

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	炆炒莴笋 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