

幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
5.11-5.15 , 2026

| Monday周一 | Tuesday周二 | Wednesday周三 | Thursday周四 | Friday周五 |
|-----------------------------------|--|----------------------------------|--------------------------------|--------------------------------------|
| 西式炒蛋 Scrambled Eggs | 煎鸡蛋 Fried Eggs | 鸡蛋羹 Steamed Egg Custard | 孜然鹌鹑蛋 Cumin Quail Eggs | 西葫芦鸡蛋饼 Zucchini Omelet |
| 香煎鸡肉肠 Fried Chicken Sausage | 叉烧肉 Char Siu (Pork) | 酱肘子 Braised Pork Knuckle | 酱牛肉 Spiced Beef | 盐焗鸡 Salt Baked Chicken |
| 酸奶面包 Yogurt Bread | 紫薯花卷 Purple Potato Steamed Rolls | 黑米发糕 Black Rice Cake | 南瓜馒头 Pumpkin Steamed Bun | 金针菇 Mixed Needle Mushroom |
| 麦片粥 Cereal Congee | 番茄鸡蛋面汤 Tomato Egg Noodle Soup | 紫菜蛋花汤 Seaweed and Egg Soup | 绿豆粥 Mung Bean Porridge | 蘑菇番茄汤 Tomato and Mushroom Soup |

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
5.11-5.15 , 2026

| 周一Monday | 周二Tuesday | 周三Wednesday | 周四Thursday | 周五Friday |
|---------------------------------------|--|--|---|---|
| 炸鸡排 Fried Chicken Cutlet | 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 | 番茄水煮鱼 Poached Fish Fillet in Tomato Sauce |
| 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 |
| 烧茄子 Fried Eggplant W/Soy Sauce | 菜笋炒鸡蛋 Stir-fried Asparagus Lettuce with Eggs | 醋溜土豆丝 Shredded Potato with Vinegar Sauce | 黄油时蔬 Sautéed Vegetables in Butter | 肉沫鸡蛋羹 Steamed Egg Custard W/Minced Meat |
| 香菇包菜 Fried Cabbage and Mushroom | 西兰花胡萝卜条 Broccoli and Carrot Sticks | 清炒奶白菜 Stir-Fried Baby Bok Choy | 红腰豆南瓜 Pumpkin & Red Kidney Beans | 豆腐木耳白菜 Fried Tofu and Chinese Cabbage W/Black Fungus |
| 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 |

幼教部加餐菜单
Pre-Kindergarten Snack Menu
5.11-5.15 , 2026

Monday 周一

Tuesday 周二

Wednesday 周三

Thursday 周四

Friday 周五

早加餐 Morning Snack

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| 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 |
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午加餐 Afternoon Snack

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| 春卷 猕猴桃;葡萄 Spring Roll Kiwifruit Grapes | 香蕉面包 香蕉;红火龙果 Banana Bread Banana Dragon Fruit | 芝士蛋糕 苹果 ;西瓜 Cheese Cake Apple Watermelon | 玛芬 猕猴桃;红火龙果 Muffin Kiwifruit Dragon Fruit | 蛋糕卷 香蕉;哈密瓜 Cake Roll Banana Hami melon |
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