

**幼教部早餐菜单**  
**Pre-Kindergarten Breakfast Menu**  
**5.18-5.22 , 2026**

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
鸡蛋羹 Steamed Egg Custard	西葫芦鸡蛋饼 Zucchini Omelet	熏鹌鹑蛋 Spiced Quail Eggs	西式炒蛋 Scrambled Eggs	香葱炒鸡蛋 Scrambled Eggs with Chives
酱牛肉 Spiced Beef	腊肠 Cantonese Sausage	酱肘子 Sliced Pig Knuckle in Brown Sauce	香煎鸡肉肠 Fried Chicken Sausage	叉烧肉 Char Siu (Pork)
酸奶面包 Yogurt Bread	炒瓜片 Fried Cucumber	牛奶馒头 Milk Buns	烤面包片 Toasted Bread Slices	小米饼 Millet Pancake
冬瓜鸡蛋汤 Wax Gourd and Egg Soup	绿豆粥 Mung Bean Congee	豆浆 Soybean Milk	麦片粥 Oatmeal Congee	紫菜鸡蛋汤 Seaweed and Egg Soup

# 幼教部午餐菜单

## Pre-Kindergarten Lunch Menu

### 5.18-5.22 , 2026

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
牛肉煎饼 Beef Chimichanga W/Salsa	可乐鸡翅 Chicken Wings W/Cola Sauce	香蒜烤鱼 Garlic Baked Fish	牛肉千层面 Beef Lasagna	椒盐小酥肉 Salt & Pepper Fried Pork
宫爆肉丁 Kung Pao Diced Pork	肉酱芝士通心粉 Penne with Bolognese & Cheese	番茄炖牛肉 Tomato Braised Beef	重庆炒鸡 Chongqing Spicy Chicken	酸菜鱼 Boiled Fish with Pickled Cabbage
炒合菜 Mixed Stir-Fried Vegetables	彩椒菜心 Stir-Fried Choy Sum With Bell Peppers	圆白菜木耳爆豆腐 Stir-Fried Tofu with Cabbage & Black Fungus	酱汁杏鲍菇 Braised King Oyster Mushroom in Sauce	番茄鸡蛋菜花 Stir-Fried Cauliflower with Tomato & Egg
西蓝花蟹味菇 Stir-Fried Broccoli and Mushrooms	地三鲜 Three Vegetables Delight	腰果西芹 Stir-Fried Celery with Cashews	醋溜白菜 Vinegar Braised Chinese Cabbage	糖醋藕丁 Sweet and Sour Lotus Root Cubes
奶油南瓜汤 Creamy Pumpkin Soup	山药百合红豆粥 Yam, Lily and Red Bean Porridge	萝卜粉丝汤 Radish and Clear Noodle Soup	意大利蔬菜汤 Minestrone	紫菜鸡蛋汤 Seaweed and Egg Soup

**幼教部加餐菜单**  
**Pre-Kindergarten Snack Menu**  
**5.18-5.22 , 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 Yogurt Apple Watermelon	牛奶 圣女果;酥梨 Milk Cherry Tomato Pear	酸奶 凤梨;哈密瓜 Yogurt Pineapple Hami Melon	牛奶 香橙;西瓜 Milk Orange Watermelon
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**午加餐 Afternoon Snack**

芝麻球 猕猴桃;葡萄 Sesame Ball Kiwifruit Grapes	芝士蛋糕 香蕉;红火龙果 Cheese Cake Banana Dragon Fruit	司康 苹果 ;西瓜 Scone Apple Watermelon	鸡肉洋葱圈 猕猴桃;红火龙果 Chicken Onion Rings Kiwifruit Dragon Fruit	法式吐司 香蕉;哈密瓜 French Toast Banana Hami Melon
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