜苔牛肚 / Stir fried tripe with garlic moss			
		回锅连心脆 / Braised crispy bone in brown sauce	卤鸭翅 / Spiced duck wings	葱爆猪肝 / Quick fried pork liver with Scallion	可乐鸡翅 / Cola Chicken Wings	天妇罗虾 / Tempura Prawns	把子肉 /			
		火腿炒鸡蛋 / Scrambled eggs with ham	三鲜丸子 / SanXian meatball	西芹鸡丁 / Fried diced chicken with celery	肉末蒸蛋 / Steamed egg with minced meat	焗土豆泥 / Baked mashed potatoes	清蒸鳊鱼 / Steamed bream			
	小荤 Mixed Dish	冬瓜肉片 / Sliced pork with wax gourd	鱼香肉丝 / Yu-Shiang Shredded Pork	毛豆肉丝 / Shredded pork with green beans	宫保鸡丁 / Kung Pao Chicken	白灼西兰花 / Blanched broccoli	小炒藕条 / Stir fried lotus root strips			
		豇豆肉丝 / Stir fried shredded pork with cowpea	西红柿炒鸡蛋 / Scrambled egg with tomato	萝卜烧油豆腐 / Fried bean curd with radish	干锅花菜 / Cauliflower in dry pot		青笋炒蛋 / Fried eggs with green shoots			
	素菜 Veg	青椒土豆丝 / Shredded potato with green pepper	鸭血豆腐 / Duck blood tofu	肉末茄子 / Eggplant with minced meat	三色葫芦丝 / Stir fried shredded gourd		胡萝卜干丝 / Dried shredded carrot			
		蒜泥油麦菜 / Mashed garlic and lettuce	清炒大白菜 / Stir fried Chinese Cabbage	上汤杭白菜 / On Tanghang cabbage	油淋芹菜 / Fried celery with oil		干锅平包菜 / Fried cabbage			
	汤Soup	榨菜肉丝汤 / Shredded Pork with Preserved Vegetable Soup	紫菜蛋汤 / Laver egg soup	冬瓜鸡汤 / Chicken soup with wax gourd	西红柿蛋汤 / Tomato and egg soup	粉丝香菇鸡汤 / Chicken soup with vermicelli and				
		玉米甜汤 / Sweet corn soup	南瓜红枣汤 / Pumpkin and jujube soup	绿豆汤 / Mung bean soup	紫薯圆子汤 /	番茄土豆浓汤 / Tomato and potato soup				
晚餐 dinner	大荤 Main Dish	菠萝咕脑肉 Pineapple goo brain meat	香煎龙利鱼 / Pan-fried longley fish	清蒸鸡腿 / Steamed chicken leg	虾仁炒鸡蛋/Scrambled shrimp with eggs					
		蒜苔牛肉 / Garlic and garlic beef	青椒炒鸡胗 / Sauteed chicken gizzard with green pepper	红烧小肉 / Small braise in soy sauce meat	红烧鱼块/Braise in soy sauce fish					
		八珍鸡/Bazhen chicken	冬笋炖鸭 / Stewed duck with winter bamboo shoots	糖醋鱼 / Sweet and sour fish	干锅鸡/Sautéed Chicken with Pepper in Iron Wok					
		红烧小肉/Small braise in soy sauce meat	山药炖排骨 / Stewed spareribs with yam	蒜苔回锅肉 / Stir fried pork with garlic	黑椒肉排/Steak with Black Pepper					
	小荤 Mixed Dish	佛手瓜炒肉片 Sauteed pork slices with fingered gourd	花菜肉片 Cauliflower meat	雪菜毛豆肉丝 / Shredded edamame and pork with cabbage	扁婆炒肉片/Bian Po fried meat					
		茭白肉丝 Water bamboo pork	甜豆培根 / Sweet bean bacon	平菇炒鸡蛋 / Fried eggs with mushroom	西红柿炒蛋 / Scrambled eggs with tomato					
	素菜 Veg	糖醋藕丁 / Sweet and sour lotus root	蒜蓉苋菜/Garlic amaranth	白灼西兰花 / Scalded broccoli	毛豆芋艿 Edamame taro					
		木耳菜心 / Stir fried cabbage with edible fungus	椒盐土豆片/Pepper and salt potato chips	蒜叶炒藕片 / Stir fried lotus root slices with garlic leaves	蒜泥青菜Mashed garlic vegetables					
	汤Soup	山药排骨汤 / Yam spareribs soup	西红柿蛋汤 / Tomato and Egg Soups	香菇鸡汤 / Mushroom and chicken soup	萝卜老鸭汤 / Radish duck soup					