

幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
8.31-9.4 , 2026

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
煎鸡蛋 Fried Eggs	香葱炒鸡蛋 Scrambled Eggs with Chives	西式炒蛋 Scrambled Egg	孜然鹌鹑蛋 Cumin Quail Egg	鸡蛋羹 Steamed Egg Custard
酱牛肉 Spiced Beef	酱肘子 Sliced Pig Knuckle in Brown Sauce	蔬菜沙拉 Vegetable Salad	烩香肠 Braised Sausage	炸鸡排 Fried Chicken Steak
葡萄干发糕 Raisin Steamed Chinese Sponge Cake	小米饼 Millet Pancake	牛肉汉堡 Beef Burger	银丝卷 Fancy Roll	南瓜馒头 Pumpkin Steamed Bun
紫菜鸡蛋汤 Seaweed and Egg Soup	豆浆 Soybean Milk	麦片粥 Cereal Congee	绿豆粥 Mung Bean Porridge	大酱汤 Doenjang Soup

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
8.31-9.4 , 2026

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
酱油烤鸡 Roast Chicken W/Soy Sauce	中式炒面 Chinese Stir-Fried Noodles	番茄鸡片 Stir-Fried Chicken Slices W/Tomato Sauce	肉酱芝士蝴蝶面 Bolognese Cheese Pasta	罗勒炸鱼排 Fried Basil Fillet
爆炒牛柳 Stir-Fried Beef Strips	宫爆鱼丁 Kung Pao Fish	红烧猪肉丸 Braised Pork Meatball	酱鸭腿 Soy-Braised Duck Leg	红烩牛肉 Braised Beef in Tomato Sauce
蚝油杏鲍菇 Mushroom W/Oyster Sauce	鸡蛋炒西葫芦 Fried Egg and Zucchini	玉米西蓝花胡萝卜 Broccoli Carrot and Corn	荷塘小炒 Sauteed Vegetables	蒜蓉油菜 Yu Choy with Minced Garlic
蒜蓉青菜 Stir-Fried Bok Choy W/Minced Garlic	酱爆洋白菜 Stir-Fried Cabbage W/Soy-Bean Sauce	西芹炒香菇 Stir-Fried Celery with Shiitake Mushrooms	地三鲜 Stir-Fried Potato, Eggplant & Green Bell Pepper	蚝油冬瓜 Wax Gourd W/Oyster Sauce
奶油蘑菇汤 Creamy Mushroom Soup	黑米粥 Black Rice Porridge	西湖牛肉羹 Beef Soup	番茄鸡蛋汤 Tomato and Egg Soup	红豆粥 Red Bean Porridge

幼教部加餐菜单
Pre-Kindergarten Snack Menu
8.31-9.4 , 2026

Monday周一

Tuesday周二

Wednesday周三

Thursday周四

Friday周五

早加餐 Morning Snack

牛奶
哈密瓜;酥梨
Milk
Hami Melon
Pear

酸奶
苹果;火龙果
Yogurt
Apple
Dragon Fruit

牛奶
哈密瓜;香蕉
Milk
Hami Melon
Banana

酸奶
橙子;红火龙果
Yogurt
Orange
Dragon Fruit

牛奶
白火龙果;西瓜
Milk
Dragon Fruit
Watermelon

午加餐 Afternoon Snack

香芋派
橙子;西瓜
Taro Pie
Orange
Watermelon

面包圈
香蕉;哈密瓜
Donut
Banana
Hami Melon

胡萝卜蛋糕
西瓜;火龙果
Carrot Cake
Watermelon
Dragon Fruit

蛋挞
猕猴桃;香蕉
Egg Tart
Kiwifruit
Banana

玛芬
橙子;西瓜
Muffin
Orange
Watermelon