

**幼教部早餐菜单**  
**Pre-Kindergarten Breakfast Menu**  
**6.3 - 6.6 , 2024**

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
小葱炒鸡蛋 Fried Chives Eggs	煎蛋 Fried Eggs	茄汁鹌鹑蛋 Tomato Quail Eggs	咸鸭蛋 Salted Duck Egg	
烤培根 Bacon	酱肘子 Sliced Pig Knuckle in Brown Sauce	香麻鸡丝 Mixed Shredded Chicken	酱牛肉 Spiced Beef	
红糖馒头 Brown Sugar Steamed Bread	面包 Bread	香葱花卷 Steamed Twisted Roll	牛奶馒头 Milk Steamed Buns	
南瓜粥 Pumpkin Porridge	紫菜汤 Seaweed and Egg Soup	豆腐鸡蛋菌菇汤 Tofu, Egg, Mushroom Soup	小米粥 Millet Gruel	

# 幼教部午餐菜单

## Pre-Kindergarten Lunch Menu

### 6.3 - 6.7, 2024

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
烤鸡肉配泰式酱 Roasted Chicken W/Thai Sauce	肉酱通心粉 Penne Bolognese	红烩牛肉 Stewed Beef	火腿意面 Fried Spaghetti With Ham	
煎猪排配蔬菜 Fried Pork W/Vegetables	京酱肉丝 Jing Jiang Shredded Pork	炸鱼条配塔塔汁 Fried Fish Fillet W/Tartar Sauce	香酥鸡块 Fried Chicken Nuggets	
蒜蓉西兰花 Fried Broccoli W/Minced Garlic	烧茄子 Fried Eggplant W/Soy Sauce	卡真玉米 Baked Corn W/Cajun Seasoning	豆干芹菜 Fried Dried Tofu and Celery	
蚝油冬瓜 Wax Gourd W/Oyster Sauce	黄油时蔬 Sauteed Vegetables in Butter	清炒洋白菜 Fried Cabbage	鸡蛋西葫芦 Fried Zucchini and Egg	
奶油芸豆汤 Creamed Kidney Beans Soup	绿豆粥 Mung Bean Porridge	红枣银耳羹 Red Date and Snow Fungus Soup	意大利蔬菜汤 Minestrone Soup	

幼教部晚餐菜单  
Pre-Kindergarten Dinner Menu  
6.3 - 6.7, 2024

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
盐水虾 Boiled Shrimp	可乐鸡翅 Chicken Wings W/Cola Sauce	牛肉汉堡 Beef Burger	熬鱼 Braised Fish	
菠菜炒鸡蛋 Fried Egg and Spinach	炆芹菜 Stir Fried Celery	薯条 French Fries	苜蓿黄瓜 Cucumber and Egg	
肉龙 Steamed Rolls W/Meat Inside	藜麦米饭 Quinoa Rice	蔬菜条 Vegetable Strips	二米饭 Mixed Rice	
番茄面汤 Tomato Noodle Soup	丝瓜鸡蛋汤 Luffa and Egg Soup	大葱土豆汤 Potato and Leek Soup	紫菜汤 Seaweed and Egg Soup	

**幼教部加餐菜单**  
**Pre-Kindergarten Snack Menu**  
**6.3 - 6.7 , 2024**

Monday 周一

Tuesday 周二

Wednesday 周三

Thursday 周四

Friday 周五

**早加餐 Morning Snack**

葡萄;酥梨  
牛奶  
Grapes  
Pear  
Milk

苹果;红火龙果  
酸奶  
Apple  
Dragon Fruit  
Yoghurt

水蜜桃;西瓜  
豆奶  
Honey Peach  
Watermelon  
Soymilk

香蕉;猕猴桃  
牛奶  
Banana  
Kiwifruit  
Milk

蛋糕球  
西瓜;香蕉  
Cake Ball  
Watermelon  
Banana

南瓜饼  
香橙;哈密瓜  
Pumpkin Pie  
Orange  
Hami melon

蔓越莓饼干  
红火龙果;哈密瓜  
Cranberry Cookies  
Dragon Fruit  
Hami melon

玛芬  
酥梨;麒麟瓜  
Muffin  
Pear  
Watermelon