

幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
3.23-3.26 , 2026

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
水煮蛋 Boiled Egg	茄汁鹌鹑蛋 Tomato Braised Quail Eggs	鸡蛋羹 Steamed Egg Custard	西式炒蛋 Scrambled Eggs	
酱牛肉 Spiced Beef	煎鸡肉火腿 Pan-Fried Chicken Ham	卤肉 Braised Pork	香煎鸡肉肠 Pan-Fried Chicken Sausage	
豆沙包 Red Bean Bun	红糖馒头 Brown Sugar Steamed Bun	荷叶包 Lotus Leaf Bun	烤面包片 Toast	
番茄蛋花汤 Tomato and Egg Soup	蔬菜面汤 Vegetable Noodle Soup	萝卜粉丝汤 Radish and Vermicelli Soup	麦片粥 Oatmeal Porridge	

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
3.23-3.26 , 2026

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
宫保鸡丁 Kung Pao Chicken	意大利肉酱面 Spaghetti Bolognese	照烧猪肉 Teriyaki Pork	肉酱通心粉 Penne Bolognese	
牛肉煎饼 Beef Chimichanga with Salsa	椒盐鱼片 Pan-Fried Fish Fillet with Salt & Pepper	迷迭香烤鸡 Rosemary Roast Chicken	清蒸鱼 Steamed Fish	
虾皮小白菜 Sautéed Bok Choy with Dried Shrimps	蒜蓉粉丝娃娃菜 Steamed Baby Bok Choy with Garlic & Vermicelli	土豆泥 Mashed Potato	荷塘小炒 Lotus Pond Stir-Fry	
素炒杏鲍菇 Stir-Fried King Oyster Mushrooms	鸡蛋炒菜笋 Stir-Fried Eggs with Bamboo Shoots	西兰花胡萝卜条 Broccoli and Carrot	番茄鸡蛋菜花 Cauliflower and Egg Tomato	
奶油蘑菇汤 Creamy Mushroom Soup	红豆粥 Red Bean Porridge	紫菜鸡蛋汤 Seaweed and Egg Soup	意大利蔬菜汤 Minestrone Soup	

幼教部加餐菜单
Pre-Kindergarten Snack Menu
3. 23-3. 26 , 2026

Monday周一

Tuesday周二

Wednesday周三

Thursday周四

Friday周五

早加餐 Morning Snack

牛奶 哈密瓜;酥梨 Milk Hami Melon Pear	酸奶 苹果;红火龙果 Yoghurt Apple Dragon Fruit	牛奶 哈密瓜;香蕉 Milk Hami Melon Banana	酸奶 西瓜;酥梨 Yoghurt Watermelon Pear	
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午加餐 Afternoon Snack

胡萝卜蛋糕 红火龙果;香蕉 Carrot Cake Dragon Fruit Banana	双色蛋糕 橙子;香蕉 Cake Orange Banana	蛋挞 苹果;西瓜 Egg Tart Apple Watermelon	玛芬 香蕉;红火龙果 Muffin Banana Dragon Fruit	
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