



上海私立安乔双语幼儿园®一周菜单

Weekly Menu of Shanghai Angels Bilingual Kindergarten®

		2024/2/19 周一Monday	2024/2/20 周二Tuesday	2024/2/21 周三Wednesday	2024/2/22 周四Thursday	2024/2/23 周五Friday
上午点心 Morning snack		牛奶 蔓越莓小饼干 Milk,Cranberry cookie	牛奶 花卷 Milk, Steamed rolls	牛奶 胡萝卜小馒头 Milk, Carrot steamed bread	牛奶 巧克力小饼干 Milk,Chocolate biscuit	牛奶 南瓜馒头 Milk,Steamed bun with pumpkin
午餐 Lunch	主食 Main food	米饭 Rice	花色饭 A variety of rice	面条 Noodles	玉米饭 Cron rice	米饭 Rice
	主菜 Main course	托小: 咖喱土豆牛肉末 中大: 咖喱土豆炖牛腩 Beef with curried potatoes	什锦炒饭 (火腿、鸡蛋、青豆、胡萝卜) Fried rice	葱油拌面 Noodles mixed with scallion, oil and soy sauce	芦笋烩虾仁(芦笋、虾仁、黑木耳, 红甜椒) Braised shrimps with asparagus	糖醋鸡肉丸 Sweet and sour chicken meatballs
		洋葱爆猪肝 Fried pork livers	面筋肉丝(小面筋、茭白、香菇、鸡丝) Shredded meat with gluten	酱爆鸭丁 Fried duck with sauce	肉末豆腐 Tofu with minced pork	培根西兰花 Broccoli with bacon
		蒜蓉菠菜 Spinach with garlic	清炒鸡毛菜 Fried vegetables	西红柿炒鸡蛋 Scrambled egg with tomato	炒鲜蔬(莴笋、胡萝卜、蟹味菇) Stir-fried vegetables (lettuce, carrots, crab-flavored mushrooms)	清炒小麦菜 Lettuce
	汤 Soup	豆芽海带排骨汤 Bean Sprouts and kelp ribs soup	火腿冬瓜汤 Ham soup with wax gourd	玉米浓汤 Corn Soup	鸡毛菜番茄鸡蛋汤 Green vegetable,tomato and egg soup	芙蓉鲜蔬豆腐汤 Vegetable and tofu soup with egg
下午点心 Afternoon snack	苹果热橙汤 菠菜鸡蛋饼 Apple and Orange soup,Spinach and egg pancake	荠菜豆腐汤 南瓜饼 Shepherd's purse bean curd soup,pumpkin pancake	冰糖枸杞山楂水 小烧麦 Chinese wolfberry sugar and hawthorn water,ShaoMai	娃娃菜肉丝年糕汤 Shredded pork and rice cake soup with baby cabbage	红豆紫薯粥 卤香干 Red bean and purple potato porridge, spicy bean cheese	
下午水果 Fruit		砂糖橘 Orange	白瓜 White melon	库尔勒香梨 Pear	红心柚 Grapefruit	
过敏儿 Allergic children		1、忌菇者勿加入 Avoid mushrooms. Don't add them; 2、忌海鲜者改为鸡肉 Avoid seafood. Change to chicken; 3、忌牛肉者改为鸭肉 Avoid beef. Change to duck; 4、忌蛋者改为肉末 Avoid eggs. Change to minced meat; 5、忌牛奶者改为豆浆 Milk allergies. Change to soybean milk.				

注: 根据当天的市场供应情况, 学校保留更改所有权利, 将不再另行通知!
 Angels Kindergarten reserves the rights to amend the menu items above if needed without prior notification.