幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
11.9-11.12，2026

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
鸡蛋羹 Steamed Egg Custard	熏鹌鹑蛋 Spiced Quail Eggs	西式炒蛋 Scrambled Egg	煎蛋 Fried Eggs	
酱肘子 Sliced Pig Knuckle in Brown Sauce	叉烧肉 Char Siu（Pork）	鸡肉洋葱圈 Chicken Onion Ring	酱牛肉 Spiced Beef	
清炒油菜 Stir-Fried Bok Choy	菠菜粉丝 Spinach and Vermicelli	西蓝花 Broccoli	炝炒芹菜 Stir-Fried Celery	
银丝卷 Silk Thread Roll	牛奶馒头 Milk Steamed Buns	豆沙包 Red Bean Bun	什锦炒饭 Fried Rice with Mixed Vegetables	
紫菜蛋花汤 Seaweed Egg Soup	紫米粥 Black Rice porridge	红枣小米粥 Red Date and Millet Congee	冬瓜排骨汤 Wax Gourd Sparerib Soup	

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
11.9-11.12，2026

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
宫保鱼丁 Kung Pao Fish	奶油培根通心粉 Cream Bacon Macaroni	酱爆鸡丁 Stir-Fried Chicken W/Salty Sauce	牛肉丸番茄螺旋面 Beef Balls and Tomato Spiral Noodles	
可乐鸡翅 Chicken Wings W/Cola Sauce	孜然羊肉 Fried Lamb with Cumin	咖喱牛肉 Yellow Curry Beef	锅包肉 Sweet and Sour Crispy Pork	
清炒圆白菜 Fried Cabbage	黄油时蔬 Sauteed Vegetables in Butter	鸡蛋炒菜笋 Fried Eggs With Bamboo Shoots	蒜蓉西蓝花 Fried Broccoli W/ Minced Garlic	
西红柿鸡蛋菜花 Stir-Fried Cauliflower W/Tomato and Egg	蒜蓉粉丝娃娃菜 Steamed Baby Cabbage with Garlic Sauce	蚝油冬瓜 Wax Gourd W/Oyster Sauce	青椒豆皮 Stir-Fried Tofu Sheets with Green Pepper	
奶油蘑菇汤 Creamy Mushroom Soup	意大利蔬菜汤 Minestrone Soup	小米南瓜粥 Millet Pumpkin Porridge	绿豆粥 Mung Bean Porridge	

幼教部加餐菜单
Pre-Kindergarten Snack Menu
11.9-11.12，2026

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	
午加餐 Afternoon Snack				
南瓜派 橙子;香蕉 Pumpkin Pie Orange Banana	布朗尼 蓝莓;白火龙果 Brownie Blueberry Dragon Fruit	芝士蛋糕 苹果;西瓜 Cheesecake Apple Watermelon	法式吐司 香蕉;红火龙果 French Toast Banana Dragon Fruit	