

幼教部早餐菜单
Pre-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

幼教部午餐菜单
Pre-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

幼教部晚餐菜单
Pre-Kindergarten Dinner Menu
12.16-12.20 , 2024

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
红烧牛肉面 Braised Beef Noodles	清蒸鱼 Steamed Fish	意大利肉酱面 Spaghetti Bolognese	莲藕肉丸 Lotus Root and Pork Meatball	
小油菜 Cole	炆拌笋丝 Stir-fried Shredded Bamboo Shoots	芝士玉米粒 Cheese and Corn	西红柿鸡蛋 Fried Egg and Tomato	
卤蛋 Halogen Eggs	蛋炒饭 Fried Rice and Egg	鸡米花 Popcorn Chicken	红豆饭 Red Bean Rice	
——	蔬菜菌菇汤 Vegetables and Mushroom Soup	红豆粥 Red Bean Porridge	冬瓜排骨汤 Wax Gourd Spareribs Soup	

幼教部加餐菜单
Pre-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

猕猴桃;西瓜 牛奶 Kiwifruit Watermelon Milk	香橙;草莓 酸奶 Orange Strawberry Yoghurt	红火龙果;哈密瓜 豆奶 Dragon Fruit Hami melon Soymilk	蓝莓;酥梨 酸奶 Blueberry Pear Yoghurt	白火龙果;西瓜 牛奶 Dragon Fruit Watermelon Milk
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午加餐 Afternoon Snack

蛋挞 红火龙果;绿葡萄 Egg Tart Dragon Fruit Green Grapes	山楂吐司 西瓜;苹果 Hawthorn Toast Watermelon Apple	鸡肉洋葱圈 香蕉;砂糖橘 ChickenOnion Banana Orange	饼干 猕猴桃;红火龙果 Biscuits Kiwifruit Dragon Fruit	南瓜饼 香蕉;哈密瓜 Pumpkin Cake Banana Hami melon
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