

学前班早餐菜单
Kindergarten Breakfast Menu
4.21 - 4.25 , 2025

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
香葱炒鸡蛋 Fried Chives Eggs	熏鹌鹑蛋 Spiced quail Eggs	西式炒蛋 Scramble Egg	鸡蛋羹 Steamed Egg Custard	菠菜鸡蛋卷 Spinach omelette
烤培根 Bacon	酱牛肉 Spiced Beef	烩香肠 Braised Sausage	酱肘子 Sliced Pig Knuckle in Brown Sauce	烟熏鸡胸 Smoked Chicken Breast
银丝卷 Fancy Roll	牛奶馒头 Milk Steamed Buns	全麦面包 Whole Wheat Bread	蔬菜炒饭 Vegetable Fried Rice	玉米烙 Corn Cake
麦片粥 Cereal Congee	冬瓜鸡蛋汤 Wax Gourd and Egg Soup	八宝粥 Eight-Treasure Porridge	紫菜蛋花汤 Seaweed Egg Soup	绿豆粥 Mung Bean Porridge

学前班午餐菜单
Kindergarten Lunch Menu
4.21 - 4.25 , 2025

周一Monday	周二Tuesday	周三Wednesday	周四Thursday	周五Friday
牛肉煎饼 Beef Chimichanga W/Salsa	糖醋鱼片 Fried Fish W/Sweet and Sour Sauce	苏格兰炸蛋 Scotch Egg	烤包子 (羊肉) Grilled buns (lamb)	香菇蒸鸡块 Steamed Chicken with Shiitake Mushrooms
香酥鸡腿 Crispy Chicken Drumstick	意大利肉酱面 Spaghetti Bolognese	咖喱鸡 Yellow Curry Chicken	韩式牛肉 Korean beef	照烧鱼块 Teriyaki Fish Fillets
鸡蛋粉丝圆白菜 Eggs and Cabbage with Clear Noodles	黄油时蔬 Sauteed Vegetables in Butter	蜂蜜红薯 Honey Sweet Potato	地三鲜 Potato Eggplant Pepper W/Soy Sauce	烧茄子 Braised Eggplant
西兰花胡萝卜玉米 Broccoli; Carrot; Corn	蚝油冬瓜 Wax Gourd W/Oyster Sauce	西芹芸豆小番茄 Celery, kidney beans, cherrytomato	家常豆腐 Homemade Tofu	清炒洋白菜 Stir-fried Cabbage
奶油南瓜汤 Creamy Pumpkin Soup	紫菜蛋花汤 Seaweed and Egg Soup	奶油蘑菇汤 Creamy Mushroom Soup	绿豆汤 Mung Bean Soup	大酱汤 Miso soup

学前班加餐菜单
Kindergarten Snack Menu
4.21 - 4.25 , 2025

Monday 周一

Tuesday 周二

Wednesday 周三

Thursday 周四

Friday 周五

早加餐 Morning Snack

芝麻球;牛奶
葡萄;酥梨
Sesame Ball
Milk
Grapes
Pear

玛芬;酸奶
苹果;红火龙果
Muffin
Yoghurt
Apple
Dragon Fruit

布朗尼;豆奶
酥梨;西瓜
Brownie
Soy milk
pear
Watermelon

芝士蛋糕;酸奶
香蕉;猕猴桃
Cheese
Cake
Yoghurt
Banana
Kiwifruit

双色蛋糕;牛奶
苹果;红火龙果
Butter Cake
Milk
Apple
Dragon Fruit