



KINDERGARTEN WEEKLY MENU



	Morning snack 能量早点	Lunch 营养午餐			Fruit 缤纷水果	Afternoon snack 花样午点
		Staple food 主食	Main course 菜	Soup 汤		
Tuesday 快乐星期二	光明优倍牛奶 Milk 红糖马拉糕 Brown Sugar Marat Cake	三色藜麦米饭 Quinoa Rice	酸甜左宗棠鸡腿 Braised Chicken Drumstick 茭白滑炒里脊肉丁 Stir Fried Pork with Vegetables 黄瓜木耳胡萝卜烩腐竹 Fried Mix Vegetables	南瓜豆腐目鱼虾仁鲍鱼海鲜羹 Pumpkin,Tofu and Abalone Soup	翠玉樱桃小番茄 Cherry Tomatoes	牛肉小烧麦 Steamed Beef Dumpling 乌参小米粥 Millet Congee with Sea Cucumber
Wednesday 精彩星期三	光明优倍牛奶 Milk 培根小花卷 Bacon Rolls	米饭 Steamed Rice	香煎柠檬鳕鱼块 Braised Codfish 双花云耳炒肉片 Stir Fried Pork with Cauliflower 地三鲜（茄子、土豆、甜椒） Mixed Vegetables	咖喱牛肉粉丝汤 Curry Beef Vermicelli Soup	蓝莓大果 Blueberries	脆皮黄油年糕 Rice Cake with Butter 木瓜红枣银耳羹 Sweet Soup with Papaya,Jujube
Thursday 美妙星期四	光明优倍牛奶 Milk 法式黄油小牛角 Croissant	凤梨海鲜烩饭 （洋葱虾仁鱿鱼墨鱼） Fried Rice with Seafood	沙茶鸡肉芥菜炒河粉 Stir Fried Rice Noodles with Chicken and Mustard Greens with shacha sauce 卤汁素火腿 All-Spice Bean Curd 芦笋小炒（芦笋、草菇、黑木耳） Fried Mix Vegetables	香菜萝卜大骨汤 Cilantro and Bone Soup	夏黑 Grapes	香干素菜包 Vegetable Bun 养胃菠菜猪肚粥 Congee with Pork Belly,Spinach
Friday 开心星期五	光明优倍牛奶 Milk 丝瓜鸡蛋手抓饼 Egg Pancake	米饭 Steamed Rice	金蒜黄油牛肉粒 Diced Beef with Butter 酱爆彩椒目鱼花 Stir Fried Veggies with Squid 上汤米苋 Mixed Vegetables	芒种养生之：冬瓜薏米煲鸭汤 Duck Soup with Wax Gourd, Coix Seed	皇帝蕉 Banana	迷你蛋挞 Egg Tart 芒种清心粥 （绿豆、莲子、百合） Sweet Congee with Mung Bean, Lily and Lotus Seed
Monday 美好星期一	光明优倍牛奶 Milk 樱花米糕 Cherry Blossom Rice Cake	米饭 Steamed Rice	照烧猪排条 Teriyaki Pork Chop 蒜香鹿茸菇炒杭白菜 Mixed Vegetables 芥蓝胡萝卜烩虾仁 Stir Fried Veggies with Shrimp	三文鱼海鲜菇汤 Salmon Soup with Mushroom	蓝莓大果 Blueberries	烤小香肠面包卷 Mini Hot Dog Roll 港式西芹蹄筋粥 Celery Congee