



# 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 枣泥核桃包 Jujube Paste and Walnut Bun	十谷米饭 Ten Grain Rice	大班: 红烧大狮子头 小中班: 红烧小狮子头 Sauce Pork Ribs with Abalone 蒜蓉矮脚菠菜炒薄百叶 Mixed Vegetables 黄瓜烩牛肉丝 Stir Fried Shredded Beef with Vegetables	枸杞竹荪猪肚乌骨鸡汤 小中大班: 乌鸡均拆骨 Chicken Soup with Chinese Yam, Mushrooms	无核青提 Grapes	葱香火腿司康 Scones 油麦菜瑶柱海鲜粥 Seafood Congee with Vegetable
Tuesday 星期二	光明优倍牛奶 Milk 芹菜猪肉蒸饺 Steamed Dumplings	米饭 Steamed Rice	大班: 陈皮酱汁鸭腿 小中班: 陈皮酱汁鸭腿肉 Sauce Duck Meat 有机奶白菜苗扒香菇 Vegetables with Mushroom 鲍罗万鱿 (西芹、胡萝卜、鲍鱼、鱿鱼) Stir Fried Cuttlefish with Celery	海带玉米软排汤 小中班: 肉排拆骨, 玉米切小块 Pork Rib Soup with Corn	蓝莓 Blueberries	迷你蛋挞 Mini Egg Tart 桂花红豆莲子羹 Osmanthus, Red Bean, and Lotus Seed Soup
Wednesday 星期三	光明优倍牛奶 Milk 南瓜双色糕 Pumpkin Cake	米饭 Steamed Rice	大班: 照烧银鳕鱼块 小中班: 照烧银鳕鱼鱼丁 Teriyaki Tilapia 素炒羊肚菌 (百合芦笋) Mixed Vegetables 彩椒樱桃肉 (彩椒、鸡胸肉、沙司) Stir Fried Chicken with Truffle	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	小香蕉 Banana	芝麻萝卜丝饼 Radish Pie 白菜肉丝汤年糕 Rice Cake Stew with Pork
Thursday 星期四	光明优倍牛奶 Milk 韭菜胡萝卜鸡蛋小圆饼 Egg Pancake	米饭 Steamed Rice	大班: 蒜香煎小牛排条 小中班: 蒜香煎小牛排条丁 Braised Beef 鱼香茭白肉丝 (胡萝卜、猪梅花、茭白、黑木耳) Fried Vegetables with Pork 素溜四喜 (莴笋、木耳、山药、红甜椒) Mixed Vegetables	芥菜肉丝蘑菇豆腐羹 Tofu Soup with Shredded Pork	人参果 Ginseng Fruit	铜锣烧 Pancake 银耳白糯润肺粥 (雪梨鸡头米大米) Sweet Soup with Fruit
Friday 星期五	光明优倍牛奶 Milk 椰蓉蜜薯卷 Coconut and Sweet Potato Rolls	港式炒牛河 Stir-Fried Beef with Rice Noodles	黄金三文鱼鸡蛋炒饭 Salmon Stir-Fried Rice with Egg 蜜汁叉烧肉 Honey-Glazed Char Siu Pork 缤纷山药 (山药、木耳、青红黄彩椒) Mixed Vegetables	西式土豆浓汤 (土豆、培根、洋葱) Potato Soup with Bacon	圣女果 Cherry Tomatoes	菜肉小包 Vegetable and Meat Bun 西芹胡萝卜海鲜粥 Seafood Congee with Vegetable