

幼教部早餐菜单  
Pre-Kindergarten Breakfast Menu  
2. 2-2. 6 , 2026

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
西式炒蛋 Scrambled Eggs	卤蛋 Halogen Eggs	鸡蛋羹 Steamed Egg Custard	茄汁鹌鹑蛋 Tomato Quail Eggs	煎蛋 Fried Eggs
煎培根 Baconic	盐水鸡 Salted Chicken	酱肘子 Sliced Pig Knuckle in Brown Sauce	酱牛肉 Spiced Beef	煎火腿 Fried Ham
银丝卷 Fancy Roll	香葱花卷 Steamed Twisted Roll	黑米发糕 Black Rice Cake	牛奶馒头 Milk Steamed Buns	小餐包 Bread
麦片粥 Cereal Congee	银耳羹 Snow Fungus Soup	紫菜蛋花汤 Seaweed and Egg Soup	小馄饨 Wonton	番茄汤 Tomato and Egg Soup

# 幼教部午餐菜单

## Pre-Kindergarten Lunch Menu

2. 2-2. 6 , 2026

周一Monday

周二Tuesday

周三Wednesday

周四Thursday

周五Friday

水煮牛肉（无辣）  
Sliced Beef in  
Chili Oil(No spicy)

猪肉炒意大利面  
Fried Spaghetti With  
Pork

鸡肉汉堡  
Chicken Burger

烤鸭胸配春饼  
Roast Duck With  
Spring Pancakes

红烩鸡  
Stewed Chicken

酱油烤鸡  
Roast Chicken  
W/Soy Sauce

咖喱牛肉  
Curry beef

五彩肉片  
Stir-fried Meat Slices  
With Vegetables

孜然羊肉  
Fried Lamb With  
Cumin

炸鱼条  
Fried Fish Fillet  
W/Tartar Sauce

黄油时蔬  
Sauteed Vegetables  
in Butter

西芹炒山药  
Stir-fried Chinese  
Yam With Celery

薯条  
French Fries

炝炒莴笋  
Stir-fried  
Bamboo Shoots

炒合菜  
Stir Fried Bean  
Sprouts and  
Vegetables

西葫芦炒鸡蛋  
Fried  
Zucchini and Egg

酱爆圆白菜  
Stir Fry Cabbage  
W/Salty Sauce

番茄鸡蛋  
Fried  
Egg and Tomato

家常豆腐  
Stir-fried Tofu

蒜蓉奶白菜  
Milk Cabbage  
W/Minced Garlic

墨西哥杂豆香肠汤  
Mexican Mixed Bean  
Sausage Soup

西湖牛肉羹  
Beef Soup

奶油蘑菇汤  
Cream Mushroom  
Soup

西红柿鸡蛋汤  
Tomato and Egg  
Soup

绿豆百合粥  
Mung Bean  
and Lily Porridge

幼教部加餐菜单  
Pre-Kindergarten Snack Menu  
2. 2-2. 6 , 2026

Monday周一

Tuesday周二

Wednesday周三

Thursday周四

Friday周五

早加餐 Morning Snack

猕猴桃;哈密瓜  
牛奶  
Kiwifruit  
Hami melon  
Milk

苹果;红火龙果  
酸奶  
Apple  
Dragon Fruit  
Yoghurt

葡萄;香蕉  
牛奶  
Grapes  
Banana  
Milk

草莓;酥梨  
酸奶  
Strawberry  
Pear  
Yoghurt

火龙果;西瓜  
牛奶  
Dragon Fruit  
Watermelon  
Milk

午加餐 Afternoon Snack

瑞士卷  
火龙果;葡萄  
Swiss Roll  
Dragon Fruit  
Grapes

芝麻球  
香蕉;西瓜  
Sesame Balls  
Banana  
Watermelon

面包圈  
苹果 ;哈密瓜  
Donut  
Apple  
Hami melon

蛋挞  
猕猴桃;红火龙果  
Egg Tart  
Kiwifruit  
Dragon Fruit

玛芬  
香蕉;哈密瓜  
Muffin  
Banana  
Hami melon