



KINDERGARTEN WEEKLY MENU



	Morning snack 早点	Lunch 午餐			Fruit 水果	Afternoon snack 午点
		Staple food 主食	Main course 菜	Soup 汤		
Monday 星期一	汇源苹果汁 Fruit Juice 牛角包 Croissant	Orientation				
Tuesday 星期二	光明优倍牛奶 Milk 肉松海苔碎花卷 Pork Floss and Seaweed Flake Roll	米饭 Steamed Rice	托小班：海参鹌鹑蛋元宝小肉丁（梅花肉） 中大班：海参鹌鹑蛋元宝肉（梅花肉） Fried Quail Eggs with Pork and Sea Cucumber 小菠菜炆百叶丝 Stir-Fried Spinach with Shredded Bean Curd Sheets 翡翠虾仁(黄瓜丁、鸡头米、虾仁) Fried Shrimp with Vegetables	枸杞竹荪猪肚乌骨鸡汤 托小班：猪肚切丁、乌骨鸡去骨 中大班:猪肚切丝、乌骨鸡去骨 Chicken Soup with Bamboo Fungus	巨峰葡萄 Grapes	苹果派 Apple Pie 莲心绿豆百合汤 Mung Bean and Lily Soup
Wednesday 星期三	光明优倍牛奶 Milk 蔓越莓司康 Cranberry Scone	米饭 Steamed Rice	托小班：照烧银鳕鱼肉丁 中大班：照烧银鳕鱼块 Braised Codfish 芦笋胡萝卜烩草菇 Stir-Fried Asparagus, Carrots, and Mushrooms 上海炒酱（肉丁） Fried Tofu,Potato with Pork	卷心菜洋葱土豆番茄牛肉罗宋汤 托小班：牛肉糜、土豆切小块 中大班：牛肉丁 Russian Borscht Soup	蓝莓 Blueberries	鲜肉糯米小烧麦 Steamed Dumplings 姬茸菇鲍鱼粥 Abalone and Ji Rong Mushroom Congee
Thursday 星期四	光明优倍牛奶 Milk 丝瓜鸡蛋手抓饼 Egg Pancake	三色藜麦米饭 Quinoa Rice	中大班：蚝油嫩炒牛柳 托小班：蚝油嫩炒牛柳细丝 Tender Stir-Fried Beef Tenderloin with Oyster Sauce 柠香鸡丁（鸡腿肉、黄椒、洋葱） Stir-Fried Chicken with Bell Pepper and Onion 太湖菜炒松茸 Stir-Fried Matsutake Mushrooms with Vegetables	玉米海带枸杞软排汤 托小班：肉排拆骨、玉米切小块 Pork Rib Soup with Corn and Seaweed	小香蕉 Banana	铜锣烧 Dorayaki 椰汁雪梨蜜瓜西米露 Sweet Soup with Coconut Juice ,Sago and Fruit
Friday 星期五	光明优倍牛奶 Milk 麦芬蛋糕 Muffin	时蔬海鲜炒乌冬面 托小班：乌冬面切段 Stir-fry Udon with Seafood	日式原味咖喱猪排饭 托小班：猪排条丁 中大班:猪排条 Curry Tonkatsu Donburi 蒜香鹿茸菇炒杭白菜 Garlic-Scented Deer Antler Mushrooms Stir-Fried with Hang Cabbage 蜜汁小素鸡 Honey-Glazed Dried Tofu	西湖牛肉羹 （香菇、蛋清、香菜） Beef Soup with Egg, Vegetable and Shiitake Mushroom	无籽红提 Grapes	荠菜小肉包 Pork Bun 山药鸭肉滋补粥 Chinese Yam Porridge with Duck Meat