



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 蒸蒸日上 (南瓜豆沙包) Pumpkin Red Bean Bun	马到福来, “食”在美味---开学日迎新餐 Welcome Meal for the First Day of School 红红火火 (番茄肉酱汪汪队造型意面) Paw Patrol Pasta with Tomato Meat Sauce 事事如意海鲜炒饭 Stir-Fry Rice with Seafood 牛气冲天 (酱香牛排条 / 小中班: 酱香牛排粒) Sauce-Flavored Beef steak 节节高升 (塔菜炒冬笋) Fried Mix Vegetables 金玉满堂 (海参玉米软排汤) 小中班: 肉排拆骨、玉米切小段 Pork Rib Soup with Sea Cucumber, Corn 鸿运当头 (圣女果) / 快乐美满 (蓝莓) Blueberries / Cherry Tomatoes				五香福蛋 (鹌鹑蛋) Quail Eggs 吉祥如意 (三鲜鸡汤米线) Chicken Soup with Rice Noodles
Tuesday 星期二	光明优倍牛奶 Milk 草头蛋煎小圆饼 Egg Pancake with Vegetables	米饭 Steamed Rice	大班: 酱汁鸭腿 小中班: 酱汁鸭腿肉 Sauce Duck Meat 娃娃菜炒鸡枞菌 Fried Mixed Vegetables 西芹胡萝卜炒日鱼条 Stir Fried Cuttlefish with Vegetables	冬瓜鲍鱼木耳牛肉汤 小中班: 牛肉切丁, 蔬菜切小块 Beef Soup with Vegetables	小米蕉 Banana	苹果酥 Apple Pie 桂花红薯小米粥 Sweet Potato Rice Congee with Osmanthus
Wednesday 星期三	光明优倍牛奶 Milk 蔓越莓司康 Scone	米饭 Steamed Rice	大班: 银鳕鱼西京烧 小中班: 银鳕鱼粒西京烧 Stir Fried Beef Short Ribs 蒜香鹿茸菇炒杭白菜 Mixed Vegetables 小炒酱三丁 (肉丁、茭白丁、五香豆干丁) Fried Tofu, Wild Shoots with Pork	温补白萝卜羊肉汤 小中班: 羊腿肉切丁、白萝卜切小块 Mutton Soup with White Radish	耙耙柑 Orange	白菜肉丝春卷 Spring Rolls 猪肚薏米营养粥 Pork Congee with Job's Tears
Thursday 星期四	光明优倍牛奶 Milk 抹茶小蛋糕 Matcha cake	三色藜麦饭 Quinoa Rice	【春雷初响启新味·惊蛰】 【Awakening of Insects】 大班: 盐葱牛肋条 小中班: 盐葱牛肋条粒 Stir Fried Beef Short Ribs 三丝春笋 (春笋莴笋胡萝卜) Mixed Vegetables 双花云耳炒肉片 Fried Pork with Cauliflower	羊肚菌豆腐海鲜羹 (花菜、羊肚菌、蟹钳肉、八爪鱼、豆腐) Tofu Soup with Seafood	无籽红提 Grapes	【春雷初响启新味·惊蛰】 【Awakening of Insects】 马兰头香干柳叶包 Vegetable Bun 山药五色粥 (油菜胡萝卜香菇鸡蛋) Egg Congee with Vegetables
Friday 星期五	光明优倍牛奶 Milk 多汁胡萝卜牛肉蒸饺 Steamed Dumplings	米饭 Steamed Rice	大班: 红烧大狮子头 小中班: 红烧小狮子头 Braised Meatballs 芦笋胡萝卜烩草菇 Mixed Vegetables 臻味海鲜粒 (海参、鲍鱼、玉米粒、青豆、胡萝卜) Stir Fried Vegetables with Sea Cucumber	枸杞竹荪乌鸡汤 Chicken Soup with Bamboo Fungus	砂糖橘 Oranges	甜甜圈 Donut 血糯米红枣赤豆羹 Sweet Congee with Red Dates, Red Beans