



# 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 法式牛角包 Croissant	米饭 Steamed Rice	大班: 红烧大狮子头 小中班: 红烧小狮子头 Sauce Pork Ribs with Abalone 脆脆鲜蔬小炒 (芦笋、玉米笋、黑鸡枞) Mixed Vegetables 黄瓜烩牛肉丝 Stir Fried Shredded Beef with Vegetables	山药菌菇嫩鸡汤 (山药、栗子、菌菇) 小中大班: 乌鸡均拆骨 Chicken Soup with Chinese Yam, Mushrooms	无核青提 Grapes	黑洋酥包 Black Sesame Bun 血糯米红枣莲子羹 Sweet Soup with Red Dates
Tuesday 星期二	光明优倍牛奶 Milk 藜麦红枣豆沙卷 Quinoa and Red Bean Rolls	米饭 Steamed Rice	大班: 酱汁鸭腿 小中班: 酱汁鸭腿肉 Sauce Duck Meat 有机奶白菜苗扒香菇 Vegetables with Mushroom 西芹胡萝卜鲍鱼鱿鱼海鲜烩 Stir Fried Cuttlefish with Celery	羊肚菌胡萝卜肉排汤 小中班: 胡萝卜切小块, 肉排拆骨 Pork Rib Soup with Vegetables	人参果 Ginseng Fruit	咖喱鸡肉包 Chicken Curry Buns 冬菇三文鱼燕麦粥 Salmon Congee with Millet and Mushroom
Wednesday 星期三	光明优倍牛奶 Milk 四喜小烧麦 Steamed Pork Dumplings	金银米饭 Millet Rice	大班: 蒜香煎小牛排条 小中班: 蒜香煎小牛排条丁 Braised Beef 鱼香茭白梅花肉丝 (胡萝卜、猪梅花、茭白、黑木耳) Fried Vegetables with Pork 太湖菜炒松茸 Mixed Vegetables	芥菜马蹄鳕鱼羹 Codfish Soup with Vegetables	小香蕉 Banana	绿豆沙菊花酥 Green Been Pastry 藕吻果香羹 (苹果、雪梨、藕粉) Sweet Soup with Fruit
Thursday 星期四	Half Day					

Friday  
星期五

Half Day