



上海私立安乔双语幼儿园®一周菜单

Weekly Menu of Shanghai Angels Bilingual Kindergarten®

		2024/2/26 周一Monday	2024/2/27 周二Tuesday	2024/2/28 周三Wednesday	2024/2/29 周四Thursday	2024/3/1 周五Friday
上午点心 Morning snack		牛奶 蔓越莓小饼干 Milk,Cranberry cookie	牛奶 南瓜馒头 Milk,Steamed bun with pumpkin	牛奶 巧克力小饼干 Milk,Chocolate biscuit	牛奶 豆沙包 Milk,Bean Paste	牛奶 胡萝卜小馒头 Milk, Carrot steamed bread
午餐 Lunch	主食 Main food	米饭 Rice	花色饭 A variety of rice	炒面 Fried noodles	黑米饭 Black rice	米饭 Rice
	主菜 Main course	珍珠小丸子 Glutinous rice meatballs	培根炒饭 (菠菜, 培根、香 菇、甜椒) Fried rice with bacon	肉酱意大利面 (牛肉、洋葱、番 茄) Spaghetti bolognese	香煎巴沙鱼柳 Fried barracuda	香卤鸡腿 (托小班: 鸡丁) Fried chicken leg (Toddlers: Diced Chicken)
		韭黄炒鸡蛋 Fried eggs with chives	托小: 香芹牛肉末 Minced beef with celery 中大: 香芹炒牛肉 粒(香芹、牛肉、 红黄甜椒) Stir fried beef with celery	托小: 红烧土豆鸭 丁 中大: 红烧土豆鸭 块 Braised Duck with potatoes	藕丁肉丝(鸡胸 肉, 彩椒, 莲藕) Fried shredded chicken with lotus root	香干炒肉丝(青甜 椒、香干、猪肉 丝) Shredded pork with bean curd
		小油豆腐炒菠菜 Stir fried spinach with oily bean curd	油焖茄子 Braised eggplant slices	香菇鸡毛菜 Mushroom and green Vegetables	素炒黄心菜 Cabbage	蚝油小青菜 Oyster sauce vegetable
汤 Soup	黄瓜木耳肉丝汤 Cucumber and Mushroom Shredded Pork Soup	丝瓜蛋汤 Egg luffa soup	海带白萝卜小排汤 Kelp and carrot pork chop soup	枸杞山药鸡汤 Chinese wolfberry and yam chicken soup	南瓜浓汤 Pumpkin soup	
下午点心 Afternoon snack		冰糖雪梨水 葱香花卷 Pear water with rock sugar,Scallion Steamed rolls	猪肉小馄饨 Pork dumplings	绿豆陈皮汤 肉松蛋饼 Green Bean and Chenpi Soup,Meat floss Egg cakes	鲜蔬鸡丝面 Noodles with chicken	生菜香菇鸡丝粥 卤鹌鹑蛋 Congee with Lettuce, Mushroom and Shredded Chicken,Marinated quail eggs
下午水果 Fruit		青提 Green Grape	火龙果 Pitaya	库尔勒香梨 Pear	阿克苏苹果 Apple	水果拼盘 Fruit Platter
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.