

幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
9.7-9.11 , 2026

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
熏鹌鹑蛋 Spiced Quail Eggs	西式炒蛋 Scrambled Egg	鸡蛋羹 Steamed Egg Custard	西葫芦鸡蛋饼 Zucchini Omelet	香葱炒鸡蛋 Fried Chives Eggs
叉烧肉 Char Siu (Pork)	香煎鸡肉肠 Fried Chicken Sausage	酱牛肉 Spiced Beef	腊肠 Cantonese Sausage	酱肘子 Sliced Pig Knuckle in Brown Sauce
牛奶馒头 Milk Steamed Buns	烤面包片 Toast	南瓜蜜豆卷 Pumpkin and Honey Bean Rolls	金针菇 Enoki Mushroom	小米饼 Millet Pancake
番茄汤 Tomato and Egg Soup	麦片粥 Cereal Congee	冬瓜鸡蛋汤 Wax Gourd and Egg Soup	绿豆粥 Mung Bean Porridge	紫菜鸡蛋汤 Seaweed and Egg Soup

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
9.7-9.11 , 2026

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
炸鱼条 Fried Fish Strips W/Tartar Sauce	千层面 Beef Lasagna	烤包子（羊肉） Roasted Bao Zi (lamb)	火腿炒意面 Fried Spaghetti W/Ham	炸鸡排 Fried Chicken Steak
菠萝古老肉 Fried Chicken and Pineapple W/Sweet and Sour Sauce	泰式烤鸡 Thai Roasted Chicken	虫草花蒸鸡肉 Steamed Chicken With Cordyceps Mushrooms	沙茶咖喱牛腩 Braised Beef Brisket with Satay & Curry	煎鱼排配番茄汁 Fried Fish Fillet W/Tomato Sauce
烧茄子 Fried Eggplant W/Soy Sauce	五彩豆腐 Fried Tofu With Vegetables	青椒豆皮 Stir-Fried Bean Curd W/Green Peppers	虾皮西葫芦 Fried Shrimp and Zucchini	菠菜鸡蛋粉丝 Stir-Fried Spinach, Eggs and Vermicelli
洋白菜木耳煎豆腐 Fried Tofu and Cabbage W/Black Fungus	玉米胡萝卜西兰花 Broccoli Carrot and Corn	番茄菜花 Cauliflower and Tomato	香干芹菜 Fried Dried Tofu and Celery	素炒杏鲍菇 Stir-Fried Mushroom
泰式椰奶汤 Tom Kha Gai	酸辣汤（无辣） Hot and Sour Soup （Non Spicy）	俄式红菜汤 Borscht	羊肉咸粥 Savory Lamb Congee	丝瓜鸡蛋汤 Luffa and Egg Soup

幼教部加餐菜单
Pre-Kindergarten Snack Menu
9.7-9.11 , 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;火龙果
Yogurt
Orange
Dragon Fruit

牛奶
火龙果;西瓜
Milk
Dragon Fruit
Watermelon

午加餐 Afternoon Snack

芝士蛋糕
橙子;西瓜
Cheesecake
Orange
Watermelon

布朗尼
香蕉;哈密瓜
Brownie
Banana
Hami Melon

苹果派
蜜桔;火龙果
Apple Pie
Orange
Dragon Fruit

芝士挞
猕猴桃;香蕉
Cheese tart
Kiwifruit
Banana

春卷
橙子;西瓜
Spring Roll
Orange
Watermelon