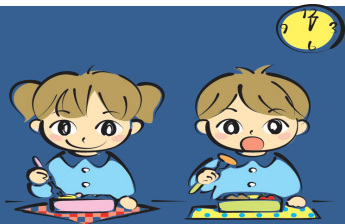




KINDERGARTEN WEEKLY MENU



	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 蔓越莓司康 Cranberry Scones	燕麦米饭 Oatmeal Rice	大班：栗仁鲍鱼烧肉（梅花肉） 小中班：栗仁碎鲍鱼丁烧小肉（梅花肉） Grilled Pork with Abalones and Chestnuts 草菇面筋炒有机花菜 Mixed Vegetables 芦笋彩椒炒三文鱼粒 Stir Fried Salmon with Vegetables	枸杞竹荪玉米笋乌骨鸡汤 小中大班：乌骨鸡均拆骨 Chicken Soup with Bamboo Fungus	小香蕉 Banana	牛肉酥 Beef Crispy 猪肚山药莲子营养粥 Pork, Yam and Lotus Seed Porridge
Tuesday 星期二	光明优倍牛奶 Milk 小笼包 Pork Bun	米饭 Steamed Rice	大班：法式香煎鸭胸肉 小中班：法式香煎鸭胸肉丁 Sauce Duck Meat 娃娃菜炒鸡枞菌 Vegetables with Mushroom 香芹胡萝卜煨牛肉丝 Stir Fried Shredded Beef with Vegetables	冬笋三丝汤（肉排笋丝腐竹） 小中班：冬笋切小块，肉排拆骨 Pork Rib Soup with Winter Bamboo Shoots	耙耙柑 Orange	爆浆红薯奶酪饼 Sweet Potato and Cheese Pie 枣丁红豆玉米碴粥 Sweet Congee with Corn Grits
Wednesday 星期三	光明优倍牛奶 Milk 麦芬蛋糕 Muffin	米饭 Steamed Rice	大班：银鳕鱼西京烧 小中班：银鳕鱼粒西京烧 Braised Codfish 菠菜炒豆腐衣 Mixed Vegetables 酱爆三丁（肉丁、土豆丁、五香豆干） Fried Tofu, Vegetables with Pork	青蒜萝卜牛腩汤 小中班：白萝卜切小块，牛肉切丁 Beef Soup with White Radish	蓝莓 Blueberries	韭黄笋丝猪肉春卷 Spring Rolls 芙蓉鲜蔬鲍鱼粥 Vegetable Congee with Abalone
Thursday 星期四	光明优倍牛奶 Milk 西葫芦鸡蛋小圆饼 Egg Pancake	米饭 Steamed Rice	大班：葱爆牛柳杏鲍菇 小中班：葱爆牛柳丝杏鲍菇 Braised Beef 山药黑木耳炒鸡片 Stir Fried Chicken with Vegetables 白灼有机芥蓝苗 Mixed Vegetables	裙带菜海参海鲜豆腐羹 （海参蟹钳肉豆腐鱿鱼） Tofu Soup with Seafood	人参果 Ginseng Fruit	柳叶南瓜包 Pumpkin Bun 雪梨马蹄银耳羹 （马蹄苹果雪梨银耳） Sweet Soup with Fruit
Friday 星期五	光明优倍牛奶 Milk 藜麦豆沙卷 Quinoa and Red Bean Paste Rolls	上海青肉丝炒面 Fried Noodles with Shredded Pork and Vegetables	日式原味咖喱鸡排饭 Curry Chicken Cutlet Rice 蒜香鹿茸菇炒杭白菜 Mixed Vegetables 彩椒目鱼条 Stir Fried Vegetables with Squid	番茄金针菇羊肉卷汤 Mutton Roll Soup with Vegetables	无籽青提 Grapes	海苔肉松扭扭酥 Seaweed and Pork Floss Twist Crisps 生滚牛肉粥 Beef Porridge with Vegetable