

幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
10.27 - 10.31 , 2025

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
西式炒蛋 Scramble Egg	煎蛋 Fried Eggs	孜然鹌鹑蛋 Cumin Quail Egg	卤蛋 Halogen Eggs	鸡蛋羹 Steamed Egg Custard
烩香肠 Braised Sausage	盐水鸡 Salted Chicken	叉烧肉 Char Siu (Pork)	牛肉饼 Beef Flaky Pastry	酱肘子 Sliced Pig Knuckle in Brown Sauce
面包片 Bread	香葱花卷 Scallion Steamed rolls	牛奶馒头 Milk Steamed Buns	炒金针菇 Stir-Fried Enoki Mushrooms	银丝卷 Fancy Roll
牛奶麦片粥 Cereal Congee	红枣小米粥 Red Date and Millet Congee	番茄疙瘩汤 Dough and Tomato Soup	紫米粥 Purple Rice Porridge	番茄蘑菇汤 Tomato and Mushroom Soup

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
10.27 - 10.31 , 2025

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
香菇鸡块 Steamed Mushroom and Chicken Nuggets	炸鱼条 Fried Fish Fillet	黄焖牛肉 Braised Beef	京酱肉丝 Jing Jiang Shredded Pork	韩式牛肉 Korean Beef
咖喱猪排 Curry Pork Chops	牛肉丸通心粉 Beef Ball Macaroni	鸡肉汉堡 Chicken Burger	黄油柠檬煎鱼 Fried Fish Fillet W/Butter Lemon Sauce	韩式炸鸡 Korean Fried Chicken
番茄炒菜花 Cauliflower and Tomato	南瓜西蓝花 Pumpkin Broccoli	烤玉米 Roasted Corn	木耳白菜爆豆腐 Fried Tofu and Chinese Cabbage	鸡蛋炒西葫芦 Fried Zucchini and Egg
蚝油杏鲍菇 Mushroom W/Oyster Sauce	蚝油冬瓜 Wax Gourd W/Oyster Sauce	西红柿鸡蛋 Fried Egg and Tomato	烧茄子 Fried Eggplant W/Soy Sauce	蒜蓉粉丝娃娃菜 Steamed Baby Cabbage with Garlic Sauce
紫菜蛋花汤 Seaweed and Egg Soup	烤南瓜汤 Roasted Pumpkin Soup	奶油蘑菇汤 Creamy Mushroom Soup	银耳雪梨羹 Snow Fungus Soup	大酱汤Doenjang Soup

幼教部加餐菜单
Pre-Kindergarten Snack Menu
10.27 - 10.31 , 2025

Monday周一

Tuesday周二

Wednesday周三

Thursday周四

Friday周五

早加餐 Morning Snack

牛奶
蓝莓;酥梨
Milk
Blueberry
Pear

酸奶
苹果;红火龙果
Yoghurt
Apple
Dragon Fruit

牛奶
葡萄;香蕉
Milk
Grapes
Banan

酸奶
火龙果;哈密瓜
Yoghurt
Dragon Fruit
Hami melon

牛奶
香橙;西瓜
Milk
Orange
Watermelon

午加餐 Afternoon Snack

香蕉面包
哈密瓜;猕猴桃
Banana Bread
Hami melon
Kiwifruit

蛋挞
香蕉;香橙
Egg Tart
Banana
Orange

饼干
小番茄;哈密瓜
Biscuits
Cherry Tomato
Hami melon

玛芬
酥梨;蓝莓
Muffin
Pear
Blueberry

苹果派
香蕉;哈密瓜
Apple Pie
Banana
Hami melon