

幼教部早餐菜单
Pre-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

幼教部午餐菜单
Pre-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 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 Creamy 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

幼教部晚餐菜单
Pre-Kindergarten Dinner Menu
4.7 - 4.11 , 2025

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
糖醋鱼片 Fried Fish W/Sweet and Sour Sauce	香酥鸡米花 Stir-Fried Chicken Popcorn	太阳肉 Steamed Quail Egg and Minced Pork Pie	蚝油牛柳 Oyster sauce beef tenderloin	
莴笋炒鸡蛋 Stir-Fried Lettuce Stems with Eggs	披萨 Pizza	醋溜土豆丝 Shredded Potatos in vinegar Sauce	西红柿鸡蛋 Fried Egg and Tomato	
香葱花卷 Steamed Twisted Roll	清炒菜心 Fried Choy Sum	杂粮馒头 Mixed grain steamed bun	红豆饭 Red Bean Rice	
番茄疙瘩汤 Dough and Tomato Soup	苹果藜麦粥 Apple Quinoa Porridge	排骨玉米莲藕汤 Spareribs Corn Lotus Root Soup	冬瓜鸡蛋汤 Winter Melon and Egg Soup	

幼教部加餐菜单
Pre-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

葡萄;酥梨
牛奶
Grapes
Pear
Milk

苹果;红火龙果
酸奶
Apple
Dragon Fruit
Yoghurt

草莓;香蕉
豆奶
Strawberry
Banana
Soymilk

蜜瓜;香蕉
酸奶
Honeydew melon
Banana
Yoghurt

火龙果;冰糖橘
牛奶
Dragon Fruit
Tangerine
Milk

午加餐 Afternoon Snack

胡萝卜蛋糕
哈密瓜;猕猴桃
Carrot Cake
Hami melon
Kiwi fruit

蛋挞
蓝莓;酥梨
Egg Tart
Blueberry
Pear

布朗尼
葡萄;香蕉
Brownie
Grapes
Banana

苹果派
猕猴桃;橙子
Apple Pie
Kiwifruit
Orange

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