



# 上海私立安乔双语幼儿园®一周菜单

## Weekly Menu of Shanghai Angels Bilingual Kindergarten®

		2024/4/8 周一Monday	2024/4/9 周二Tuesday	2024/4/10 周三Wednesday	2024/4/11 周四Thursday	2024/4/12 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 刀切馒头 Milk,Steamed buns	牛奶 豆沙包 Milk,Bean Paste	牛奶 巧克力小饼干 Milk,Chocolate biscuit
午餐 Lunch	主食 Main food	米饭 Rice	花色饭 A variety of rice	炒面 Fried Noodles	红豆饭 Rice with red bean	米饭 Rice
	主菜 Main course	蜜汁鸭胸脯肉 Duck meat in honey sauce	什锦炒饭 (火腿、鸡蛋、洋葱、胡萝卜) Fried rice	包菜肉丝炒面 Fried Noodles with Cabbage and Shredded Pork	香煎巴沙鱼柳 Fried Barracuda	外婆红烧肉 Braised meat
		什锦豆腐 (猪肉末、杂菜、日本豆腐) Minced pork with Tofu	牛肉炖番茄 Stewed beef with tomato	洋葱炒蛋 Scrambled eggs with onion	娃娃菜炒肉丝 Fried pork with cabbage	蚂蚁上树 (肉末粉丝) Minced meat and vermicell
		素炒奶白菜 Vegetables	蚝油生菜 Oyster sauce lettuce	清炒广东菜心 Guangdong cabbage	香菇青菜 Mushrooms and vegetables	西芹木耳炒山药 Stir fried yam with celery and fungus
	汤 Soup	菠菜猪肝汤 Spinach with pig liver soup	奶香玉米浓汤 Milk-flavored corn soup	胡萝卜玉米排骨汤 Carrots ,corn &pork rib soup	芋艿老鸭汤 Taro duck soup	鸡毛菜菌菇汤 Vegetable mushroom soup
下午点心 Afternoon snack		苹果山楂水 烤南瓜馒头 Apple and hawthorn water,Steamed bun with pumpkin	青菜鸡蛋 面疙瘩 Vegetables,egg,dough balls	银耳枸杞百合汤 海苔肉松饭团 Tremella and wolfberry lily soup,Rice balls with seaweed and pork floss	紫菜虾皮汤 果酱三明治 Prawn skin soup with seaweed,Sandwich	红枣小米粥 玉米棒 Red dates and millet porridge,Corn
下午水果 Fruit		皇冠梨 Pear	香蕉 Banana	白瓜 White melon	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.