



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 香橙蛋糕 Orange Cake	米饭 Steamed Rice	大班：陈皮酱汁鸭腿 小中班：陈皮酱汁鸭腿肉 Sauced Duck Meat 西芹胡萝卜炒牛肉丝 Stir Fried beef with Mushroom 腐竹小唐菜 Fried Mix Vegetables	海带玉米排骨汤 小中班：肉排排骨 玉米切小块 Rib Soup with Corn	耙耙柑 Orange	原味咖喱洋葱鸡肉包 Curry Chicken Bun 冬菇三文鱼藜麦粥 Salmon Congee with Quinoa
Tuesday 星期二	光明优倍牛奶 Milk 多汁牛肉胡萝卜蒸饺 Steamed Dumplings	碎金米饭 Millet Rice	【节气养生·大寒】 【Major Cold】 大班：冬笋红烧小肉 小中班：冬笋红烧小肉丁 Sauce Pork with Winter Bamboo Shoot 翠玉繁花（木耳、西蓝花） Fried Mix Vegetables 黄瓜胡萝卜炒目鱼花 Fried Cuttle Fish with Vegetables	枸杞竹荪羊肚菌乌鸡汤 小中大班：乌鸡拆骨 Chicken Soup with Bamboo Fungus and Mushroom	蓝莓 Blueberries	【节气养生·大寒】 【Major Cold】 补气康健粥 （莲子、山药、红豆、薏苡仁、大枣、枸杞） Sweet Soup with Red dates, Yam 香酥苹果派 Apple Pie
Wednesday 星期三	光明优倍牛奶 Milk 紫薯千层卷 Purple Sweet Potato Layer Roll	米饭 Steamed Rice	大班：牛肋条炖胡萝卜 小中班：牛肋条粒炖胡萝卜 Stir Fried Beef Tenderloin Vegetables 茭白杏鲍菇炒甜椒 Fried Mix Vegetables 金玉满堂（鸡茸、粟米、青豆、胡萝卜） Mixed Vegetables with Chicken Breast	南瓜目鱼海参海鲜羹 Sea Cucumber Soup with Pumpkin	无籽红提 Grapes	葱香火腿司康 Ham Scone 千里香小馄饨 Pork Dumplings
Thursday 星期四	光明优倍牛奶 Milk 西葫芦蛋煎小圆饼 Vegetable and Egg Pancake	草头冬笋肉丝炒年糕 Fried Rice Cake Stew with Pork and Vegetables	羊肉手抓饭 Mixed Mutton Rice 蜜汁素火腿 Honey Glazed Bean Curd 芦笋玉米笋山药小炒 Fried Mix Vegetables	西湖牛肉羹 （内脂豆腐、香菇、香菜、牛肉） Beef Soup with Tofu	小米蕉 Banana	葡式蛋挞 Egg Tart 小吊梨汤（雪梨百合银耳） Sweet Congee with White fungus
Friday 星期五	寒假 Winter Holiday					