中芯美语班一周菜谱 2026.11.23-2026.11.26



# KINDERGARTEN WEEKLY MENU



| | Morning snack<br>能量早点 | Lunch 午餐 | | | Fruit<br>缤纷水果 | Afternoon snack<br>花样午点 |
|---|---|---|---|---|---|---|
| | | Staple food<br>主食 | Main course<br>菜 | Soup<br>汤 | | |
| **Monday<br>星期一** | 光明优倍牛奶<br>Milk<br>培根小花卷<br>Bacon Twisted Rolls | 中大班：米饭<br>托小班：软米饭<br>Steamed Rice | 【小雪天初寒,莫负好"食"光】<br>【Minor Snow】<br>中大班：驱寒白萝卜羊肉煲<br>托小班：驱寒白萝卜羊肉丁煲<br>Braised Mutton with White Radish<br>冬日田园小炒（芦笋、鸡肉、双菇）<br>Stir-Fried Chicken with Asparagus and Mixed Mushrooms<br>塔菜炒冬笋丝<br>Stir-Fried Tatsoi with Shredded Winter Bamboo Shoots | 暖汤玉米骨<br>（玉米、莲藕切小块，肉排拆骨）<br>Pork Rib Soup with Corn, Lotus Root & Matsutake | 蓝莓<br>Blueberries | 【小雪天初寒,莫负好"食"光】<br>【Minor Snow】<br>小雪冬藏一紫雪羹<br>（黑米核桃淮山桂花牛奶）<br>Sweet Congee with Black Rice and Walnuts,Chinese Yam, and Osmanthus, Milk<br>椰丝小蛋糕<br>Coconut Cake |
| **Tuesday<br>星期二** | 光明优倍牛奶<br>Milk<br>QQ香甜麻薯包<br>Mochi | 中大班：米饭<br>托小班：软米饭<br>Steamed Rice | 中大班：红烧大狮子头（猪肉糜、马蹄肉）<br>托小班：红烧小狮子头（猪肉糜、马蹄肉）<br>Braised Pork Meatballs with Sauce<br>照烧洋葱肥牛<br>Teriyaki Beef Slices with Onion<br>高山霜打迷你青炒豆腐衣<br>Stir-Fried Greens with Tofu Skin | 金汤佛跳墙<br>（花菇、火腿、海参、鲍鱼、乌骨鸡）<br>（乌骨鸡拆骨）<br>Chicken Soup with Sea Cucumber and Mushroom,Ham,Abalone | 无核蜜橘<br>Orange | 酱汁鹌鹑蛋<br>Quail Egg<br>杭帮海鲜片儿川<br>Noodle Soup with Seafood |
| **Wednesday<br>星期三** | 光明优倍牛奶<br>Milk<br>葱香咸味司康<br>Scones | 白菜肉丝炒年糕<br>Stir-Fried Rice Cake Stew with Chinese Cabbage and Shredded Pork | 西班牙海鲜烩饭（鱿鱼、目鱼、虾仁、洋葱）<br>Spanish Seafood Paella<br>上汤有机花菜<br>Organic Cauliflower in Broth<br>五香素火腿<br>Spiced Vegetarian Ham | 番茄玉米笋牛腩汤<br>（牛腩切小块，玉米笋切小段 ）<br>Beef Soup with Baby Corn and Tomato | 无核红提<br>Grapes | 香蕉派<br>Banana Pie<br>山芋红枣米仁粥<br>Congee with Red Dates and Coix Seed,Sweet Potato |
| **Thursday<br>星期四** | 光明优倍牛奶<br>Milk<br>黑洋酥小刀切<br>Black Sesame Bun | 感恩节午餐<br>THANKS GIVING FEAST/CELEBRATION | | | | 香菇素包<br>Vegetable Bun<br>芹菜菌菇鸭肉粥<br>Duck Congee with Celery and Mushroom |
| **Friday<br>星期五** | 感恩节放假<br>THANKS GIVING HOLIDAY(NO SCHOOL) | | | | | |