

# K-12 Menu

## 5. 11-5. 15 , 2026

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
墨西哥鸡肉卷 Mexican Chicken Burrito	意大利肉酱面 Spaghetti Bolognese	西班牙鹰嘴豆鱼排 Spanish Chickpea Fish Fillet	迷迭香烤鸡 Rosemary Roasted Chicken	水煮鱼 Fish Fillet in Chili Oil
咖喱牛肉 Yellow Curry Beef	煎猪排配蔬菜 Fried Pork Steak W/Vegetables	培根蘑菇鸡蛋派 Bacon, Mushroom, and Egg Pie	日式乌冬面 Japanese Udon Noodles	牛肉面包 Meatloaf W/Mushroom Sauce
芝士红薯条 Cheese Sweet Potato Fries	西兰花胡萝卜条 Broccoli and Carrot Sticks	醋溜土豆丝 Shredded Potato with Vinegar Sauce	红腰豆南瓜 Pumpkin & Red Kidney Beans	肉沫鸡蛋羹 Steamed Egg Custard W/Minced Meat
烧茄子 Fried Eggplant W/Soy Sauce	菜笋炒鸡蛋 Stir-fried Asparagus Lettuce with Eggs	清炒奶白菜 Stir-Fried Baby Bok Choy	黄油时蔬 Sauteed Vegetables in Butter	豆腐木耳白菜 Fried Tofu and Chinese Cabbage W/Black Fungus
香菇包菜 Fried Cabbage and Mushroom	沙拉吧 Salad Bar	布朗尼 Brownies	沙拉吧 Salad Bar	蒜香土豆角 Garlic Roasted Potato Wedges
西湖牛肉羹 West Lake Beef Soup	苹果红枣小米粥 Apple Jujube Millet Porridge	八宝粥 Mixed Congee	番茄蛋花汤 Tomato and Egg Soup	海带豆腐汤 Kelp and Tofu Soup

K-2 加餐菜单 Snack Menu  
5. 11-5. 15 , 2026

Monday周一

Tuesday周二

Wednesday周三

Thursday周四

Friday周五

K - 2 加餐 Snack

春卷;牛奶  
火龙果;哈密瓜  
Spring Roll  
Milk  
Dragon Fruit  
Hami melon

香蕉面包;酸奶  
苹果;西瓜  
Banana Bread  
Yoghurt  
Apple  
Watermelon

芝士蛋糕;牛奶  
葡萄;哈密瓜  
Cheese Cake  
Milk  
Grapes  
Hami melon

玛芬;酸奶  
蓝莓;酥梨  
Muffin  
Yoghurt  
Blueberry  
Pear

蛋糕卷;牛奶  
香橙;西瓜  
Cake Roll  
Milk  
Orange  
Watermelon