



上海私立安乔双语幼儿园®一周菜单

Weekly Menu of Shanghai Angels Bilingual Kindergarten®

		2024/3/4 周一Monday	2024/3/5 周二Tuesday	2024/3/6 周三Wednesday	2024/3/7 周四Thursday	2024/3/8 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 豆沙包 Milk, Bean Paste	牛奶 巧克力小饼干 Milk, Chocolate biscuit	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	红豆饭 Red bean rice	米饭 Rice
	主菜 Main course	牛腩炖白萝卜 Stewed Beef Brisket with White Radish	新疆抓饭(羊肉, 胡 萝卜, 洋葱, 葡萄 干) Pilaf in Xinjiang	卷心菜鸡肉丝炒面 (卷心菜, 胡萝卜、 鸡肉) Fried noodles with chicken, cabbage	泰式虾饼 (杂菜、虾仁、香 菇) 清炒菜苔 Thai shrimp cakes	百叶包肉(薄百叶、 猪肉) Beancurd and meat
		彩椒蘑菇肉片 Sliced Mushroom with sweet pepper	香卤鸡腿 托班: 鸡肉末 小中大: 鸡腿 Fried chicken leg (Toddlers: Diced Chicken)	香芋烧鸭肉 Braised Duck Meat with Taro	莴笋肉丝 (莴笋、胡萝卜、猪 肉丝) Shredded Pork with Lettuce	洋葱炒蛋 Scrambled eggs with onion
		清炒菜苔 Stir-fried vegetable	素炒西兰花 Fried broccoli	香菇青菜 Mushrooms and vegetables	上汤娃娃菜Braised Baby Cabbage in Broth	素炒杭白菜 Chinese cabbage
汤 Soup	荠菜豆腐汤 Shepherd's purse bean curd soup	莲藕玉米排骨汤 Lotus root, corn & pork rib soup	红薯甜汤 Sweet potato soup	猪肚鸡汤 Chicken soup with pork stomach	罗宋汤 (番茄、土豆、卷心 菜、洋葱、牛腩) Borscht	
下午点心 Afternoon snack		绿豆汤 柳叶蒸饺 Mung bean soup, Steamed dumpling	苹果山楂水 白菜肉末粉丝包 Apple and hawthorn water, cabbage, meat vermicelli bun	油豆腐粉丝汤 海苔肉松饭团 Tofu Puff with Vermicelli Soup, Rice balls with seaweed and pork floss	多彩鲜肉小水饺 Pork dumplings	南瓜小米粥 奶香玉米棒 Pumpkin millet porridge, milk flavored corn
下午水果 Fruit		红心火龙果 Pitaya	哈密瓜 Hami melon	贡梨 Pear	脐橙 Orange	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.