

学前班早餐菜单
Kindergarten Breakfast Menu
12.16-12.20, 2024

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
西式炒蛋 Scramble Egg	黑芝麻鸡蛋饼 Black Sesame Omelette	鸡蛋羹 Steamed Egg Custard	茄汁鹌鹑蛋 Tomato Quail Eggs	煎鸡蛋 Fried Eggs
煎培根 Bacon	酱牛肉 Spiced Beef	酱肘花 Sliced Pig Knuckle in Brown Sauce	炸鸡柳 Fried Chicken Fillet	猪肉包子 Pork Meat Buns
小餐包 Bread	炆芹菜 Fried Celery	牛奶馒头 Milk Steamed Buns	春饼 Spring Pancake	炒合菜 Stir Fried Bean Sprouts and Vegetables
燕麦粥 Oatmeal	紫菜蛋花汤 Seaweed and Egg Soup	红薯小米粥 Sweet Potato and Millet Congee	紫米粥 Purple Rice Congee	八宝粥 Mixed Congee

学前班午餐菜单
Kindergarten Lunch Menu
12.16-12.20 , 2024

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
香草煎鸡腿 Baked Chicken W/Vanilla	披萨 Pizza	烤包子（羊肉） Roasted Bao Zi(Mutton)	红烩牛肉 Stewed Beef	牛肉丸配奶油芝士 香草汁 Beef Meatballs W/Cream Cheese Vanilla Sauce
炸藕盒 Fried Lotus Root	杏鲍菇牛柳 Beef and Mushroom	番茄鱼片 Fried Fish Fillet W/Tomato Sauce	重庆炒鸡 Chongqing Fried Chicken	黄油煎鲷鱼 Fried Fish W/Butter
蒜蓉西兰花 Fried Broccoli W/Minced Garlic	西红柿鸡蛋 Fried Egg and Tomato	土豆条 Roasted Potato Chips	黄油时蔬 Sauteed Vegetables in Butter	荷塘小炒 Sauteed Vegetables
煎饺子 Fried Dumplings	南瓜青豆 Pumpkin Green Bean	小番茄西芹 Fried Celery and Cherry Tomato	罗勒酱意面 Spaghetti W/Basil Sauce	番茄通心粉 Macaroni W/Tomato Sauce
酸辣汤 Hot and Sour Soup	八宝粥 Mixed Congee	西红柿鸡蛋汤 Tomato and Egg Soup	奶油蘑菇汤 Creamed Mushroom Soup	奶油栗子汤 Creamed Chestnut Soup

学前班加餐菜单
Kindergarten Snack Menu
12.16-12.20, 2024

Monday 周一

Tuesday 周二

Wednesday 周三

Thursday 周四

Friday 周五

早加餐 Morning Snack

蛋挞;牛奶
猕猴桃;西瓜
Egg Tart
Milk
Kiwifruit
Watermelon

山楂吐司;酸奶
香橙;草莓
Hawthorn Toast
Yoghurt
Orange
Strawberry

鸡肉洋葱圈;豆奶
红火龙果;哈密瓜
Chicken Onion
Soy milk
Dragon Fruit
Hami melon

饼干;酸奶
蓝莓;酥梨
Biscuits
Yoghurt
Blueberry
Pear

南瓜饼;牛奶
白火龙果;西瓜
Pumpkin Cake
Milk
Dragon Fruit
Watermelon