

**幼教部早餐菜单**  
**Pre-Kindergarten Breakfast Menu**  
**6.8-6.11, 2026**

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
香葱炒鸡蛋 Scrambled Eggs with Chives	熏鹌鹑蛋 Spiced Quail Eggs	卤蛋 Marinated Eggs	鸡蛋羹 Steamed Egg Custard	
酱肘子 Sliced Pig Knuckle in Brown Sauce	酱牛肉 Spiced Beef	盐水鸡 Salted Chicken	肉包子 Steamed Pork Bun	
全麦馒头 Whole Wheat Steamed Bun	红豆包 Red Bean Bun	香葱花卷 Scallion Steamed Rolls	蚝油生菜 Lettuce with Oyster Sauce	
番茄汤 Tomato and Egg Soup	紫菜汤 Seaweed and Egg Soup	红枣小米粥 Red Date and Millet Congee	银耳羹 Snow Fungus Soup	

**幼教部午餐菜单**  
**Pre-Kindergarten Lunch Menu**  
**6.8-6.10, 2026**

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
秘鲁烤鸡 Peruvian Roasted Chicken	红烧肉配海带 Braised Pork with Kelp	韩式牛肉 Korean Stir-fried Beef		
中式炒面 Chinese Fried Noodle W/Pork	煎鱼排配奶油酱 Pan-Fried Fish Fillet with Creamy Sauce	炸莲藕肉丸 Fried Lotus Root Meatballs		
上汤娃娃菜 Baby Chinese Cabbage in Superior Soup	荷塘小炒 Sauteed Vegetables	海鲜蔬菜饼 Seafood and Vegetable Pancake		
鱼香茄子 Sichuan Spicy Eggplant	茄汁豆 Tomato Braised Tofu	番茄鸡蛋菜花 Stir Fried Cauliflower W/Tomato and Egg		
羊肉米粥 Mutton and Rice Porridge	紫菜汤 Seaweed and Egg Soup	海带豆腐汤 Kelp and Tofu Soup		

**幼教部加餐菜单**  
**Pre-Kindergarten Snack Menu**  
**6.8-6.10 , 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  
 火龙果;哈密瓜  
 Milk  
 Dragon Fruit  
 Hami Melon

**午加餐 Afternoon Snack**

香蕉面包  
 西瓜;酥梨  
 Banana Bread  
 Watermelon  
 Pear

布朗尼  
 香蕉;火龙果  
 Brownie  
 Banana  
 Dragon Fruit

蛋挞  
 橙子;西瓜  
 Egg Tart  
 Orange  
 Watermelon