幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
11.2-11.6，2026

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
煎蛋 Fried Eggs	鸡蛋羹 Steamed Egg Custard	西式炒蛋 Scrambled Egg	熏鹌鹑蛋 Spiced Quail Eggs	卤蛋 Marinated Eggs
酱牛肉 Spiced Beef	酱肘子 Sliced Pig Knuckle in Brown Sauce	香煎鸡肉肠 Fried Chicken Sausage	叉烧肉 Char Siu（Pork）	肉龙 Steamed Rolls W/Meat Inside
牛奶馒头 Milk Steamed Buns	银丝卷 Silk Thread Roll	烤面包片 Toast	南瓜蜜豆卷 Pumpkin and Honey Bean Rolls	炒黄瓜 Fried Cucumbers
麦片粥 Cereal Congee	紫菜蛋花汤 Seaweed Egg Soup	绿豆粥 Mung Bean Porridge	银耳羹 Snow Fungus Soup	番茄鸡蛋汤 Tomato and Egg soup

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
11.2-11.6，2026

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
小炒肉 Fried Pork	芝士肉酱通心粉 Penne with Cheese & Bolognese Sauce	牧羊人派 Shepherd's Pie	意大利肉酱面 Spaghetti Bolognese	匈牙利烩牛肉 Hungarian Beef Goulash
烧烤鸡腿 BBQ Chicken	红烧茄盒 Braised Eggplant With Pork	干烧鱼块 Dry-Braised Fish Cubes	炸鸡排配法式汁 Fried Chicken chops with French sauce	椒盐鱼片 Fish Fillet W/Pepper Salt
蒜蓉西兰花 Fried Broccoli W/Minced Garlic	家常豆腐 Fried Tofu	鸡蛋炒蘑菇 Fried Egg and Mushroom	木耳奶白菜 Stir-Fried Baby Bok Choy and Black Fungus	黄油时蔬 Sauteed Vegetables in Butter
蚝油冬瓜 Wax Gourd W/Oyster Sauce	南瓜青豆 Pumpkin and Green Bean	粉丝圆白菜 Fried Cabbage and Vermicelli	番茄鸡蛋菜花 Cauliflower and Egg Tomato	烧茄子 Fried Eggplant W/Soy Sauce
豆腐鸡蛋菌菇汤 Tofu, Egg, Mushroom Soup	意大利蔬菜汤 Minestrone Soup	奶油南瓜汤 Cream Pumpkin Soup	绿豆粥 Mung Bean Porridge	排骨莲藕玉米汤 Pork Ribs Lotus Root Corn Soup

幼教部加餐菜单
Pre-Kindergarten Snack Menu
11.2-11.6，2026

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				
南瓜饼 橙子;香蕉 Pumpkin Pie Orange Banana	蛋糕卷 蓝莓;桔子 Cake Roll Blueberry Orange	布朗尼 苹果;西瓜 Brownie Apple Watermelon	面包圈 香蕉;红火龙果 Donut Banana Dragon Fruit	香蕉面包 哈密瓜;葡萄 Banana Bread Hami Melon Grapes