

幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
11.10-11.14 , 2025

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
煎蛋 Fried Eggs	鸡蛋羹 Steamed Egg Custard	西式炒蛋 Scramble Egg	熏鹌鹑蛋 Spiced Quail Eggs	卤蛋 Halogen Eggs
酱牛肉 Spiced Beef	酱肘子 Sliced Pig Knuckle in Brown Sauce	香煎鸡肉肠 Fried Chicken Sausage	叉烧肉 Char Siu (Pork)	肉龙 Steamed Rolls W/Meat Inside
牛奶馒头 Milk Steamed Buns	银丝卷 Fancy Roll	烤面包片 Toast	南瓜蜜豆卷 Pumpkin and Honey Bean Rolls	炒黄瓜 Stir-Fried Cucumbers
麦片粥 Cereal Congee	紫菜蛋花汤 Seaweed and Egg Soup	绿豆粥 Mung Bean Porridge	银耳羹 Snow Fungus Soup	番茄鸡蛋汤 Tomato and Egg Soup

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
11.10-11.14 , 2025

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
太阳肉 Quail Egg in Pork Meatball	芝士肉酱通心粉 Penne Bolognaise	牛肉面包 Roasted Meat Loaf	咖喱牛肉 Yellow Curry Beef	炸鱼条配塔塔汁 Fried Fish Fillet W/Tartar Sauce
炸鸡排配法式汁 Fried Chicken With French Sauce	红烧茄盒 Braised Eggplant Patties with Filling	番茄水煮鱼 Boiled Fish with Tomato	手抓饭(羊肉) Lamb Pilaf	可乐鸡翅 Chicken Wings W/Cola Sauce
蒜蓉西兰花 Fried Broccoli W/Minced Garlic	豆干芹菜 Fried Dried Tofu and Celery	土豆泥 Mashed Potato	木耳奶白菜 Black Fungus and Milk Cabbage	番茄通心粉 Macaroni W/Tomato Sauce
蚝油冬瓜 Wax Gourd W/Oyster Sauce	红烧豆腐 Braised Tofu	粉丝圆白菜 Fried Cabbage and Vermicelli	番茄鸡蛋菜花 Stir Fried Cauliflower W/Tomato and Egg	黄油时蔬 Sauteed Vegetables in Butter
豆腐菌菇汤 Tofu and Mushroom Soup	意大利蔬菜汤 Minestrone Soup	奶油南瓜汤 Creamy Pumpkin Soup	绿豆粥 Mung Bean Porridge	排骨莲藕玉米汤 Spareribs Corn Lotus Root Soup

幼教部加餐菜单
Pre-Kindergarten Snack Menu
11.10-11.14 , 2025

Monday周一

Tuesday周二

Wednesday周三

Thursday周四

Friday周五

早加餐 Morning Snack

牛奶
西瓜;酥梨
Milk
Watermelon
Pear

酸奶
蓝莓;白火龙果
Yoghurt
Blueberry
Dragon Fruit

牛奶
苹果;西瓜
Milk
Apple
Watermelon

牛奶
香蕉;红火龙果
Milk
Banana
Dragon Fruit

酸奶
哈密瓜;葡萄
Yoghurt
Hami melon
Grapes

午加餐 Afternoon Snack

提拉米苏
哈密瓜;猕猴桃
Tiramisu
Hami melon
Kiwifruit

蛋糕卷
香蕉;香橙
Cake Roll
Banana
Orange

布朗尼
葡萄;哈密瓜
Brownie
Grapes
Hami melon

面包圈
酥梨;蓝莓
Donut
Pear
Blueberry

香蕉面包
苹果;西瓜
Banana Bread
Apple
Watermelon