

**幼教部早餐菜单**  
**Pre-Kindergarten Breakfast Menu**  
**5.4-5.8 , 2026**

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
煎鸡蛋 Fried Eggs	茄汁鹌鹑蛋 Tomato Quail Eggs	水煮蛋 Boiled Eggs	西式炒蛋 Scrambled Eggs	鸡蛋羹 Steamed Egg Custard
烤培根 Bacon	炸鸡柳 Fried Chicken Fillet	酱牛肉 Spiced Beef	香煎鸡肉肠 Fried Chicken Sausage	酱肘花 Sliced Pig Knuckle in Brown Sauce
黑米馒头 Black Rice Steamed Bun	春饼 Spring Pancake	豆沙包 Red Bean Bun	烤面包片 Toast	牛奶馒头 Milk Steamed Buns
番茄蛋花汤 Tomato and Egg Soup	红薯小米粥 Sweet Potato and Millet Congee	小云吞 Wonton	银耳羹 Snow Fungus Soup	八宝粥 Mixed Congee

# 幼教部午餐菜单

## Pre-Kindergarten Lunch Menu

### 5.4-5.8 , 2026

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
小炒肉 Stir-Fried Pork	肉酱通心粉 Penne Bolognese	德式肉饼 German Pork Pie	京酱肉丝 Jing Jiang Shredded Pork	孜然羊肉 Fried Lamb with Cumin
炸鸡排配塔塔汁 Fried Chicken Steak W/ Tartar Sauce	菠萝古老肉 Fried Pork and Pineapple W/Sweet and Sour Sauce	煎鸡腿配蘑菇汁 Pan-fried Chicken with Mushroom Sauce	牛肉丸番茄螺旋面 Beef Balls and Tomato Spiral Noodles	罗勒炸鱼柳配塔塔汁 Fried Fish Fillet with Basil and Tartar Sauce
蚝油杏鲍菇 Mushroom W/Oyster Sauce	醋溜白菜 Chinese Cabbage W/Sour Sauce	土豆条 Roasted Potato Chips	黄油时蔬 Sauteed Vegetables in Butter	酱爆洋白菜 Stir-fried Cabbage With Soy Sauce
豆干芹菜 Fried Dried Tofu and Celery	鸡蛋粉丝菠菜 Fried Egg and Spinach W/Vermicelli	西兰花胡萝卜条 Broccoli and Carrot	香草焗南瓜 Baked Pumpkin W/Vanilla	蚝油冬瓜 Wax Gourd W/Oyster Sauce
紫菜蛋花汤 Seaweed and Egg Soup	奶油西蓝花汤 Creamy Broccoli Soup	大酱汤 Doenjang Soup	番茄蛋花汤 Tomato and Egg Soup	酸辣汤（不辣） Hot and Sour Soup （Not Spicy）

**幼教部加餐菜单**  
**Pre-Kindergarten Snack Menu**  
**5.4-5.8 , 2026**

Monday 周一

Tuesday 周二

Wednesday 周三

Thursday 周四

Friday 周五

**早加餐 Morning Snack**

牛奶  
 火龙果;哈密瓜  
 Milk  
 Dragon Fruit  
 Hami melon

酸奶  
 苹果;西瓜  
 Yoghurt  
 Apple  
 Watermelon

牛奶  
 葡萄;哈密瓜  
 Milk  
 Grapes  
 Hami melon

酸奶  
 蓝莓;酥梨  
 Yoghurt  
 Blueberry  
 Pear

牛奶  
 香橙;西瓜  
 Milk  
 Orange  
 Watermelon

**午加餐 Afternoon Snack**

芝麻球  
 猕猴桃;葡萄  
 Sesame Ball  
 Kiwifruit  
 Grapes

蛋糕卷  
 香蕉;红火龙果  
 Cake Roll  
 Banana  
 Dragon Fruit

胡萝卜蛋糕  
 苹果;西瓜  
 Carrot Cake  
 Apple  
 Watermelon

布朗尼  
 猕猴桃;红火龙果  
 Brownies  
 Kiwifruit  
 Dragon Fruit

蔓越莓饼干  
 香蕉;哈密瓜  
 Cranberry Cookies  
 Banana  
 Hami melon