合肥协和双语学校菜单

日期		11月9日	11月10日	11月11日	11月12日	11月13日
		星期一	星期二	星期三	星期四	星期五
早餐 Breakfast	鸡蛋 Eggs	白煮蛋 Boiled Egg	茶叶蛋 Tea Egg	白煮蛋 Boiled Egg	茶叶蛋 Tea Egg	白煮蛋 Boiled Egg
	主食 Staple Foods	蛋炒饭Egg Fried Rice	青菜炒面Green Vegetable Fried Noodles	葱花炒饭Scallion Fried Rice	干炒河粉Stir-fried Rice Noodles	胡萝卜炒饭Carrot Fried Rice
	杂粮 Grains	红薯 Sweet Potato	玉米 Corn	南瓜 Pumpkin	胡萝卜Carrot	紫薯Purple Sweet Potato
	点心 Dim Sum	酱肉包Sauced Meat Bun	牛肉粉丝包Beef Vermicelli Bun	雪菜包Pickled Vegetable Bun	素包 Vegetarian Bun	肉包Meat Bun
		花卷Steamed Roll	烧麦Shaomai	小笼包Steamed Dumplings	蒸饺Steamed Jiaozi	菠菜馒头Spinach Steamed Bun
		玉米烙Corn Pancake	麻球Sesame Ball	春卷Spring Roll	南瓜饼Pumpkin Cake	油条 Fried Dough Stick
		煎饺 Pan-fried Jiaozi	小葱煎饼Scallion Pancake	葱香椒盐饼Scallion Salt & Pepper Cake	胡萝卜饼Carrot Cake	牛肉饼Beef Patty
	饮品 Drinks	牛奶/豆浆 Milk / Soy Milk	牛奶/玉米豆浆Milk / Corn Soy Milk	牛奶/辣糊汤 Milk / Spicy Thick Soup	牛奶/南瓜豆浆 Milk / Pumpkin Soy Milk	牛奶/红枣豆浆 Milk / Red Date Soy Milk
	粥类 Congee	花生米粥Peanut Congee	燕麦粥Oat Congee	小米粥Millet Congee	红枣粥Red Date Congee	黑米粥Black Rice Congee
	面条 Noodles	酸菜肉丝面Pickled Cabbage & Shredded Pork Noodles	青椒肉丝面Green Pepper & Shredded Pork Noodles	鱼香肉丝面Yu Xiang Shredded Pork Noodles	鸡丝面Shredded Chicken Noodles	香干肉丝面Dried Tofu & Shredded Pork Noodles
课间餐 Recess Snack		粉丝包Vermicelli Bun	花卷Steamed Roll	烧麦Shaomai	南瓜蛋糕 Pumpkin Cake	沙拉火腿肉松蛋糕Salad Ham & Meat Floss Cake
中餐 Lunch	大荤 Main Meat Dishes	红烧蹄膀 Braised Pork Hock	金汤酸菜排骨Golden Soup Sauerkraut Ribs	咖喱牛肉Curry Beef	香酥鸭 Crispy Duck	猪肚鸡Pork Tripe & Chicken
		椒盐大虾Salt & Pepper Prawn	奥尔良腿排Orleans Chicken Thigh	面鱼烧鸡 Braised Chicken with Noodle Fish	太阳蛋蒸肉沫Steamed Minced Pork with Sunny-side-up Egg	农家一碗香Farmhouse Mixed Stir-fry
		剁椒鸡腿（红烧鸡腿） Chopped Chili Chicken Leg (Braised Chicken Leg)	千张肉卷Tofu Skin Meat Roll	孜然香酥肉片Cumin Crispy Pork Slices	目鱼花炒虾仁Squid Flower with Shrimp	脆香龙利鱼Crispy Sole Fish
	小荤 Side Meat Dishes	双色山药肉片Two-color Yam & Pork Slices	芹菜炒蛋Celery with Egg	莴笋肉丝Shredded Pork with Asparagus Lettuce	双色木耳炒蛋Two-color Fungus with Egg	韭菜千张肉丝Chive, Tofu Skin & Shredded Pork
		番茄炒蛋Tomato with Egg	肉沫麻婆豆腐Minced Pork Mapo Tofu	三色水蒸蛋Three-color Steamed Egg	面筋肉丝Gluten & Shredded Pork	西兰花肉丝Broccoli & Shredded Pork
		花菜肉片Cauliflower & Pork Slices	鸡腿菇炒肉片Coprinus & Pork Slices	腐竹肉片Dried Tofu Skin & Pork Slices	青瓜炒火腿 Cucumber & Ham	肉沫玉子豆腐 Minced Pork & Egg Tofu
