

幼教部早餐菜单
Pre-Kindergarten Breakfast Menu
9.25 - 9.28 , 2023

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
西式炒蛋 Scramble Egg	鸡蛋饼 Omelette	火腿鸡蛋三明治 Ham and Egg Sandwich	菠菜鸡蛋羹 Steamed Egg Custard W/Spinach	
烟熏鸡肉 Smoked Chicken	叉烧肉 Char Siu (Pork)	蔬菜沙拉 Vegetable Salad	酱牛肉 Spiced Beef	
南瓜蜜豆卷 Pumpkin and Honey Bean Rolls	温拌菠菜 Mixed Spinach	开花肠 Fried Pork Sausage	紫薯花卷 Purple Potato Steamed Rolls	
紫菜汤 Seaweed and Egg Soup	番茄面汤 Tomato Egg Noodle Soup	牛奶麦片粥 Milk Cereal Congee	小米粥 Millet Gruel	

幼教部午餐菜单
Pre-Kindergarten Lunch Menu
9.25 - 9.28 , 2023

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
清蒸鱼 Steamed Fish	椰奶咖喱鸡 Chicken in Coconut Milk and Curry Sauce	龙眼丸子 Braised Pork Meatball	奥尔良烤鸡 Orleans Roasted Chicken	
韩式牛肉 Korean Beef	意大利肉酱面 Spaghetti Bolognese	炸鱼条配塔塔汁 Fried Fish Fillet W/Tartar Sauce	蚝油牛柳 Fried Beef W/Oyster Sauce	
鸡蛋菜花 Fried Cauliflower and Egg	风味烤茄子 Flavored Roasted Eggplant	清炒洋白菜 Fried Cabbage	蒜蓉菜心 Fried Choy Sum W/Garlic Sauce	
大葱猪肉酥饼 Pork Pastry	葱烧豆腐 Braised Tofu with Scallion	燕麦米饭 Oat Rice	三鲜饺子 Pork Mince W/Egg & Chinese Chives Dumpling	
海带豆腐汤 Kelp and Tofu Soup	奶油南瓜汤 Creamy Pumpkin Soup	小米红薯粥 Millet and Sweet Potato Congee	蘑菇番茄汤 Tomato and Mushroom Soup	

幼教部晚餐菜单
Pre-Kindergarten Dinner Menu
9.25 - 9.28 , 2023

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
红烧牛肉面 Braised Beef Noodles	炸鸡块 Fried Chicken Nuggets	虾仁豆腐蒸蛋 Steamed Eggs with Shrimp and Tofu	香菇鲜肉盏 Steamed Mushroom and Fresh Meat	
清炒甜豆 Fried Dutch Beans	西红柿炒蛋 Fried Egg and Tomato	烧茄子 Fried Eggplant W/Soy Sauce	荷塘小炒 Sauteed Vegetables	
——	白米饭 Rice	米饭 Rice	银丝卷 Fancy Roll	
——	紫菜蛋花汤 Seaweed and Egg Soup	排骨玉米莲藕汤 Spareribs Corn Lotus Root Soup	虾皮冬瓜汤 Wax Gourd and Shrimp Soup	

幼教部加餐菜单
Pre-Kindergarten Snack Menu
9.25 - 9.28 , 2023

Monday 周一

Tuesday 周二

Wednesday 周三

Thursday 周四

Friday 周五

早加餐 Morning Snack

苹果;西瓜 牛奶 Apple Watermelon Milk	桔子;绿网纹瓜 酸奶 Orange Hamimelon Yoghurt	哈密瓜;火龙果 豆奶 Hamimelon Dragon Fruit Soymilk	香蕉;葡萄 养乐多 Banana Grapes Yakult	
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午加餐 Afternoon Snack

香蕉面包 葡萄;桔子 Banana Bread Grapes Orange	提拉米苏 西瓜;香蕉 Tiramisu Watermelon Banana	草莓慕斯 苹果;猕猴桃 Strawberry Mousse Apple Kiwifruit	芝麻球 橙子;火龙果 Sesame Balls Orange Dragon Fruit	
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