

**学前班早餐菜单**  
**Kindergarten Breakfast Menu**  
**2.24 - 2.28 , 2025**

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
小葱炒鸡蛋 Fried Chives Eggs	鸡蛋羹 Steamed Egg Custard	鸡蛋羹 Steamed Egg Custard	茄汁鹌鹑蛋 Tomato Quail Eggs	煎鸡蛋 Fried Eggs
肉龙 Roll with Meat Filling	酱肘花 Sliced Pig Knuckle in Brown Sauce	叉烧肉 Char Siu (Pork)	炸鸡柳 Fried Chicken Fillet	烤培根 Bacon
金针菇 Mixed Needle Mushroom	牛奶馒头 Milk Steamed Buns	葡萄干发糕 Raisin Steamed Chinese Sponge Cake	春饼 Spring Pancake	小米饼 Millet Pancake
番茄蛋花汤 Tomato and Egg Soup	八宝粥 Mixed Congee	冬瓜鸡蛋汤 Wax Gourd and Egg Soup	红薯小米粥 Sweet Potato and Millet Congee	紫菜鸡蛋汤 Seaweed and Egg Soup

**学前班午餐菜单**  
**Kindergarten Lunch Menu**  
**2.24 - 2.28 , 2025**

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
黄焖牛肉 Stewed Beef with Gluten	肉酱通心粉 Penne Bolognese	菠萝古老肉 Fried Pork and Pineapple W/Sweet and Sour Sauce	香草炸鱼排 Fish Fillet W/Vanilla	宫爆鸡丁 Kung Pao Chicken
章鱼小丸子 Octopus Balls	咖喱鸡 Yellow Curry Chicken	墨西哥黑豆鸡肉饼 Mexican Black Bean Chicken Patties	烤包子（羊肉） Roasted Bao Zi(Mutton)	牛肉面包配蘑菇汁 Roasted Meat Loaf W/Mushroom Sauce
菠菜鸡蛋粉丝 Stir-Fried Spinach and Eggs W/Vermicelli	清炒西蓝花 Fried Broccoli	火腿菜花 Ham and Cauliflower	烧茄子 Fried Eggplant W/Soy Sauce	韭菜炒鸡蛋 Stir-Fried Leek with Eggs
尖椒豆皮 Stir-Fried Bean Curd W/Green Pepper	木耳白菜 Black Fungus and Chinese Cabbage	西芹炒山药 Stir-Fried Yam with Celery	酱爆圆白菜 Stir Fry Cabbage W/Salty Sauce	炒合菜 Stir Fried Bean Sprouts and Vegetables
冬瓜蛋花汤 Wax Gourd and Egg Soup	奶油蘑菇汤 Creamed Mushroom Soup	墨西哥杂豆香肠汤 Mexican Mixed Bean Sausage Soup	哈佛蔬菜汤 Harvard Vegetable Soup	酸辣汤 Hot and Sour Soup

学前班加餐菜单  
Kindergarten Snack Menu  
2.24 - 2.28 , 2025

Monday 周一

Tuesday 周二

Wednesday 周三

Thursday 周四

Friday 周五

早加餐 Morning Snack

芝士挞;牛奶  
猕猴桃;哈密瓜  
Cheese Tart  
Milk  
Kiwifruit  
Hami melon

苹果派;酸奶  
苹果;红火龙果  
Apple Pie  
Yoghurt  
Apple  
Dragon Fruit

饼干;豆奶  
葡萄;香蕉  
Biscuits  
Soy milk  
Grapes  
Banana

山楂吐司;酸奶  
蓝莓;酥梨  
Hawthorn Toast  
Yoghurt  
Blueberry  
Pear

提拉米苏;牛奶  
白火龙果;西瓜  
Tiramisu  
Milk  
Dragon Fruit  
Watermelon