

**幼教部早餐菜单**  
**Pre-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

**幼教部午餐菜单**  
**Pre-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 and Corn	蚝油冬瓜 Wax Gourd W/Oyster Sauce	西芹芸豆小番茄 Celery, Kidney Beans, Cherry Tomato	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

**幼教部晚餐菜单**  
**Pre-Kindergarten Dinner Menu**  
**4.21 - 4.25 , 2025**

Monday周一	Tuesday周二	Wednesday周三	Thursday周四	Friday周五
孜然羊肉 Cumin Lamb	牛肉汉堡 Beef Burger	鸡米花 Popcorn Chicken	菠萝糖醋鱼片 Sweet and Sour Fish Slices with Pineapple	
清炒菜心 Fried Choy Sum	焗西兰花 Baked Broccoli	披萨 Pizza	素烧三丁 Stir-fried Potatoes, Carrots, Cucumbers	
蛋炒饭 Fried Rice and Egg	薯条 Roasted Potato Chips	焗西兰花 Baked Broccoli	银丝卷 Fancy Roll	
菠菜鸡蛋汤 Spinach and Egg Soup	南瓜汤 Pumpkin Soup	奶油蘑菇汤 Creamy Mushroom Soup	番茄面汤 Tomato Noodle Soup	

**幼教部加餐菜单**  
**Pre-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**

葡萄;酥梨  
牛奶  
Grapes  
Pear  
Milk

苹果;红火龙果  
酸奶  
Apple  
Dragon Fruit  
Yoghurt

酥梨;西瓜  
豆奶  
Pear  
Watermelon  
Soymilk

香蕉;猕猴桃  
酸奶  
Banana  
Kiwifruit  
Yoghurt

苹果;红火龙果  
牛奶  
Apple  
Dragon Fruit  
Milk

**午加餐 Afternoon Snack**

芝麻球  
哈密瓜;猕猴桃  
Sesame Ball  
Hami melon  
Kiwifruit

玛芬  
蓝莓;酥梨  
Muffin  
Blueberry  
Pear

布朗尼  
葡萄;哈密瓜  
Brownie  
Grapes  
Hami melon

芝士蛋糕  
酥梨;橙子  
Cheese Cake  
Pear  
Orange

双色蛋糕;  
香蕉;哈密瓜  
Butter Cake  
Banana  
Hami melon