



KINDERGARTEN WEEKLY MENU



	Morning snack 早点	Lunch 午餐			Fruit 水果	Afternoon snack 午点
		Staple food 主食	Main course 菜	Soup 汤		
Monday 星期一	光明优倍牛奶 Milk 海盐羊角包 Croissant	燕麦米饭 Oatmeal Rice	大班：法式香煎鸭胸肉 小中班：法式香煎鸭胸肉丁 Sauced Duck 娃娃菜炒鸡枞菌 Mixed Vegetables 洋葱胡萝卜炒牛肉丝 Stir Fried Veggies with Beef	裙带菜马蹄鱼片汤 Fish Soup with Undaria Pinnatifida	人参果 Ginseng fruit	香干素菜包 Steamed Pork Dumplings 生菜肉沫猫耳朵汤 Noodle Soup with Minced Pork
Tuesday 星期二	光明优倍牛奶 Milk 老上海葱油饼 Scallion Pancake	米饭 Steamed Rice	大班：南乳墨鱼烧小肉（里脊肉） 小中班：南乳墨鱼丁烧里脊肉丁 Steamed Fish 海参丝瓜炒鸡蛋 Stir Fried Egg with Sea Cucumber 蒜泥米苋 Vegetables with Mashed Garlic	番茄山药牛腩汤 小中班：牛腩切丁、山药切小块 Tomato,Yam and Beef Soup	小香蕉 Banana	爆浆红薯奶酪饼 Sweet Potato Cheese Pie 藜麦雪梨银耳羹 Sweet Soup with Pear and White Fungus
Wednesday 星期三	光明优倍牛奶 Milk 樱花米糕 Cherry Blossom Rice Cake	米饭 Steamed Rice	响油鳝丝 Garlic Ribs 素炒三宝（猴头菇胡萝卜莴笋） Fried Mix Vegetables 彩椒芥蓝炒鸡丁 Stir Fried Veggies with chicken breast	润肺清燥排骨汤 （软排、雪莲果、玉米） 小中班：肉排拆骨、玉米、雪莲果切小块 Pork Ribs Soup	葡萄 Grapes	烤小香肠面包卷 Mini Hot Dog Roll 冬瓜胡萝卜干贝虾仁粥 Seafood Congee
Thursday 星期四	光明优倍牛奶 Milk 港式叉烧包 BBQ Pork Bun	糙米米饭 Brown Rice	大班：杏鲍菇牛仔粒 小中班：杏鲍菇牛仔粒丁 Braised Mutton with Carrot 黄瓜胡萝卜炒墨鱼条 Stir Fried Seafood with Vegetables 鱼香肉丝（茭白） Vegetables with Mashed Garlic	松茸鲍鱼乌鸡汤 小中班：乌鸡拆骨、鲍鱼切丁 Chicken Soup	黄樱桃圣女果 Cherry Tomatoes	椰蓉绿豆糕 Coconut Green Bean Paste Cake 薏苡仁百合粥 Sweet Congee with Coix Seed

Friday 星期五	光明优倍牛奶 Milk 黑洋酥小刀切 Black Sesame Bun	荠菜肉丝炒年糕 Fried Rice Cake Stew with Shredded Pork And Vegetables	黄金三文鱼鸭蛋炒饭 Fried Rice with Salmon and Egg 酱烧去骨鸡腿肉丁 Honey Glazed Bean Curd 芦笋玉米笋山药小炒 Fried Mix Vegetables	培根洋葱土豆浓汤 Bacon,Potato Soup	蓝莓 Blueberries	萝卜丝饼 Radish Pie 养胃菠菜猪肚粥 Congee with Pork Belly,Spinach
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