

幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
8.25 - 8.29 , 2025

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
西式炒蛋 Scramble Egg	鸡蛋羹 Steamed Egg Custard	小葱炒鸡蛋 Fried Chives Eggs	茄汁鹌鹑蛋 Tomato Quail Eggs	鸡蛋火腿 三明治 Egg and Ham Sandwich
烩香肠 Braised Sausage	叉烧肉 Char Siu (Pork)	酱牛肉 Spiced Beef	炸鸡柳 Fried Chicken Fillet	蔬菜条 Vegetable strip
全麦面包 Whole Wheat Bread	豆沙包 Red Bean Bun	葡萄干发糕 Raisin Steamed Chinese Sponge Cake	春饼 Spring Pancake	——
麦片粥 Cereal Congee	紫菜鸡蛋汤 Seaweed and Egg Soup	蔬菜瘦肉粥 Vegetable and Pork Porridge	豆浆 Soy Milk	番茄疙瘩汤 Dough and Tomato Soup

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
8.25 - 8.29 , 2025

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
鱼香鸡丝 SiChuan Shredded Chicken	牛肉千层面 Beef Lasagna	罗勒炸鱼排 Fried Basil Fillet	中式炒面 Chinese Fried Noodles	牛肉面包 Roasted Meat Loaf W/Mushroom Sauce
煎猪排配蔬菜 Fried Pork Steak W/Vegetables	龙眼丸子 Braised Pork Meatball	红烩牛肉 Stewed Beef	台式卤肉 Taiwan Braised Pork	孜然鸡柳 Fried Chicken W/Cumin
蚝油杏鲍菇 Mushroom W/Oyster Sauce	清炒西蓝花 Fried Broccoli	土豆条 Roasted Potato Chips	荷塘小炒 Sauteed Vegetables	番茄鸡蛋菜花 Cauliflower and Tomato
蒜蓉娃娃菜 Steamed Baby Cabbage with Garlic Sauce	香草焗南瓜 Baked Pumpkin W/Vanilla	豆干芹菜 Fried Dried Tofu and Celery	地三鲜 Potato Eggplant Pep per W/Soy Sauce	香菇包菜 Fried Cabbage and Mushroom
小米南瓜粥 Millet and Pumpkin Congee	酸辣汤 Hot and Sour Soup	奶油西兰花汤 Creamy Broccoli Soup	番茄鸡蛋汤 Tomato and Egg Soup	银耳红枣羹 Snow Fungus Soup

幼教部加餐菜单
Pre-Kindergarten Snack Menu
8.25 - 8.29 , 2025

Monday周一

Tuesday周二

Wednesday周三

Thursday周四

Friday周五

早加餐 Morning Snack

水蜜桃;哈密瓜
牛奶
Peach
Hami melon
Milk

西瓜;酥梨
酸奶
Watermelon
Pear
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

布朗尼
香蕉;橙子
Brownie
Banana
Orange

法式吐司
哈密瓜;红火龙果
French Toast
Dragon Fruit
Hami melon

苹果派
西瓜;酥梨
Apple Pie
Watermelon
Pear

葡萄干蛋糕
香蕉;红火龙果
Raisin Cake
Banana
Dragon Fruit

芝士蛋糕
香蕉;哈密瓜
Cheese Cake
Banana
Hami melon