

幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
10.12-10.16 , 2026

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
煎蛋 Fried Eggs	熏鹌鹑蛋 Spiced Quail Eggs	西式炒蛋 Scrambled Eggs	卤蛋 Marinated Quail Eggs	水煮蛋 Boiled Egg
酱牛肉 Spiced Beef	叉烧肉 Char Siu (Pork)	盐水鸡 Salted Chicken	酱肘子 Sliced Pig Knuckle in Brown Sauce	肉龙 Roll with Meat Filling
山药杂粮馒头 Yam Multigrain Steamed Bun	小窝头 Small Steamed Corn Bun	小餐包 Dinner Roll	银丝卷 Silk Thread Roll	金针菇 Mixed Enoki Mushroom
番茄汤 Tomato and Egg Soup	紫米粥 Purple Rice Congee	麦片粥 Cereal Congee	银耳羹 Snow Fungus Soup	绿豆粥 Mung Bean Porridge

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
10.12-10.16 , 2026

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
小炒肉 Stir-Fried Pork	烤牛排配黑胡椒汁 Grilled Steak with Black Pepper Sauce	香蒜烤鱼 Fried Fish W/Garlic Bread	龙眼丸子 Braised Pork Meatball	韩式牛肉 Korean Beef
炸鸡排配塔塔汁 Fried Chicken Steak W/TarTar Sauce	奶油培根通心粉 Macaroni W/Cream Bacon	可乐鸡翅 Chicken Wings W/Cola Sauce	中式炒面 Chinese Fried Noodles	韩式炸鸡 Korean Fried Chicken
土豆条 Roasted Potato Chips	黄油时蔬 Sauteed Vegetables in Butter	肉沫鸡蛋羹 Steamed Egg Custard W/Minced Meat	葱烧豆腐 Fried Tofu W/Soy Sauce	鸡蛋炒西葫芦 Fried Zucchini and Egg
番茄炒菜花 Cauliflower and Tomato	香草焗南瓜 Baked Pumpkin W/Vanilla	菠菜粉丝 Spinach and Glass Noodles	西芹芸豆小番茄 Celery, Kidney beans, Cherrytomato	芝士红薯条 Cheese Sweet Potato Fries
紫菜蛋花汤 Seaweed and Egg Soup	洋葱汤 Onion Soup	绿豆粥 Mung Bean Porridge	番茄蛋花汤 Tomato and Egg Soup	大酱汤 Doenjang Soup

幼教部加餐菜单
Pre-Kindergarten Snack Menu
10.12-10.16 , 2026

Monday周一

Tuesday周二

Wednesday周三

Thursday周四

Friday周五

早加餐 Morning Snack

牛奶
酥梨;哈密瓜
Milk
Pear
Hami Melon

酸奶
苹果;红火龙果
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
西瓜;酥梨
Milk
Watermelon
Pear

午加餐 Afternoon Snack

蛋挞
橙子;西瓜
Egg Tart
Orange
Watermelon

苹果派
香蕉;哈密瓜
Apple Pie
Banana
Hami Melon

南瓜饼
蜜桔;火龙果
Pumpkin Pie
Orange
Dragon Fruit

布朗尼
猕猴桃;香蕉
Brownies
Kiwifruit
Banana

香酥鸡块
哈密瓜;香蕉
Chicken Nuggets
Hami Melon
Banana