幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
11.16-11.20，2026

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
卤蛋 Marinated Eggs	孜然鹌鹑蛋 Cumin Quail Egg	煎鸡蛋 Fried Eggs	水波蛋 Poached Egg	香葱炒鸡蛋 Stir-Fried Eggs with Chives
烤培根 Bacon	香油鸡丝 Shredded Chicken with Sesame Oil	酱肘子 Sliced Pig Knuckle in Brown Sauce	酱牛肉 Spiced Beef	孜然羊肉 Stir-Fried Lamb with Cumin
蚝油生菜 Oyster Sauce Lettuce	时蔬 Sauteed Vegetables	芝麻菠菜 Sesame Spinach	清炒娃娃菜 Stir-Fried Baby Cabbage	西蓝花 Broccoli
南瓜馒头 Pumpkin Steamed Bun	豆沙卷 Red Bean Paste Roll	牛奶馒头 Milk Steamed Buns	小餐包 Dinner Roll	牛奶馕 Milk Naan
萝卜粉丝汤 Radish and Vermicelli Soup	小米百合粥 Millet Lily Porridge	番茄汤 Tomato and Egg Soup	麦片粥 Cereal Congee	紫米芋圆粥 Purple Rice & Taro Ball Porridge

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
11.16-11.20，2026

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
龙眼丸子 Braised Pork Meatball	肉酱芝士通心粉 Penne Bolognaise	奥尔良烤鸡 Orleans Roasted Chicken	韩式牛肉 Korean Beef	酱爆鸭片 Braised Duck with Soy Sauce
避风塘鱼块 Garlic Crispy Fish Cubes	炸猪排 Fried Pork Chop	煎鱼排配奶油黑椒汁 Fried Fish Fillet W/Creamy Black Pepper Sauce	重庆炒鸡 Chongqing Fried Chicken	牛肉煎饼 Beef Chimichanga W/Salsa
香菇油菜 Stir-Fried Bok Choy with Mushrooms	虾皮西葫芦 Stir-Fried Zucchini and Shrimp	西红柿鸡蛋 Stir-Fried Egg and Tomato	地三鲜 Potato Eggplant Pepper W/Soy Sauce	苜蓿鸡蛋黄瓜 Fried Egg and Cucumber W/Black Fungus
鸡蛋菜花 Fried Cauliflower and Egg	西兰花胡萝卜条 Broccoli and Carrot	香干芹菜 Fried Dried Tofu and Celery	清炒圆白菜 Stir-Fried Cabbage	糖醋藕片 Sweet and Sour Lotus Root Slices
酸辣汤 （无辣） Hot and Sour Soup（Non- Spicy）	奶油南瓜汤 Cream Pumpkin Soup	绿豆藜麦粥 Mung Bean and Quinoa Porridge	大酱汤 Doenjang Soup	俄式红菜汤 Borscht

幼教部加餐菜单
Pre-Kindergarten Snack Menu
11.16-11.20，2026

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 蓝莓;白火龙果 Yogurt Blueberry Dragon Fruit	牛奶 苹果;西瓜 Milk Apple Watermelon	酸奶 香蕉;红火龙果 Yogurt Banana Dragon Fruit	牛奶 哈密瓜;葡萄 Milk Hami Melon Grape
午加餐 Afternoon Snack				
苹果派 橘子;网纹瓜 Apple Pie Orange Netted Melon	布朗尼 苹果;橙子 Brownie Apple Orange	葡萄干蛋糕 哈密瓜;香蕉 Raisin Cake Hami Melon Banana	南瓜饼 橙子;哈密瓜 Pumpkin Pie Orange Hami Melon	胡萝卜蛋糕 西瓜;酥梨 Carrot Cake Watermelon Pear