



KINDERGARTEN WEEKLY MENU

	Morning snack 能量早点	Lunch 午餐			Fruit 缤纷水果	Afternoon snack 花样午点
		Staple food 主食	Main course 菜	Soup 汤		
Enjoy Life On Monday 生活在周一	光明优倍牛奶 Milk 柠汁马拉糕 Lemon Spong Cake	三色藜麦米饭 Quinoa Rice	海参鹌鹑蛋元宝肉（梅花肉） Fried Quail Eggs with Pork 小菠菜炆百叶 Mixed Vegetables 翡翠虾仁（黄瓜、鸡头米、虾仁） Fried Shrimp with Vegetables	枸杞竹荪猪肚鸡汤 Chicken Soup	小香蕉 Banana	牛肉粒糯米烧麦 Beef Steamed Dumplings 姬茸菇鲍鱼粥 Abalone Congee
Enjoy Food On Tuesday 美味在周二	光明优倍牛奶 Milk 肉松海苔碎花卷 Pork Floss and Seaweed Flake Roll	米饭 Steamed Rice	大班：酱汁鸭腿 小中班：酱汁鸭腿肉 Sauce Duck Meat 油麦菜扒香菇 Vegetables with Mushroom 西芹胡萝卜炒牛肉丝 Stir Fried Shredded Beef with Vegetables	玉米莲藕枸杞软排汤 Pork Rib Soup	多彩圣女果 Cherry Tomatoes	苹果派 Apple Pie 绿豆百合汤 Green Bean Soup
Cheer On Wednesday 快乐在周三	光明优倍牛奶 Milk 蔓越莓司康 Cranberry Scone	米饭 Steamed Rice	照烧银鳕鱼块 Braised Codfish 芦笋胡萝卜烩草菇 Mixed Vegetables 上海炒酱（肉丁） Fried Tofu, Wild Shoots with Pork	卷心菜洋葱土豆番茄牛肉罗宋汤 Russian Borscht Soup	蓝莓 Blueberries	叉烧酥 BBQ Pork Pastry 千里香小馄饨 Pork Dumplings
Various Color On Thursday 多彩在周四	光明优倍牛奶 Milk 丝瓜鸡蛋手抓饼 Egg Pancake	米仁米饭 Blended Rice	大班：蚝油嫩炒牛柳 小中班：蚝油嫩炒牛柳丝 Braised Beef 柠香鸡丁（鸡腿肉青柠黄椒洋葱） Stir Fried Chicken with Truffle 荷塘小炒 Mixed Vegetables	羊肚菌三鲜豆腐海鲜羹 Tofu Soup with Seafood	人参果 Ginseng Fruit	铜锣烧 Dorayaki 椰汁雪梨蜜瓜西米露 Sweet Soup with Coconut Juice
Happiness On Friday 幸福在周五	光明优倍牛奶 Milk 麦芬蛋糕 Muffin	时蔬海鲜炒乌冬面 Stir-fry Udon with Seafood	日式咖喱猪排饭 Curry Tonkatsu Donburi 蒜香鹿茸菇炒杭白菜 Mixed Vegetables 蜜汁小素鸡 Honey-Glazed Dried Tofu	西湖牛肉羹 （香菇、蛋清、香菜） Beef Soup with Egg	无籽红提 Grapes	酱香小肉包 Pork Bun 山药鸭肉滋补粥 Chinese Yam Porridge