

幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
8.10-8.14 , 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	茄汁鹌鹑蛋 Quail Eggs in Tomato Sauce
酱肘子 Sliced Pig Knuckle in Brown Sauce	酱牛肉 Spiced Beef	盐水鸡 Salted Chicken	肉包子 Steamed Meat Bun	烤培根 Bacon
银丝卷 Silver Thread Steamed Roll	豆沙切糕 Red Bean Sticky Rice Slices	香葱花卷 Scallion Twisted Steamed Rolls	蚝油生菜 Lettuce with Oyster Sauce	桂花米糕 Osmanthus Rice Cake
番茄汤 Tomato and Egg Soup	紫菜汤 Seaweed and Egg Soup	红枣小米粥 Red Date & Millet Congee	银耳羹 Tremella Sweet Soup	冬瓜鸡蛋汤 Winter Melon and Egg Soup

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
8.10-8.14 , 2026

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
墨西哥鸡肉卷 Mexican Chicken Burrito	肉酱芝士通心粉 Bolognese Penne	炸鱼条配塔塔汁 Fish Fingers with Tartar Sauce	牛肉千层面 Beef Lasagna	糖醋鱼片 Sweet & Sour Fish Fillets
韩式牛肉 Korean Beef	鱼香肉丝 Sichuan Yu-Shiang Shredded Pork	龙眼丸子 Braised Pork Meatballs	韩式炸鸡 Korean Crispy Fried Chicken	唐杜里猪肉 Tandoori Pork
蚝油杏鲍菇 King Oyster Mushrooms with Oyster Sauce	烧茄子 Braised Eggplant with Soy Sauce	酱爆洋白菜 Sautéed Cabbage in Brown Sauce	鸡蛋炒蘑菇 Sautéed Mushrooms with Egg	香菇油菜 Shiitake Mushrooms & Bok Choy
番茄鸡蛋菜花 Cauliflower Sautéed with Tomato & Egg	蒜蓉西兰花 Sautéed Broccoli with Minced Garlic	番茄豆腐 Tomato Braised Tofu	蚝油冬瓜 Winter Melon with Oyster Sauce	黄油时蔬 Butter Sautéed Mixed Vegetables
银耳小芋圆 Taro Ball & Tremella Sweet Soup	奶油南瓜汤 Creamy Pumpkin Soup	番茄鸡蛋汤 Tomato and Egg Soup	大酱汤 Korean Doenjang Soup	酸辣汤（无辣） Hot and Sour Soup（No Chili）

幼教部加餐菜单
Pre-Kindergarten Snack Menu
8.10-8.14, 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

酸奶
小番茄;酥梨
Yogurt
Cherry Tomatoes
Pear

牛奶
橙子;火龙果
Milk
Orange
Dragon Fruit

午加餐 Afternoon Snack

玛芬
西瓜;酥梨
Muffin
Watermelon
Pear

布朗尼
香蕉;红火龙果
Brownie
Banana
Dragon Fruit

蛋挞
橙子;西瓜
Egg Tart
Orange
Watermelon

蔓越莓饼干
猕猴桃;红火龙果
Cranberry Cookies
Kiwifruit
Dragon Fruit

春卷
香蕉;哈密瓜
Spring Rolls
Banana
Hami Melon