

幼教部早餐菜单
Pre-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	西式炒蛋 Scramble Egg	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

幼教部午餐菜单

Pre-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 Bolognaise	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

幼教部晚餐菜单
Pre-Kindergarten Dinner Menu
2.24 - 2.28 , 2025

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
意大利肉酱面 Spaghetti Bolognese	清蒸鱼 Steamed Fish	孜然牛肉 Fried beef with Cumin	水煎包 Fried Dumplings	
芝士玉米粒 Cheese Corn Kernels	炆拌笋丝 Stir-fried Shredded Bamboo Shoots	西红柿鸡蛋 Scrambled Egg with Tomato	蚝油蘑菇 Mushroom W/Oyster Sauce	
鸡米花 Popcorn Chicken	蛋炒饭 Fried Rice and Egg	藜麦米饭 Quinoa Rice	素什锦 Mixed Vegetables	
红豆粥 Red Bean Porridge	蔬菜菌菇汤 Vegetables and Mushroom Soup	火腿豆腐汤 Ham and Tofu Soup	薏米粥 Job's Tears Porridge	

幼教部加餐菜单
Pre-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

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
养乐多
Blueberry
Pear
Yakult

白火龙果;西瓜
牛奶
Dragon Fruit
Watermelon
Milk

午加餐 Afternoon Snack

芝士挞
白火龙果;葡萄
Cheese Tart
Dragon Fruit
Grapes

苹果派
西瓜;酥梨
Apple Pie
Watermelon
Pear

饼干
猕猴桃;哈密瓜
Biscuits
Kiwifruit
Hami melon

山楂吐司
苹果;草莓
Hawthorn Toast
Apple
Strawberry

提拉米苏
香蕉;哈密瓜
Tiramisu
Banana
Hami melon