

幼教部早餐菜单 Pre-Kindergarten Breakfast Menu 9.15 - 9.19 , 2025

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
西式炒蛋 Scramble Egg	西葫鸡蛋饼 Zucchini Omelet	卤蛋 Halogen Eggs	茄汁鹌鹑蛋 Tomato Quail Eggs	鸡蛋羹 Steamed Egg Custard
酱肘花 Sliced Pig Knuckle in Brown Sauce	煎培根 Bacon	火腿片 Sliced Ham	酱牛肉 Spiced Beef	卤肉 Braised Pork
麻酱花卷 Steamed Roll W/Sesame Paste	炒黄瓜 Spicy Cucumbers	南瓜蜜豆卷 Pumpkin and Honey Bean Rolls	银丝卷 Fancy Roll	牛奶馒头 Milk Steamed Buns
紫菜蛋花汤 Seaweed Egg Soup	绿豆粥 Mung Bean Porridge	番茄蛋花汤 Tomato and Egg Soup	蔬菜面汤 Vegetable Noodle Soup	银耳羹 Snow Fungus Soup

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
9.15 - 9.19 , 2025

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
韩式牛肉 Korean Beef	黑椒猪肉意大利面 Fried Spaghetti W/Pork and Black Pepper	港式叉烧肉 Grilled pork, Hong Kong Style	重庆辣子鸡 Chongqing Fried Chicken	煎虾饼 Pan-Fried Shrimp Cakes
红烧鸡翅 Chicken Wings W/Stewed Sauce	炸鱼柳配塔塔汁 Fried Fish W/Tartar Sauce	牛肉煎饼 Beef Chimichanga W/Salsa	番茄牛肉丸通心粉 Macaroni and Beef Meatballs W/Tomato Sauce	煎猪排配番茄汁 Fried Pork Steak W/Tomato Sauce
蒜蓉油菜 Cole W/Garlic Sauce	西葫芦炒鸡蛋 Fried Zucchini and Egg	黄油时蔬 Sauteed Vegetables in Butter	豆干香芹 Fried Dried Tofu and Celery	清炒西蓝花 Stir-fried Broccoli
蒸贝贝南瓜 Steamed Baby Pumpkin	胡萝卜甜豆玉米笋 Carrot, Green Bean and Corn	地三鲜 Potato Eggplant Pep per W/Soy Sauce	彩椒圆白菜 Cabbage and Colored Pepper	红烧豆腐 Braised Tofu
小米粥 Millet Gruel	紫菜鸡蛋汤 Seaweed and Egg Soup	水果玉米粥 Fruit and Corn Congee	意大利蔬菜汤 Minestrone Soup	绿豆粥 Mung Bean Porridge

幼教部加餐菜单
Pre-Kindergarten Snack Menu
9.15 - 9.19 , 2025

Monday周一

Tuesday周二

Wednesday周三

Thursday周四

Friday周五

早加餐 Morning Snack

葡萄;酥梨
牛奶
Grapes
Pear
Milk

苹果;红火龙果
酸奶
Apple
Dragon Fruit
Yoghurt

西瓜;香蕉
豆奶
Watermelon
Banana
Soymilk

白火龙果;西瓜
酸奶
Dragon Fruit
Watermelon
Yoghurt

蓝莓;酥梨
牛奶
Blueberry
Pear
Milk

午加餐 Afternoon Snack

玛芬
猕猴桃;红火龙果
Muffin
Kiwifruit
Dragon Fruit

芝麻球
香橙;哈密瓜
Sesame Balls
Orange
Hami melon

蔓越莓饼干
红火龙果;哈密瓜
Cranberry Cookies
Dragon Fruit
Hami melon

芝士蛋糕
葡萄;苹果
Cheese Cake
Grapes
Apple

蛋糕卷
红火龙果;绿葡萄
Cake Roll
Dragon Fruit
Green Grapes