

学前班早餐菜单
Kindergarten Breakfast Menu
5.19 - 5.23 , 2025

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
西式炒蛋 Scramble Egg	熏鹌鹑蛋 Spiced Quail Eggs	鸡蛋羹 Steamed Egg Custard	煎鸡蛋 Fried Egg	香葱炒鸡蛋 Fried Chives Eggs
叉烧肉 Char Siu (Pork)	酱牛肉 Spiced Beef	蔬菜沙拉 Vegetable Salad	盐焗鸡 Salt Baked Chicken	酱肘子 Sliced Pig Knuckle in Brown Sauce
银丝卷 Fancy Roll	葡萄干发糕 Raisin Steamed Chinese Sponge Cake	火腿芝士三明治 Ham and Cheese Sandwich	紫薯花卷 Purple Potato Steamed Rolls	小米饼 Millet Pancake
冬瓜鸡蛋汤 Wax Gourd and Egg Soup	紫菜鸡蛋汤 Seaweed and Egg Soup	麦片粥 Cereal Congee	小米粥 Millet Gruel	豆浆 Soybean Milk

学前班午餐菜单
Kindergarten Lunch Menu
5.19 – 5.23 , 2025

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
韩式炸鸡 Korean Fried Chicken	红烧牛肉 Braised Beef	龙眼丸子 Braised Pork Meatball	手抓羊肉饭 Lamb Pilaf	京酱肉丝 Jing Jiang Shredded Pork
木须肉 Fried Pork W/ Cucumber and Egg	罗勒炸鱼排 Fried Basil Fillet	牛肉煎饼 Beef Chimichanga W/Salsa	迷迭香烤鸡 Rosemary Roast Chicken	咖喱鱼块 Curry Fish Cubes
葱烧豆腐 Fried Tofu W/Soy Sauce	卤蛋 Halogen Eggs	鸡蛋炒菜笋 Fried Eggs With Bamboo Shoots	清炒圆白菜 Fried Cabbage	青椒土豆丝 Green Pepper And Potato Shreds
火腿炒菜花 Stir-fried Cauliflower W/Ham	香菇油菜 Fried Mushroom and Cole	地三鲜 Potato Eggplant Pepper W/Soy Sauce	蚝油冬瓜 Wax Gourd W/Oyster Sauce	蒜蓉西兰花 Fried Broccoli W/Minced Garlic
大酱汤 Doenjang Soup	白米粥 Rice Gruel	牛肉红腰豆汤 Beef Kidney Bean Soup	酸辣汤 Hot and Sour Soup	绿豆汤 Mung Bean Porridge

学前班加餐菜单
Kindergarten Snack Menu
5.19 - 5.23 , 2025

Monday周一

Tuesday周二

Wednesday周三

Thursday周四

Friday周五

早加餐 Morning Snack

芝麻球;牛奶
火龙果;哈密瓜
Sesame Ball
Milk
Dragon Fruit
Hami melon

饼干;酸奶
苹果;西瓜
Biscuits
Yoghurt
Apple
Watermelon

苹果派;豆奶
葡萄;哈密瓜
Apple Pie
Soymilk
Grapes
Hami melon

玛芬;酸奶
蓝莓;酥梨
Muffin
Yoghurt
Blueberry
Pear

胡萝卜蛋糕;牛奶
橙子;白火龙果
Carrot Cake
Milk
Orange
Dragon Fruit