



上海私立安乔双语幼儿园®一周菜单

Weekly Menu of Shanghai Angels Bilingual Kindergarten®

		2024/4/22 周一Monday	2024/4/23 周二Tuesday	2024/4/24 周三Wednesday	2024/4/25 周四Thursday	2024/4/26 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 豆沙包 Milk,Bean Paste	牛奶 刀切馒头 Milk,Steamed buns	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	玉米饭 Corn rice	米饭 Rice
	主菜 Main course	托小: 红烧肉糜 中大: 百叶结红烧肉 Braised pork in brown sauce	咖喱培根炒饭(胡萝卜、洋葱、培根) Curry Bacon Fried Rice	番茄牛肉酱意大利面(牛肉、番茄、洋葱) Bolognese spaghetti	香煎巴沙鱼柳 Fried Barracuda	中大班: 红烧板栗鸡块 托小班: 红烧板栗鸡丁 Braised chestnut chicken
		虾皮冬瓜 Shrimp melon	牛肉炖萝卜 Stewed beef with radish	彩椒爆猪肝 Fried pork liver with colored pepper	娃娃菜炒肉丝 Fried pork with cabbage	丝瓜炒蛋 Sponge cucumber with scrambled eggs
		蚝油生菜 Oyster sauce lettuce	清炒茼蒿 Fried crowndaisy	糖醋藕丁 Sweet and sour lotus root Ding	香菇青菜 Mushrooms and vegetables	地三鲜 Fried potato, green pepper and eggplant
	汤 Soup	山药枸杞猪肚鸡汤 Pork belly chicken soup with yam and wolfberry	白菜豆腐汤 Tofu Soup	菠菜平菇鸡蛋汤 Spinach, mushroom, and egg soup	芋艿老鸭汤 Taro duck soup	玉米胡萝卜菌菇汤 Corn, carrot & mushroom soup
下午点心 Afternoon snack		百合莲子汤 柳叶蒸饺 Lily and lotus seed soup, Steamed dumpling	紫菜虾皮汤 果酱三明治 Prawn skin soup with seaweed,Sandwich	冰糖梨水 小烧麦 Pear water with rock sugar,Shao-mai	猪肉小水饺 Pork dumplings	南瓜红枣粥 五香鹌鹑蛋 Pumpkin and Red dates porridge,quail egg
下午水果 Fruit		红心火龙果 Pitaya	香梨 Pear	香蕉 Banana	西瓜 Watermelon	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.