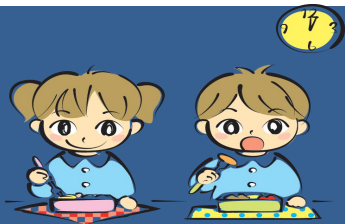




KINDERGARTEN WEEKLY MENU



	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		
Monday 星期一	光明优倍牛奶 Milk 椰蓉蜜薯卷 Coconut and Sweet Potato Rolls	十谷米饭 Ten Grain Rice	大班：秋栗鲍鱼烧肉 (梅花肉) 小中班：秋栗碎鲍鱼丁烧小肉 (梅花肉) Grilled Pork with Abalones and Chestnuts 蒜蓉紫角叶 Vegetables with Mashed Garlic 翡翠牛肉丝(黄瓜、胡萝卜、牛肉丝) Stir Fried Shredded Beef with Vegetables	枸杞竹荪猪肚鸡汤 小中大班：老母鸡均拆骨 Chicken Soup with Bamboo Fungus	小香蕉 Banana	夏威夷风情吐司小披萨 (培根、菠萝、吐司面包片) Pizza with Bacon and Pineapple 冬菇三文鱼小米粥 Salmon Congee with Millet and Mushroom
Tuesday 星期二	光明优倍牛奶 Milk 三鲜蒸饺 (猪肉鸡蛋胡萝卜) Pork Dumplings	米饭 Steamed Rice	大班：杭邦桂花卤鸭腿 小中班：杭邦桂花卤鸭腿肉 Sauce Duck Meat 油麦菜扒香菇 Vegetables with Mushroom 西芹胡萝卜炒墨鱼 Stir Fried Cuttlefish with Celery	秋日丰收玉米莲藕松茸排骨汤 小中班：玉米切小块，莲藕切丁，肉 排排骨 Pork Rib Soup with Corn and Lotus Root	云南蜜桔 Orange	荷花酥 Red Bean Pastry 南京美龄粥 Sweet Congee with Yam
Wednesday 星期三	光明优倍牛奶 Milk 樱花米糕 Cherry Blossom Rice Cake	米饭 Steamed Rice	大班：银鳕鱼西京烧 小中班：银鳕鱼粒西京烧 Braised Codfish 芦笋胡萝卜烩草菇 Mixed Vegetables 小炒酱三丁 (肉丁、茭白丁、五香豆干) Fried Tofu,Vegetables with Pork	卷心菜洋葱土豆番茄牛肉罗宋汤 小中班：蔬菜切小块，牛肉切丁 Russian Borscht Soup	蓝莓 Blueberries	荠菜小肉包 Pork Bun 白菜肉丝汤年糕 Rice Cake Stew with Pork
Thursday 星期四	光明优倍牛奶 Milk 香酥草头鸡蛋饼 Egg Pancake	米仁米饭 Blended Rice	大班：浓香番茄炖雪花牛肉 小中班：浓香番茄炖雪花牛肉粒 Braised Beef 柠香鸡丁 (鸡腿肉青柠洋葱) Stir Fried Chicken with Truffle 素溜四喜 (茼蒿、木耳、山药、红甜椒) Mixed Vegetables	花花豆腐海鲜羹 (花菜海参蟹钳肉豆腐) Tofu Soup with Seafood	人参果 Ginseng Fruit	蔓越莓司康 Cranberry Scones 雪梨马蹄羹 (马蹄苹果雪梨藕粉) Sweet Soup with Fruit
Friday 星期五	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	日式原味咖喱猪排饭 Curry Tonkatsu Donburi 蒜香鹿茸菇炒杭白菜 Mixed Vegetables 玉树挂金钱 (西蓝花、黑木耳、立丰广式香肠) Stir Fried Vegetables with Sausage	萝卜丝羊肉卷汤 (白萝卜、羊肉卷、香菜) Lamb Rolls Soup with Vegetables	无籽红提 Grapes	三丁蛋黄糯米小烧麦 Egg Yolk Dumplings 芋头鸭肉滋补粥 Duck Porridge with Taro