

学前班早餐菜单
Kindergarten Breakfast Menu
 1.20 - 1.24 , 2025

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
鸡蛋羹 Steamed Egg Custard	熏鹌鹑蛋 Spiced Quail Eggs	西式炒蛋 Scramble Egg	煎鸡蛋 Fried Egg	香葱炒鸡蛋 Fried Chives Eggs
烩香肠 Braised Sausage	酱牛肉 Spiced Beef	蔬菜沙拉 Vegetable Salad	叉烧肉 Char Siu (Pork)	酱肘子 Sliced Pig Knuckle in Brown Sauce
酸奶馒头 Yoghurt Steamed Bun	葡萄干发糕 Raisin Steamed Chinese Sponge Cake	火腿芝士三明治 Ham and Cheese Sandwich	紫薯花卷 Purple Potato Steamed Rolls	小米饼 Millet Pancake
番茄汤 Tomato and Egg Soup	紫菜鸡蛋汤 Seaweed and Egg Soup	麦片粥 Cereal Congee	小米粥 Millet Gruel	豆浆 Soybean Milk

学前班午餐菜单
Kindergarten Lunch Menu
1.20 - 1.24 , 2025

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
炸鱼柳配塔塔汁 Fried Fish W/Tartar Sauce	肉酱通心粉 Penne Bolognaise	牛肉煎饼 Beef Chimichanga W/Salsa	鱼香鸡丝 SiChuan Shredded Chicken	清蒸鱼 Steamed Fish
孜然牛柳 Fried Beef with Cumin	泰式烤鸡 Thai Roasted Chicken	炸猪排 Fried Pork Chops W/French Sauce	披萨 Pizza	三鲜饺子 Dumpling
黄油时蔬 Sauteed Vegetables in Butter	冻豆腐白菜 Fried Tofu and Chinese Cabbage	醋溜土豆丝 Fried Potato Shredded W/Sour Sauce	蒸玉米 Steamed Corn	百合甜豆胡萝卜 Sauteed Vegetables
西红柿鸡蛋 Fried Egg and Tomato	鸡蛋炒蘑菇 Fried Mushrooms with Eggs	鸡蛋黄瓜 Fried Egg and Cucumber	木耳炒油菜 Fried Black Fungus and Cole	酱爆洋白菜 Stir-Fried Cabbage W/Salty Sauce
意大利蔬菜汤 Minestrone Soup	小米南瓜粥 Millet and Pumpkin Congee	墨西哥杂豆香肠汤 Mexican Mixed Bean Sausage Soup	奶油蘑菇汤 Creamed Mushroom Soup	蔬菜牛肉羹 Beef Vegetable Soup

学前班加餐菜单
Kindergarten Snack Menu
1.20 - 1.24 , 2025

Monday 周一

Tuesday 周二

Wednesday 周三

Thursday 周四

Friday 周五

早加餐 Morning Snack

牛角包;牛奶
猕猴桃;哈密瓜
Croissant
Milk
Kiwi fruit
Hami melon

芝士蛋糕;酸奶
苹果;红火龙果
Cheese Cake
Yoghurt
Apple
Dragon Fruit

南瓜饼;豆奶
葡萄;香蕉
Pumpkin Pie
Soymilk
Grapes
Banana

瑞士卷;酸奶
蓝莓;酥梨
Swiss Roll
Yoghurt
Blueberry
Pear

巧克力挞;牛奶
白火龙果;西瓜
Chocolate Tart
Milk
Dragon Fruit
Watermelon