

K-12 Menu
9.21-9.24 , 2026

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
孜然鸡柳 Stir-Fried Chicken Strips W/Cumin	干炒牛河 Stir-Fried Rice Noodles With Beef	炸鱼条配塔塔汁 Fried Fish Strips W/Tartar Sauce	罗勒鱼块通心粉 Spaghetti W/Basil Fish Cubes	
德式肉饼配洋葱汁 German Pork Pie W/Cream and Onion Sauce	龙眼丸子 Braised Pork Meatballs	叉烧肉 Char Siu (Pork)	烧烤鸡腿 BBQ Chicken	
蒜蓉粉丝娃娃菜 Steamed Baby Cabbage W/Garlic Sauce	番茄炒菜花 Cauliflower and Tomato	香煎豆腐 Pan-Fried Tofu	西芹芸豆小番茄 Celery, Kidney Beans, Cherrytomatoes	
香草焗南瓜 Baked Pumpkin W/Vanilla	蚝油冬瓜 Wax Gourd W/Oyster Sauce	玉米胡萝卜西兰花 Broccoli Carrot and Corn	地三鲜 Potato Eggplant Pepper W/Soy Sauce	
胡萝卜蛋糕 Carrot Cake	面点 Steamed Buns	月饼 Mooncake	面点 Steamed Buns	
棒渣粥 Corn Porridge	八宝粥 Mixed Congee	紫菜蛋花汤 Seaweed and Egg Soup	意大利蔬菜汤 Minestrone Soup	

K-2 加餐菜单 Snack Menu
9. 21-9. 24 , 2026

Monday周一

Tuesday周二

Wednesday周三

Thursday周四

Friday周五

K - 2 上午加餐 Morning Snack

蛋糕卷;牛奶
酥梨;哈密瓜
Cake Roll
Milk
Pear
Hami Melon

鸡肉洋葱圈;酸奶
苹果;红火龙果
Chicken Onion Rings
Yogurt
Apple
Dragon Fruit

苹果派;牛奶
网纹瓜;蜜桔
Apple Pie
Milk
Hami Melon
Orange

饼干;酸奶
橙子;红火龙果
Cookie
Yogurt
Orange
Dragon Fruit

K 下午加餐 Afternoon Snack

面包圈
橙子;西瓜
Donut
Orange
Watermelon

椰蓉奶冻
香蕉;哈密瓜
Coconut Milk Jelly
Banana
Hami Melon

南瓜饼
酥梨;火龙果
Pumpkin Pie
Pear
Dragon Fruit

法式吐司
猕猴桃;香蕉
French Toast
Kiwifruit
Banana