



上海私立安乔双语幼儿园®一周菜单

Weekly Menu of Shanghai Angels Bilingual Kindergarten®

		2024/3/18 周一Monday	2024/3/19 周二Tuesday	2024/3/20 周三Wednesday	2024/3/21 周四Thursday	2024/3/22 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	红烧肉圆 Braised meat balls	培根炒饭 (菠菜, 培根, 香菇、甜椒) Bacon Fried Rice	葱油拌面 Noodles mixed with scallion, oil and soy sauce	咖喱牛肉(胡萝卜, 牛肉, 洋葱, 土豆) Curried beef	芋头粉蒸排骨(中 大) 芋头粉蒸肉(托小) Steamed spareribs with rice flour
		芦笋香干炒肉丝 Stir-fried shredded pork with asparagus and smoked bean curd	奥尔良烤翅(中大) 红烧鸡肉沫(托小) Chicken wings minced chicken meat	红烧土豆鸭丁Braised Duck with potatoes	肉末豆腐 (香菇, 木耳, 肉 末, 内酯豆腐) Tofu with minced meat(mushrooms, meat, tofu)	芹菜鸡肉丝Chicken shreds with celery
	蒜泥菠菜 Spinach with garlic	清炒油麦菜 Fried romaine	蒜泥茼蒿 Spinach with crowndaisy chrysanthemum	香菇鸡毛菜 Mushroom and Green Vegetables	莴笋山药 Lettuce fried with Yam	
汤 Soup	三鲜豆腐汤 (豆腐, 裙带菜, 金 针菇) Tofu Soup	鲫鱼豆腐汤 Crucian tofu soup	南瓜浓汤 Pumpkin soup	板栗鸡肉汤 Chestnut chicken soup	菠菜平菇 鸡蛋汤 Spinach, mushroom, and egg soup	
下午点心 Afternoon snack		豆浆 果酱三明治 Soybean Milk Sandwich	油豆腐粉丝汤 葱油饼 Tofu Puff with Vermicelli Soup, Green onion pic	娃娃菜肉丝年糕汤 Shredded pork and rice cake soup with baby cabbage	水果西米露羹 迷你鲜肉包 Fruit sago soup Mini fresh meat bun	皮蛋瘦肉蔬菜粥 五香鹌鹑蛋 Lean meat vegetable porridge, quail egg
下午水果 Fruit		红心火龙果 Pitaya	苹果 Apple	橙子 Orange	香蕉 Banana	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.