

幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
3.9-3.13 , 2026

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
鸡蛋羹 Steamed Egg Custard	五香鹌鹑蛋 Spiced Quail Eggs	西式炒蛋 Scramble Egg	鸡蛋酱 Egg Sauce	火腿鸡蛋炒饭 Fried Rice With Ham and Egg
酱肘花 Sliced Pig Knuckle in Brown Sauce	酱牛肉 Spiced Beef	香煎鸡肉肠 Fried Chicken Sausage	叉烧肉 Char Siu (Pork)	——
葡萄干发糕 Raisin Steamed Chinese Sponge Cake	蔬菜面饼 Vegetable Pancake	烤面包片 Toast	双色花卷 Double-Colored Steamed Twisted Roll	炒百合芹菜 Stir-fried Lily With Celery
番茄汤 Tomato and Egg Soup	银耳羹 Snow Fungus Soup	牛奶麦片粥 Cereal Congee	时蔬瘦肉粥 Vegetable and Lean Pork Porridge	紫菜鸡蛋汤 Seaweed Egg Soup

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
3.9-3.13 , 2026

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
蚝油牛柳 Fried Beef W/Oyster Sauce	咖喱鱼块 Curry Fish Cubes	番茄牛肉丸 Beef Meatballs W/Tomato Sauce	德式肉饼 German Pork Pie W/Onion Sauce	椒盐鱼片 Fish Fillet W/Pepper Salt
炸鸡柳 Fried Chicken Strips	奶油培根通心粉 Cream Bacon Macaroni	京酱鸭片 Jing Jiang Duck Slices	干炒牛河 Dry Fried Beef Noodles	梅菜扣肉 Stewed Pork With Preserved Mustard Greens
冻豆腐白菜 Fried Tofu and Chinese Cabbage	烧茄子 Braised Eggplant	焗香草南瓜 Baked Pumpkin W/Vanilla	红烧香菇豆腐 Braised Shiitake Mushrooms and Tofu in Brown Sauce	清炒圆白菜 Fried Cabbage
蚝油冬瓜 Wax Gourd W/Oyster Sauce	香菇油菜 Mushroom and Cole	黄油时蔬 Sauteed Vegetables in Butter	西芹芸豆小番茄 Celery, Kidney Beans, Cherrytomato	鸡蛋菜花 Egg With Cauliflower
银耳羹 Snow Fungus Soup	八宝粥 Mixed Congee	意大利蔬菜汤 Minestrone Soup	番茄鸡蛋汤 Tomato and Egg Soup	大酱汤 Doenjang Soup

幼教部加餐菜单
Pre-Kindergarten Snack Menu
3.9-3.13, 2026

Monday 周一

Tuesday 周二

Wednesday 周三

Thursday 周四

Friday 周五

早加餐 Morning Snack

牛奶
葡萄; 酥梨
Milk
Grapes
Pear

酸奶
蓝莓; 白火龙果
Yoghurt
Blueberry
Dragon Fruit

牛奶
苹果; 西瓜
Milk
Apple
Watermelon

酸奶
香蕉; 红火龙果
Yoghurt
Banana
Dragon Fruit

牛奶
哈密瓜; 葡萄
Milk
Hami melon
Grapes

午加餐 Afternoon Snack

法式吐司
哈密瓜; 猕猴桃
French toast
Hami melon
Kiwifruit

南瓜饼
香蕉; 香橙
Pumpkin Pie
Banana
Orange

瑞士卷
葡萄; 哈密瓜
Swiss Roll
Grapes
Hami melon

蔓越莓饼干
酥梨; 蓝莓
Cranberry Cookies
Pear
Blueberry

布朗尼
苹果; 西瓜
Brownies
Apple
Watermelon