



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	光明优倍牛奶 Milk 奶香蔓越莓小刀切 Cranberry Bun	粽香乌米饭 Purple Rice	陈皮酱汁鸭腿 Sauced Duck Meat 双花云耳炒肉片 Stir Fried Pork With Cauliflower 三色土豆丝 (胡萝卜青椒土豆) Mixed Vegetables	生菜菌菇豆腐海鲜羹 (海参墨鱼鱿鱼) Seafood And Tofu Soup	圣女果 Cherry Tomatoes	虾饺皇 Shrimp Dumpling 黄芽菜肉丝片儿汤 Noodle Soup With Minced Pork
Tuesday 星期二	光明优倍牛奶 Milk 港式叉烧包 BBQ Pork Bun	米饭 Steamed Rice	红烧仔排焖鲍鱼粒 Sauce Pork 蒜蓉米苋 Vegetables With Mashed Garlic 芥蓝胡萝卜炒虾仁 Fried Shrimp With Vegetables	枸杞竹荪猪肚鸡汤 Chicken Soup	小米蕉 Banana	豆沙扭扭酥 (手抓饼) Red Bean Crêpes 桂花藕粉水果羹 (糖桂花、藕粉、苹果丁) Sweet Soup
Wednesday 星期三	光明优倍牛奶 Milk 黑米糕 Rice Cake	高粱米饭 Mixed Grain Rice	香煎罗非鱼块 (去骨) Pan-Fried Tilapia 卷心菜炒素 (卷心菜、素腰片、香菇、彩椒) Mixed Vegetables 黄心芹炒牛肉丝 Stir Fried Veggies With Beef	春笋三鲜汤 (软排咸肉莴笋春笋百叶) Rib Soup	阳光玫瑰青提 Grapes	葱香火腿司康 Scone 千里香小馄饨 Pork Dumplings
Thursday 星期四	光明优倍牛奶 Milk 全麦胡萝卜脆饼 Whole Wheat Biscuit	米饭 Steamed Rice	红烧羊肉煲 (羊肉、白萝卜、青蒜) Braised Mutton With Vegetables 塔菜炒冬笋 Fried Mix Vegetables 金玉满堂 (鸡茸、粟米、青豆) Mixed Vegetables With Chicken Breast	番茄三文鱼海鲜菇汤 Salmon Soup	耙耙柑 Orange	紫薯花朵包 Yam Bun 五红粥 (红豆糯米红枣枸杞红糖) Sweet Congee
Friday 星期五	光明优倍牛奶 Milk 南瓜蜜豆卷 Pumpkin Twisted Roll	韭黄肉丝炒年糕 Fried Rice Cake Stew With Shredded Pork And Vegetables	黑松露野菌鸡丁虾仁炒饭 Fried Rice With Chicken And Seafood 蜜汁素鸭 Honey Glazed Bean Curd 芦笋玉米笋山药小炒 Fried Mix Vegetables	咖喱粉丝牛尾骨汤 Curry Ox Tail Bone Soup	蓝莓 Blueberries	上海小春包 (荠菜、鲜肉) Pork Bun 香菇鳕鱼藜麦粥 Codfish Congee