



上海私立安乔双语幼儿园®一周菜单

Weekly Menu of Shanghai Angels Bilingual Kindergarten®

		2024/3/25 周一Monday	2024/3/26 周二Tuesday	2024/3/27 周三Wednesday	2024/3/28 周四Thursday	2024/3/29 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	炒面 Fried noodles	紫薯饭 Rice with purple potatoes	米饭 Rice
	主菜 Main course	托小: 酱爆鸭丁 中大: 红烧鸭腿 Braised duck legs in brown sauce	咖喱蛋炒饭(午餐 肉、鸡蛋、青豆、 胡萝卜、洋葱) Curry egg fried rice	青菜鸡肉丝炒面 Fried noodles with chicken,vegetables	红烧鳕鱼 Braised cod	珍珠小丸子 Glutinous rice meatballs
		藕丁肉末 Fried minced pork with lotus root	酱爆鸭胗 (胡萝卜、青椒、 鸭胗) Sauted Duck Gizzard in Sauce	红烧牛肉末 Braised beef minced in brown sauce	彩椒茭白炒肉丝 Stir-fried shredded pork with red pepper and water stems	黄瓜炒蛋 Cucumber scrambled eggs
	上汤豌豆苗 Soup pea shoots	蒜泥空心菜 Spinach with water spinach	清炒嫩南瓜 Pumpkin	蚝油生菜 Oyster sauce lettuce	西兰花炒黑木耳胡 萝卜 Fried broccoli with black fungus and carrot	
汤 Soup	奶香玉米浓汤 Milk-flavored corn soup	萝卜山药老鸭汤 Radish yam duck soup	海带排骨汤 Kelp ribs soup	火腿冬瓜汤 Ham soup with wax gourd	玉米胡萝卜菌菇汤 Corn, carrot &mushroom soup	
下午点心 Afternoon snack		荠菜鲜肉大馄饨 Shepherd's Purse Meat Wonton	绿豆百合汤 红薯饼 Green bean and lily soup,Sweet Potato Cake	冰糖梨水 小烧卖 Pear water with crystal sugar,ShaoMai	桂圆红枣茶 花色拌面(胡萝卜 、黄瓜、阳春面) Longan red date tea, noodles with carrot and cucumber	山药瘦肉粥 五香豆干 Pork porridge with yam, Spice dried tofu
下午水果 Fruit		红心火龙果 Pitaya	皇冠梨 Pear	苹果 Apple	香蕉 Banana	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.