幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
11.23-11.27，2026

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
西式炒蛋 Scrambled Egg	鸡蛋羹 Steamed Egg Custard	煎鸡蛋 Fried Eggs	孜然鹌鹑蛋 Cumin Quail Egg	小葱炒鸡蛋 Scrambled Eggs with Chive
香煎鸡肉肠 Fried Chicken Sausage	叉烧肉 Char Siu（Pork）	烤培根 Bacon	煎鸡排 Pan-Fried Chicken Cutlet	酱牛肉 Spiced Beef
蚝油生菜 Lettuce with Oyster Sauce	时蔬 Stir-Fried Vegetables	芝麻菠菜 Sesame Spinach	清炒娃娃菜 Stir-Fried Baby Bok Choy	西蓝花 Broccoli
烤面包片 Toast	山药红枣馒头 Yam and Red Date Steamed Buns	小米饼 Millet Pancake	油条 Deep-Fried Dough Sticks	牛奶馒头 Milk Steamed Buns
麦片粥 Cereal Congee	冬瓜鸡蛋汤 Wax Gourd and Egg Soup	紫菜鸡蛋汤 Seaweed and Egg Soup	咸豆花 Salty Soybean Pudding	八宝粥 Mixed Congee

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
11.23-11.27，2026

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
京酱鸡丝 Jing Jiang Chicken	意大利肉酱面 Spaghetti Bolognese	手抓羊肉饭 Lamb Pilaf	火腿炒通心粉 Fried Ham and Macaroni	糖醋鱼片 Fried Fish W/Sweet and Sour Sauce
炸鱼条配塔塔汁 Fried Fish Strips W/Tartar Sauce	菠萝古老肉 Fried Pork and Pineapple W/ Sweet and Sour Sauce	番茄牛肉 Stewed Beef with Tomatoes	盐焗鸡腿 Salty-Baked Chicken	唐杜里猪肉 Tandoori Roast Pork
蚝油杏鲍菇 Mushroom W/Oyster Sauce	烧茄子 Fried Eggplant W/Soy Sauce	醋溜白菜 Fried Chinese Cabbage W/Sour Sauce	鸡蛋炒蘑菇 Fried Mushrooms with Eggs	酱爆圆白菜 Stir-Fried Cabbage W/Soy Sauce
椒盐烤土豆块 Roasted Potato Wedges W/Pepper Salt	木耳奶白菜 Stir-Fried Baby Bok Choy W/Black Fungus	家常豆腐 Fried Tofu	蚝油冬瓜 Wax Gourd W/Oyster Sauce	西芹炒山药 Stir-Fried Chinese Yam with Celery
番茄鸡蛋汤 Tomato and Egg Soup	豆腐鱼丸汤 Tofu Fish Ball Soup	蔬菜疙瘩汤 Vegetable Dough Soup	大酱汤 Doenjang Soup	红豆粥 Red Bean Porridge

幼教部加餐菜单
Pre-Kindergarten Snack Menu
11.23-11.27，2026

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				
布朗尼 橘子;网纹瓜 Brownie Orange Netted Melon	香蕉面包 苹果;橙子 Banana Bread Apple Orange	面包圈 哈密瓜;香蕉 Donut Hami Melon Banana	法式吐司 橙子;哈密瓜 French Toast Orange Hami Melon	蛋挞 西瓜;酥梨 Egg Tart Watermelon Pear