

幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
2.9-2.13, 2026

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 Scrambled 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	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
2.9-2.13, 2026

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
牛肉煎饼 Beef Chimichanga W/Salsa	奥尔良烤鸡 Orleans Roast Chicken	照烧鱼块 Teriyaki Fish Fillets	唐杜里烤鸡 Tandoori Roast Chicken	
鱼香肉丝 SiChuan Shredded Pork	中式猪肉炒面 Chinese Stir-Fried Noodles W/Pork	菠萝古老肉 Fried Pork and Pineapple W/Sweet and Sour Sauce	肉酱通心粉 Penne Bolognaise	
鸡蛋粉丝圆白菜 Eggs With Glass Noodles and Cabbage	黄油时蔬 Sauteed Vegetables in Butter	椒盐蘑菇 Fried Mushroom W/Pepper Salt	荷塘小炒 Sauteed Vegetable	
蒜蓉西兰花 Fried Broccoli W/Minced Garlic	冻豆腐白菜 Fried Tofu and Chinese Cabbage	红豆饼 Red Bean Cake	家常豆腐 Stir-Fried Tofu	
番茄疙瘩汤 Tomato Dough Drop Soup	绿豆汤 Mung Bean Soup	奶油菜花汤 Cream Cauliflower Soup	洋葱汤 Onion Soup	

幼教部加餐菜单
Pre-Kindergarten Snack Menu
2.9-2.13, 2026

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

香橙;草莓
牛奶
Orange
Strawberry
Milk

蓝莓;酥梨
酸奶
Blueberry
Pear
Yoghurt

香橙;西瓜
牛奶
Orange
Watermelon
Milk

午加餐 Afternoon Snack

苹果派
猕猴桃;葡萄
Apple Pie
Kiwifruit
Grapes

布朗尼
香蕉;红火龙果
Brownie
Banana
Dragon Fruit

葡萄干蛋糕
苹果;哈密瓜
Raisin Cake
Apple
Hami melon

芝士蛋糕
猕猴桃;红火龙果
Cheese Cake
Kiwifruit
Dragon Fruit