



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		
Monday 星期一	光明优倍牛奶 Milk 培根小花卷 Twisted Roll	米饭 Steamed Rice	【小雪天初寒,莫负好"食"光】 【Minor Snow】 大班：红烧白萝卜炖羊肉 小中班：红烧白萝卜炖羊肉丁 Braised Mutton with White Radish 鲜汁芦笋鸡肉炒双菇 Stir Fried Asparagus with Chicken 塔菜炒冬笋丝 Fried Mix Vegetables	海带莲藕排骨汤 小中班：莲藕切小块，肉排拆骨 Fish Soup with Vegetables	蓝莓 Blueberries	【小雪天初寒,莫负好"食"光】 【Minor Snow】 小雪冬藏—紫霄羹 (黑米核桃淮山桂花牛奶) Sweet Congee with Black Rice and Walnuts 椰丝小蛋糕 Coconut Cake
Tuesday 星期二	光明优倍牛奶 Milk 蜜小豆马拉糕 Sweet Red Bean Steamed Mara Cake	米饭 Steamed Rice	大班：豉汁鲷鱼块 小中班：豉汁鲷鱼粒 Braised Sauce Fish 照烧洋葱肥牛 Teriyaki Beef with Onions 高山霜打迷你青炒豆腐衣 Mixed Vegetables	金汤佛跳墙 (花菇、火腿、海参、鲍鱼、老母鸡) 小中大班：老母鸡均拆骨 Chicken Soup with Sea Cucumber and Mushroom	砂糖橘 Orange	酱汁鹌鹑蛋 Quail Egg 千里香小馄饨 Pork Dumplings
Wednesday 星期三	光明优倍牛奶 Milk 葱香咸味司康 Scones	时蔬海鲜炒年糕 Stir-fry Rice Cake Stew with Seafood	大班：蜜汁猪排条饭 小中班：蜜汁猪排条丁饭 Honey-Glazed Pork Chop with Rice 上汤有机花菜 Fried Mix Vegetables 五香素火腿 All-Spice Bean Curd	番茄玉米笋牛腩汤 小中班:牛腩切小块，玉米笋切小段 Beef Soup with Corn and Tomato	无核红提 Grapes	香蕉派 Banana Pie 山芋红枣米仁甜粥 Soup Congee with Red Dates and Miren
Thursday 星期四	光明优倍牛奶 Milk 黑洋酥小刀切 Black Sesame Bun	感恩节午餐 THANKSGIVING FEAST/CELEBRATION				香菇素包 Vegetable Bun 乌参小米粥 Millet Congee
Friday 星期五	感恩节放假 Thanksgiving Holiday(No School)					