



# 上海私立安乔双语幼儿园®一周菜单

## Weekly Menu of Shanghai Angels Bilingual Kindergarten®

		2024/4/15 周一Monday	2024/4/16 周二Tuesday	2024/4/17 周三Wednesday	2024/4/18 周四Thursday	2024/4/19 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 海绵蛋糕 Milk, Cake	牛奶 巧克力小饼干 Milk,Chocolate biscuit	牛奶 小刀切馒头 Milk,Steamed buns
午餐 Lunch	主食 Main food	米饭 Rice	花色饭 A variety of rice	炒面 Fried noodles	南瓜饭 Pumpkin rice	米饭 Rice
	主菜 Main course	芋头粉蒸排骨(中大) 芋头粉蒸肉(托小) Steamed spareribs with rice flour	扬州炒饭(胡萝卜、青菜、鸡蛋) Fried Rice \"Yangzhou\" Style	什锦炒乌冬面 Fried Udon noodles	三丁烩虾仁(青豆、玉米粒、胡萝卜) Saute shrimp with peas	托小: 酱爆鸭丁 中大: 红烧鸭腿 Braised duck legs in brown sauce
		黄瓜木耳炒蛋 Cucumber、Black fungus scrambled eggs	托小班: 红烧牛肉糜 中大班: 蚝油牛肉丁 Stewed beef	托小班: 酱汁鸡丝 Sauted shredded chicken 中大班: 红烧鸡翅 Braised chicken wings	香椿炒蛋 Fried eggs with Chinese toon	鱼香肉丝(黑木耳、茭白、胡萝卜、猪肉丝) Fish-flavored shredded pork
		青菜炒豆腐皮 Stir-fried vegetable with tofu	上汤娃娃菜 Braised baby cabbage	西兰花炒胡萝卜 Broccoli and carrots	韭菜炒豆芽 Fried Bean Sprouts with Leek	素炒杭白菜 Chinese cabbage
汤 Soup	南瓜浓汤 Pumpkin soup	油豆腐菌菇菠菜汤 Fried tofu, mushroom and spinach soup	鲫鱼豆腐汤 Crucian tofu soup	莲藕玉米排骨汤 Lotus root ,corn &pork rib soup	番茄金针菇蛋花汤 Tomato Flammulina Egg soup	
下午点心 Afternoon snack		绿豆汤 葱油拌面 Green bean soup,Noodles with scallion, oil &soy sauce	苹果银耳甜汤 青菜鸡蛋煎饼 Apple Tremella Soup,Egg pancake with green vegetables	山药瘦肉粥 五香豆干 Pork porridge with yam, Spice dried tofu	枸杞红枣水 迷你鲜肉包 Goji berry and jujube water, Mini meat bun	燕麦粥 卤蛋 Oatmeal, soy egg
下午水果 Fruit		苹果 Apple	皇冠梨 Pear	圣女果 Cherry Tomatoes	红心火龙果 Pitaya	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.