

幼教部早餐菜单

Pre-Kindergarten Breakfast Menu

10.7 - 10.10 , 2025

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
	小葱炒鸡蛋 Fried Chives Eggs	鸡蛋羹 Steamed Egg Custard	鹌鹑蛋 Quail Egg	西式炒蛋 Scrambled Eggs
	酱肘花 Sliced Pig Knuckle in Brown Sauce	酱牛肉 Spiced Beef	猪肉香菇包子 Bao Zi (Pork and mushroom)	盐焗鸡 Salt Baked Chicken
	银丝卷 Fancy Roll	红糖葡萄干核桃卷 Red Sugar Raisin Roll	炒黄瓜 Stir-fried Cucumber	小米发糕 Millet Rice Cake
	白米粥 Rice Gruel	紫菜蛋花汤 Seaweed Egg Soup	绿豆粥 Mung Bean Porridge	番茄蛋花汤 Tomato and Egg Soup

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
10.7 – 10.10 , 2025

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
	肉酱芝士通心粉 Penne Bolognaise	烤鸡腿肉 Roast Chicken	肉龙 Steamed Rolls W/Meat Inside	奥尔良烤鸡腿 Orleans Roast Chicken
	炸鱼条配塔塔汁 Fried Fish Strips W/Tartar Sauce	烤包子（羊肉） Roasted Bao Zi(Mutton)	蚝油牛柳 Beef Fillet in Oyster Sauce	罗勒鱼块通心粉 Basil Fish Cubes Macaroni
	西红柿鸡蛋 Fried Egg and Tomato	西兰花胡萝卜条 Broccoli and Carrot	香草焗南瓜 Baked Pumpkin W/Vanilla	酱汁杏鲍菇 Mushroom in Sauce
	酱爆洋白菜 Stir-Fried Cabbage w/Salty Sauce	烧茄子 Fried Eggplant W/Soy Sauce	蒜蓉粉丝娃娃菜 Steamed Baby Cabbage with Garlic Sauce	黄油时蔬 Sauteed Vegetables in Butter
	奶油南瓜汤 Creamy Pumpkin Soup	番茄蛋花汤 Tomato and Egg Soup	红豆粥 Red Bean Porridge	匈牙利牛肉汤 Hungary Beef Soup

幼教部加餐菜单
Pre-Kindergarten Snack Menu
10.7 - 10.10 , 2025

Monday周一

Tuesday周二

Wednesday周三

Thursday周四

Friday周五

早加餐 Morning Snack

葡萄;哈密瓜
酸奶
Grapes
Hami melon
Yoghurt

苹果;西瓜
豆奶
Apple
Watermelon
Soymilk

水果玉米;绿瓜
酸奶
Sweet Corn
Hamimelon
Yoghurt

黄桃;酥梨
牛奶
Peach
Pear
Milk

午加餐 Afternoon Snack

蛋挞
香橙;红火龙果
Egg Tart
Orange
Dragon Fruit

燕麦棒
黄桃;酥梨
Oat Bar
Peach
Pear

玛芬
香橙;葡萄
Muffin
Orange
Grapes

布朗尼
红火龙果;哈密瓜
Brownies
Dragon Fruit
Hami melon