

**幼教部早餐菜单**  
**Pre-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

**幼教部午餐菜单**  
**Pre-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 Bolognese	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

**幼教部晚餐菜单**  
**Pre-Kindergarten Dinner Menu**  
**1.20 - 1.24 , 2025**

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
爆炒羊肉 Fried Lamb	糖醋鱼片 Fried Fish W/Sweet and Sour Sauce	炸酱面 Noodles W/Soybean Saste	牛肉汉堡 Beef Burger	
清炒菜心 Fried Choy Sum	素烧三丁 Stir Fried Potatoes and Carrots W/Cucumbers	什锦蔬菜丝 Assorted Shredded Vegetables	焗西兰花 Baked Broccoli	
蛋炒饭 Fried Rice and Egg	银丝卷 Fancy Roll	炒鸡蛋 Fried Egg	薯条 Roasted Potato Chips	
菠菜鸡蛋汤 Spinach and Egg Soup	番茄面汤 Tomato Noodle Soup	紫米粥 Purple Rice Porridge	南瓜汤 Pumpkin Soup	

**幼教部加餐菜单**  
**Pre-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**

猕猴桃;哈密瓜  
牛奶  
Kiwifruit  
Hami melon  
Milk

苹果;红火龙果  
酸奶  
Apple  
Dragon Fruit  
Yoghurt

葡萄;香蕉  
豆奶  
Grape  
Banana  
Soy milk

蓝莓;酥梨  
酸奶  
Blueberry  
Pear  
Yoghurt

白火龙果;西瓜  
牛奶  
Dragon Fruit  
Watermelon  
Milk

**午加餐 Afternoon Snack**

牛角包  
红火龙果;绿葡萄  
Croissant  
Dragon Fruit  
Green Grapes

芝士蛋糕  
西瓜;酥梨  
Cheese Cake  
Watermelon  
Pear

南瓜饼  
葡萄;香蕉  
Pumpkin Pie  
Grapes  
Banana

瑞士卷  
猕猴桃;红火龙果  
Swiss Roll  
Kiwifruit  
Dragon Fruit

巧克力挞  
香蕉;哈密瓜  
Chocolate Tart  
Banana  
Hami melon