



上海私立安乔双语幼儿园®一周菜单

Weekly Menu of Shanghai Angels Bilingual Kindergarten®

		2024/3/11 周一Monday	2024/3/12 周二Tuesday	2024/3/13 周三Wednesday	2024/3/14 周四Thursday	2024/3/15 周五Friday
上午点心 Morning snack		牛奶 蔓越莓小饼干 Milk,Cranberry cookie	牛奶 小花卷 Milk, Steamed rolls	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
午餐 Lunch	主食 Main food	米饭 Rice	花色饭 A variety of rice	面条 Noodles	紫薯饭 Purple Potato Rice	米饭 Rice
	主菜 Main course	蜜汁鸭胸脯肉 Duck meat in honey sauce	扬州炒饭 Fried Rice \"Yangzhou\" Style	牛肉炒河粉 (牛肉 糜、绿豆芽、洋葱 、香葱、白芝麻) Dry fried rice noodle	茄汁巴沙鱼 (番 茄, 巴沙鱼) Barracuda in tomato sauce	中大班: 红烧板栗 鸡块 托小班: 红烧板栗 鸡丁 Braised chestnut chicken
		蚂蚁上树 (肉末粉丝) Minced meat and vermicell	托小: 糖醋肉糜 中大: 糖醋排骨 Sweet and sour pork	木须肉 (猪肉、鸡 蛋、黄瓜、木耳) Moo shu pork	胡萝卜花菜炒肉片 Fried pork with broccoli	西红柿炒蛋 Scrambled Egg with Tomato
		荷塘月色 (荷兰豆、黑木耳 、胡萝卜、莲藕) Fried snow peas with black fungus,carrot and louts root	蚝油生菜 Oyster sauce lettuce	清炒广东菜心 Guangdong cabbage	韭菜绿豆芽 Leek and mung bean sprouts	青菜炒豆腐皮 Stir-fried vegetable with tofu
汤 Soup	菠菜枸杞猪肝汤 Spinach, Chinese wolfberry Tremella,pig liver soup	番茄金针菇蛋花汤 Tomato Flammulina Egg soup	奶香玉米浓汤 Milk-flavored corn soup	西湖牛肉羹 (香菜、鸡蛋、牛 肉糜、香菇) West lake beef soup (coriander,egg,beef,m ushroom)	冬瓜大骨汤 Big bone soup with white melon	
下午点心 Afternoon snack		菌菇番茄鸡蛋 鲜蔬面 Mushrooms,tomato,egg with vegetable noodles	桂圆红枣茶 葱油饼 Longan red date tea, Green onion pie	枸杞银耳羹 卤鸡蛋 Chinese wolfberry Tremella Soup,Halogen egg	紫菜虾皮汤 刀切小馒头 Prawn skin soup with seaweed,Steamed buns	芝麻燕麦粥 卤鸭胗 Sesame Oat Congee,Halogen duck's gizzard
下午水果 Fruit		红心火龙果 Pitaya	贡梨 Pear	橙子 Orange	哈密瓜 Hami melon	水果拼盘 Fruit plate
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.