

**学前班早餐菜单**  
**Kindergarten Breakfast Menu**  
**4.7 - 4.11 , 2025**

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
煎蛋 Fried Eggs	鸡蛋羹 Steamed Egg Custard	西式炒蛋 Scramble Egg	熏鹌鹑蛋 Spiced quail Eggs	卤蛋 Halogen Eggs
酱牛肉 Spiced Beef	酱肘子 Sliced Pig Knuckle in Brown Sauce	香煎鸡肉肠 Fried Chicken Sausage	叉烧肉 Char Siu (Pork)	肉龙 Steamed Pork-filled Buns
牛奶馒头 Milk Steamed Buns	银丝卷 Silver Thread Rolls	烤面包片 Toast	南瓜蜜豆卷 Pumpkin and Honey Bean Rolls	炒黄瓜 Spicy Cucumbers
麦片粥 Cereal Congee	紫菜蛋花汤 Seaweed and Egg Drop Soup	绿豆粥 Mung Bean Porridge	银耳羹 Snow Fungus Soup	番茄鸡蛋汤 Tomato and Egg Soup

**学前班午餐菜单**  
**Kindergarten Lunch Menu**  
**4.7 - 4.11 , 2025**

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
京酱肉丝 Shredded Pork in Beijing Sauce	牛肉千层面 Beef Lasagna	回锅肉 Twice-Cooked Pork	唐杜里烤鸡 Tandoori Roast Chicken	孜然羊肉 Fried Lamb with Cumin
鸡肉汉堡 Chicken Burger	宫爆鱼丁 Kung Pao Fish	黄焖牛肉 Stewed Beef	肉酱通心粉 Spaghetti Bolognese	煎鱼排配番茄汁 Fried Fish fillet W/Tomato Sauce
番茄炒菜花 Tomato and Cauliflower	黄油时蔬 Sauteed Vegetables in Butter	鱼香茄子 SiChuan Spicy Eggplant	酱爆洋白菜 Stir Fry Cabbage W/Salty Sauce	地三鲜 Potato Eggplant Pepper W/Soy Sauce
香菇油菜 Mushroom and Cole	冻豆腐白菜 Frozen Tofu and Cabbage	鸡蛋炒西葫芦 Zucchini and Egg Stir- Fry	西兰花胡萝卜条 Broccoli and Carrot	鸡蛋炒菜笋 Fried eggs with bamboo shoots
奶油南瓜汤 Cream Pumpkin Soup	西湖牛肉羹 Beef Soup	泡菜豆腐汤 Kimchi and Tofu Soup	绿豆粥 Mung Bean Porridge	酸辣汤 Hot and Sour Soup

学前班加餐菜单  
Kindergarten Snack Menu  
4.7 - 4.11 , 2025

Monday周一

Tuesday周二

Wednesday周三

Thursday周四

Friday周五

早加餐 Morning Snack

胡萝卜蛋糕;牛奶  
葡萄;酥梨  
Carrot Cake  
Milk  
Grapes  
Pear

蛋挞;酸奶  
蓝莓;酥梨  
Egg Tart  
Yoghurt  
Blueberry  
Pear

布朗尼;豆奶  
葡萄;香蕉  
Brownie  
Soy milk  
Grapes  
Banana

苹果派;酸奶  
蜜瓜;香蕉  
Apple Pie  
Yoghurt  
Honeydew melon  
Banana

巧克力挞;牛奶  
火龙果;冰糖橘  
Chocolate Tart  
Milk  
Dragon Fruit  
Tangerine