	素菜 Vegetable Dishes	姜汁菠菜Ginger Spinach	清炒小白菜 Stir-fried Bok Choy	上汤青菜Soup Green Vegetable	广东菜心Chinese Flowering Cabbage	清炒油菜Stir-fried Rape
		炝炒平包菜Spicy Stir-fried Cabbage	青椒土豆丝Green Pepper & Shredded Potato	黄豆芽粉丝Soybean Sprouts & Vermicelli	红烧土豆片 Braised Potato Slices	萝卜丝粉条Shredded Radish & Vermicelli
	汤 Soup	丝瓜蛋花汤Loofah Egg Drop Soup	虫草花鸡汤Cordyceps Flower Chicken Soup	榨菜肉丝汤Pickled Mustard & Shredded Pork Soup	萝卜龙骨汤 Radish Pork Bone Soup	瓠子蛋花汤Gourd Egg Drop Soup
		桂圆莲子汤Longan & Lotus Seed Soup	枸杞银耳汤Wolfberry & Tremella Soup	山楂苹果汤Hawthorn & Apple Soup	元肖红豆汤Glutinous Rice Ball Red Bean Soup	红枣百合山药汤Red Date, Lily & Yam Soup
	特色 Specialty Dishes	土豆泥肉酱拌面Mashed Potato Meat Sauce Noodles	过桥米线Crossing Bridge Rice Noodles	羊肉粉丝汤Mutton Vermicelli Soup	北京杂酱面Beijing Soybean Paste Noodles	番茄罗勒意面Tomato Basil Pasta
课间餐 Recess Snack		椰汁红豆包Coconut Red Bean Bun	红糖枣糕Brown Sugar Date Cake	蒜香海苔肉松包Garlic Seaweed Meat Floss Bun	巧克力花生马里奥Chocolate Peanut Mario Pastry	红薯酥 Sweet Potato Pastry
		蒙牛草莓酸奶Mengniu Strawberry Yogurt	水果Fruits	伊利纯牛奶Yili Pure Milk	蒙牛红枣酸奶Mengniu Red Date Yogurt	坚果Nuts
晚餐 Dinner	大荤 Main Meat Dishes	酱卤鸭 Marinated Duck	川味回锅肉 Sichuan Twice-cooked Pork	山药排骨Yam & Ribs	奥尔良鸡翅Orleans Chicken Wings	
		水煮肉片 Boiled Spicy Pork Slices	脆香鸡腿Crispy Chicken Leg	沙拉鸡排Salad Chicken Cutlet	红烧肉Braised Pork	
	小荤Side Meat Dishes	金针菇肉丝 Enoki & Shredded Pork	生瓜炒蛋Zucchini with Egg	千叶豆腐肉片 Thousand-layer Tofu & Pork Slices	肉沫豇豆Minced Pork & Cowpea	
		青椒炒蛋 Green Pepper with Egg	肉沫茄子Minced Pork & Eggplant	洋葱炒蛋Onion with Egg	西红柿炒蛋Tomato with Egg	
	素菜 Vegetable Dishes	韭菜豆芽Chive & Bean Sprouts	蚝油生菜Oyster Sauce Lettuce	糖水南瓜 Sweet Pumpkin	高汤杭白菜Stock Chinese Cabbage	
		清炒油麦菜 Stir-fried Leaf Lettuce	虾皮冬瓜 Dried Shrimp & White Gourd	炒黄叶菜Stir-fried Leafy Greens	香辣海带丝Spicy Shredded Kelp	
	汤 Soup	海带肉丝汤 Kelp & Shredded Pork Soup	西红柿蛋汤 Tomato Egg Soup	青菜豆腐肉丝汤Green Vegetable, Tofu & Shredded Pork Soup	金针菇蛋汤Enoki & Egg Soup	
	特色 Specialty Dishes	酱鸭面Marinated Duck Noodles	鸡腿面Chicken Leg Noodles	排骨面Rib Noodles	大肉面Pork Noodles	
晚间餐 Recess Snack		烤肠面包Sausage Bread	蜂蜜脆皮面包Sausage Bread	核桃面包Walnut Bread	肉松面包Meat Floss Bread	
		坚果Nuts	伊利纯牛奶Yili Pure Milk	水果Fruits[1]	坚果Nuts	

食堂：马圣勇　　校医：廖圣荣　　总务：殷从龙　　校领导：鲍广泉