

幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
8.18 - 8.22 , 2025

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
西式炒蛋 Scramble Egg	水煮蛋 Boiled Egg	鸡蛋羹 Steamed Egg Custard	西葫鸡蛋饼 Zucchini Omelet	熏鹌鹑蛋 Spiced Quail Eggs
煎培根 Bacon	酱牛肉 Spiced Beef	卤肉 Braised Pork	酱肘花 Sliced Pig Knuckle in Brown Sauce	煎鸡肉火腿 Fried Chicken Sausages
肉龙 Steamed Rolls W/Meat Inside	豆沙包 Red Bean Bun	口袋饼 Pancake	炆芹菜 Fried Celery	蔬菜馒头 Steamed Bun With Vegetables
冬瓜鸡蛋汤 Wax Gourd and Egg Soup	红豆粥 Red Bean Porridge	萝卜粉丝汤 Radish and Clear Noodle Soup	绿豆粥 Mung Bean Porridge	银耳羹 Snow Fungus Soup

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
8.18 – 8.22 , 2025

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
照烧鸡肉 Teriyaki Chicken	肉酱通心粉 Penne Bolognaise	糖醋鱼片 Fried Fish W/Sweet and Sour Sauce	羊肉手抓饭 Mutton Handmade Rice	炸猪排 Fried Pork Chops
牛肉煎饼 Beef Chimichanga W/Salsa	咖喱鸡肉 Yellow Curry Chicken	黑椒蘑菇牛肉粒 Mushroom and Beef W/Black Pepper Sauce	辣牛肉酱配玉米片 Mexican Beef Sauce W/Nachos	熬鱼 Braised Fish
苣荬鸡蛋黄瓜 Cucumber and Egg	黄油时蔬 Sauteed Vegetables in Butter	西红柿鸡蛋 Fried Egg and Tomato	面筋白菜 Fried gluten and Chinese Cabbage	鸡蛋菜花 Fried Egg and Cauliflower
鱼香茄子 SiChuan Eggplant	南瓜青豆 Pumpkin Green Bean	清炒圆白菜 Fried Cabbage	西蓝花胡萝卜 Broccoli and Carrot	家常豆腐 Fried Tofu
奶油南瓜汤 Creamed Pumpkin Soup	意大利蔬菜汤 Minestrone Soup	紫菜蛋花汤 Seaweed and Egg Soup	奶油菜花汤 Creamed Cauliflower Soup	绿豆汤 Mung Bean Soup

幼教部加餐菜单
Pre-Kindergarten Snack Menu
8.18 - 8.22 , 2025

Monday周一

Tuesday周二

Wednesday周三

Thursday周四

Friday周五

早加餐 Morning Snack

猕猴桃;哈密瓜
牛奶
Kiwifruit
Hami melon
Milk

蓝莓;水蜜桃
酸奶
Blueberry
Honey Peach
Yoghurt

葡萄;香蕉
豆奶
Grapes
Banana
Soymilk

西瓜;酥梨
酸奶
Watermelon
Pear
Yoghurt

火龙果;沃柑
牛奶
Dragon Fruit
Orange
Milk

午加餐 Afternoon Snack

蛋糕卷
苹果;葡萄
Cake Roll
Apple
Grapes

牛角包
哈密瓜;红火龙果
Croissant
Hami melon
Dragon Fruit

面包圈
哈密瓜;苹果
Donut
Hami melon
Apple

胡萝卜蛋糕
猕猴桃;橙子
Carrot Cake
Kiwifruit
Orange

巧克力挞;
香蕉;哈密瓜
Chocolate Tart
Banana
Hami melon