

**幼教部早餐菜单**  
**Pre-Kindergarten Breakfast Menu**  
**4.13-4.17 , 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 Eggs	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
油条 Deep-fried Dough Stick	银丝卷 Fancy Roll	牛奶馒头 Milk Steamed Buns	金针菇 Mixed Needle Mushroom	炆炒芹菜 Fried Celery
豆浆 Soy Milk	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**  
**4.13-4.17 , 2026**

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
墨西哥鸡肉卷 Mexican Chicken Burrito	肉酱芝士通心粉 Penne Bolognese	孜然羊肉 Cumin Lamb Stir-Fry	牛肉千层面 Beef Lasagna	糖醋鱼片 Sweet and Sour Fish Fillets
冬瓜丸子 Pork Meatballs with Winter Gourd	鱼香肉丝（无辣椒） Sichuan Shredded Pork (No Chili)	意式煎猪排 Pan-fried Pork Chop With Tomato Sauce	韩式炸鸡 Korean Fried Chicken	唐杜里猪肉 Tandoori-Style Pork
蚝油杏鲍菇 King Oyster Mushrooms in Oyster Sauce	烧茄子 Braised Eggplant with Soy Sauce	酱爆洋白菜 Stir-Fried Cabbage in Sweet Bean Sauce	鸡蛋炒蘑菇 Sautéed Mushrooms with Eggs	香菇油菜 Shiitake Mushrooms with Bok Choy
番茄鸡蛋菜花 Cauliflower with Egg and Tomato	蒜蓉西兰花 Fried Broccoli With Minced Garlic	葱烧豆腐 Fried Tofu with Soy Sauce	蚝油冬瓜 Winter Gourd with Oyster Sauce	黄油时蔬 Sautéed Seasonal Vegetables with Butter
绿豆藜麦汤 Mung Bean and Quinoa Soup	奶油南瓜汤 Cream of Pumpkin Soup	番茄鸡蛋汤 Tomato and Egg Soup	大酱汤 Doenjang Soup	酸辣汤（无辣椒） Hot and Sour Soup (No Chili)

**幼教部加餐菜单**  
**Pre-Kindergarten Snack Menu**  
**4.13-4.17 , 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

葡萄;哈密瓜  
牛奶  
Grapes  
Hami Melon  
Milk

草莓;酥梨  
酸奶  
Strawberry  
Pear  
Yoghurt

香橙;西瓜  
牛奶  
Orange  
Watermelon  
Milk

**午加餐 Afternoon Snack**

玛芬  
猕猴桃;葡萄  
Muffin  
Kiwifruit  
Grapes

芝麻球  
香蕉;红火龙果  
Sesame Ball  
Banana  
Dragon Fruit

胡萝卜蛋糕  
苹果;哈密瓜  
Carrot Cake  
Apple  
Hami Melon

苹果派  
猕猴桃;红火龙果  
Apple Pie  
Kiwifruit  
Dragon Fruit

蛋挞  
香蕉;哈密瓜  
Egg Tart  
Banana  
Hami Melon