

幼教部早餐菜单
Pre-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 Chicke	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

幼教部午餐菜单
Pre-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

幼教部晚餐菜单
Pre-Kindergarten Dinner Menu
5.19 – 5.23 , 2025

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
披萨 Pizza	可乐鸡翅 Chicken Wings W/Cola Sauce	孜然牛肉 Fried Beef With Cumin	水煎包 Fried Dumplings	
芝士玉米粒 Cheese Corn Kernels	炆芹菜 Stir Fried Celery	西红柿鸡蛋 Scrambled Egg with Tomato	蚝油蘑菇 Mushroom W/Oyster Sauce	
鸡米花 Popcorn Chicken	藜麦米饭 Quinoa Rice	米饭 Rice	素什锦 Mixed Vegetables	
红豆粥 Red Bean Porridge	蔬菜菌菇汤 Vegetables and Mushroom Soup	火腿豆腐汤 Ham and Tofu Soup	薏米粥 Job's Tears Porridge	

幼教部加餐菜单
Pre-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

牛奶
火龙果;哈密瓜
Milk
Dragon Fruit
Hami melon

酸奶
苹果;西瓜
Yoghurt
Apple
Watermelon

豆奶
葡萄;哈密瓜
Soy milk
Grapes
Hami melon

酸奶
蓝莓;酥梨
Yoghurt
Blueberry
Pear

牛奶
香橙;西瓜
Milk
Orange
Watermelon

午加餐 Afternoon Snack

芝麻球
香蕉;西瓜
Sesame Ball
Banana
Watermelon

饼干
蓝莓;酥梨
Biscuits
Blueberry
Pear

苹果派
小菠萝;火龙果
Apple Pie
Pineapple
Dragon Fruit

玛芬
猕猴桃;香蕉
Muffin
Kiwifruit
Banana

胡萝卜蛋糕
蜜瓜;苹果
Carrot Cake
Honeydew melon
Apple