

幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
9. 21-9. 24 , 2026

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
水煮蛋 Boiled Egg	卤鹌鹑蛋 Marinated Quail Eggs	鸡蛋羹 Steamed Egg Custard	火腿鸡蛋炒饭 Fried Rice with Ham and Egg	
酱牛肉 Spiced Beef	煎鸡肉火腿 Fried Chicken Sausages	肉龙 Steamed Rolls W/Meat Inside	——	
红糖馒头 Brown Sugar Steamed Bread	全麦面包 Whole Wheat Bread	金针菇 Enoki Mushroom	炒百合芹菜 Stir-Fried Lily with Celery	
鸡肉粥 Chicken Congee	银耳羹 Snow Fungus Soup	红枣小米粥 Red Date and Millet Congee	紫菜鸡蛋汤 Seaweed and Egg Soup	

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
9.21-9.24 , 2026

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
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	
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	

幼教部加餐菜单
Pre-Kindergarten Snack Menu
9.21-9.24 , 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;红火龙果
Yogurt
Apple
Dragon Fruit

牛奶
网纹瓜;蜜桔
Milk
Hami Melon
Orange

酸奶
橙子;红火龙果
Yogurt
Orange
Dragon Fruit

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