

幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
12.8-12.12 , 2025

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
鸡蛋羹 Steamed Egg Custard	孜然鹌鹑蛋 Cumin Quail Egg	西式炒蛋 Scramble Egg	水煮蛋 Boiled Egg	西葫芦鸡蛋饼 Zucchini Omelet
酱肘子 Sliced Pig Knuckle in Brown Sauce	酱牛肉 Spiced Beef	煎培根 Bacon	肉龙 Roll with Meat Filling	煎鸡肉火腿 Fried Chicken Sausages
银丝卷 Fancy Roll	牛奶馒头 Milk Steamed Buns	全麦面包 Whole Wheat Bread	炆炒金针菇 Mixed Needle Mushroom	炆炒芹菜 Fried Celery
紫菜蛋花汤 Seaweed Egg Soup	红枣小米粥 Red Date and Millet Congee	麦片粥 Cereal Congee	绿豆粥 Mung Bean Porridge	银耳羹 Snow Fungus Soup

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
12.8-12.12 , 2025

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
煎猪排配番茄汁 Fried Pork Steak W/Tomato Sauce	肉酱芝士通心粉 Penne Bolognaise	番茄鱼片 Fish Slices With Tomato Sauce	牛肉煎饼 Mexican Beef Chimichanga W/Salsa	清蒸鱼 Steamed Fish
酱爆鸡丁 Stir-Fried Chicken W/Salty Sauce	红烧肉 Braised Pork	香炸鸡柳 Fried Chicken Fillet	红烧鸭腿 Braised Duck Leg	红烩牛肉 Stewed Beef
蚝油杏鲍菇 Mushroom W/Oyster Sauce	香菇油菜 Mushroom and Cole	土豆条 Roasted Potato Chips	番茄鸡蛋菜花 Cauliflower and Tomato	葱烧豆腐 Fried Tofu W/Soy Sauce
蒜蓉西兰花 Fried Broccoli W/Minced Garlic	田园小炒 Sauteed Vegetables	粉条白菜 Chinese Cabbage and Clear Noodle	烧茄子 Fried Eggplant W/Soy Sauce	蚝油冬瓜 Wax Gourd W/Oyster Sauce
番茄菌菇汤 Tomato and Mushroom Soup	奶油南瓜汤 Cream Pumpkin Soup	绿豆藜麦汤 Green Bean and Quinoa Soup	萝卜粉丝汤 Radish and Clear Noodle Soup	匈牙利牛肉汤 Hungarian Beef Soup

幼教部加餐菜单
Pre-Kindergarten Snack Menu
12.8-12.12 , 2025

Monday周一

Tuesday周二

Wednesday周三

Thursday周四

Friday周五

早加餐 Morning Snack

火龙果;哈密瓜
牛奶
Dragon Fruit
Hami melon
Milk

苹果;西瓜
酸奶
Apple
Watermelon
Yoghurt

葡萄;哈密瓜
牛奶
Grapes
Hami melon
Milk

草莓;酥梨
酸奶
Strawberry
Pear
Yoghurt

香橙;西瓜
牛奶
Orange
Watermelon
Milk

午加餐 Afternoon Snack

玛芬
猕猴桃;葡萄
Muffin
Kiwifruit
Grapes

饼干
香蕉;红火龙果
Cookies
Banana
Dragon Fruit

春卷
苹果 ;哈密瓜
Spring Roll
Apple
Hami melon

苹果派
猕猴桃;红火龙果
Apple Pie
Kiwifruit
Dragon Fruit

芝士挞
香蕉;哈密瓜
Cheese Tart
Banana
Hami melon