

幼教部早餐菜单
Pre-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

幼教部午餐菜单

Pre-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 Pepper 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 Chicke 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

幼教部晚餐菜单
Pre-Kindergarten Dinner Menu
5.20 - 5.24 , 2024

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
肉龙 Steamed Rolls W/Meat Inside	虾仁黄瓜 Fried Shrimp with Cucumber	炸鸡块 Fried Chicken Nuggets	芝麻牛肉 Sesame Beef	
炆黄瓜 Stir fried Cucumber	西红柿鸡蛋 Scrambled Egg with Tomato	玉米棒 Corn Cob	蚝油蘑菇 Oyster Sauce Mushroom	
焗西兰花 Baked Broccoli	藜麦米饭 Quinoa Rice	炒年糕 Stir fried Rice Cake	牛奶馒头 Milk Steamed Buns	
番茄面汤 Tomato Noodle Soup	火腿豆腐汤 Ham and Tofu Soup	海带豆腐汤 Kelp and Bean Curd Soup	排骨玉米莲藕汤 Spareribs Corn Lotus Root Soup	

幼教部加餐菜单
Pre-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

牛奶 猕猴桃;哈密瓜 Milk Kiwifruit Hami melon	酸奶 苹果;红火龙果 Yoghurt Apple Dragon Fruit	豆奶 草莓;香蕉 Soymilk Strawberry Banana	养乐多 蓝莓;酥梨 Yakult Blueberry Pear	牛奶 白火龙果;西瓜 Milk Dragon Fruit Watermelon
--	---	--	---	---

午加餐 Afternoon Snack

玛芬 红火龙果;绿葡萄 Muffin Dragon Fruit Green Grapes	芝士蛋糕 西瓜;酥梨 Cheese Cake Watermelon Pear	蛋挞 白火龙果;西瓜 Egg Tart Dragon Fruit Watermelon	饼干 猕猴桃;红火龙果 Biscuits Kiwifruit Dragon Fruit	玛德琳 香蕉;哈密瓜 Madeleine Banana Hami melon
--	--	---	---	--