

学前班早餐菜单
Kindergarten Breakfast Menu
5.20 - 5.24 , 2024

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
鸡蛋羹 Steamed Egg Custard	香葱炒鸡蛋 Fried Chives Eggs	茄汁鹌鹑蛋 Tomato Quail Eggs	煎蛋 Fried Eggs	西式炒蛋 Scrambled Eggs
香麻鸡丝 Mixed Shredded Chicken	培根 Baconic	酱牛肉 Spiced Beef	酱肘子 Sliced Pig Knuckle in Brown Sauce	鸡肉肠 Sausage
南瓜蜜豆卷 Pumpkin and Honey Bean Rolls	杂粮包 Steamed Bun with Coarse Cereals	红糖馒头 Brown Sugar Steamed Bread	蔬菜炒饭 Fried Rice W/Vegetables	全麦面包 Whole Wheat Bread
冬瓜鸡蛋汤 Wax Gourd and Egg Soup	绿豆粥 Mung Bean Porridge	白米粥 Rice Gruel	紫菜鸡蛋汤 Seaweed and Egg Soup	牛奶燕麦粥 Milk Oatmeal Congee

学前班午餐菜单
Kindergarten Lunch Menu
5.20 - 5.24 , 2024

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
韩式牛肉 Korean Beef	酱爆鸡丁 Stir fried Diced Chicken in Soy Sauce	红烧猪肉丸 Braised Pork Balls W/Brown Sauce	韩式牛肉拌饭 Korean Beef Mixed Rice	清蒸鱼块 Steamed Fish
清炒圆白菜 Fried Cabbage	南瓜青豆 Pumpkin Green Bean	糖醋鱼片 Fried Fish W/Sweet and Sour Sauce	蚝油冬瓜 Wax Gourd W/Oyster Sauce	菠萝古老鸡肉 Fried Chicken and Pineapple W/Sweet and Sour Sauce
蒸红薯 Steamed Sweet Potatoes	黄油时蔬 Sauteed Vegetables in Butter	香干芹菜 Fried Dried Tofu and Celery	番茄菜花 Cauliflower and Tomato	番茄培根螺旋面 Tomato Bacon Spiral Noodles
地三鲜 Potato Eggplant Pep per W/Soy Sauce	意大利肉酱面 Spaghetti Bologneses	西兰花胡萝卜条 Broccoli and Carrot	炸鸡排 Fried Chicken Cutlet	黄油时蔬 Sauteed Vegetables in Butter
辣白菜豆腐汤 Spicy Cabbage and Tofu Soup	意大利蔬菜汤 Minestrone Soup	匈牙利牛肉汤 Hungary Beef Soup	番茄菌菇汤 Tomato and Mushroom Soup	奶油蘑菇汤 Creamed Mushroom Soup

学前班加餐菜单
Kindergarten Snack Menu
5.20 - 5.24 , 2024

Monday周一

Tuesday周二

Wednesday周三

Thursday周四

Friday周五

早加餐 Morning Snack

玛芬;牛奶
猕猴桃;哈密瓜
Muffin
Milk
Kiwifruit
Hami melon

芝士蛋糕;酸奶
苹果;红火龙果
Cheese Cake
Yoghurt
Apple
Dragon Fruit

蛋挞;豆奶
草莓;香蕉
Egg Tart
Soymilk
Strawberry
Banana

饼干;养乐多
蓝莓;酥梨
Biscuits
Yakult
Blueberry
Pear

玛德琳;牛奶
白火龙果;西瓜
Madeleine
Milk
Dragon Fruit
Watermelon