

幼儿园周菜单 (9月14日-9月18日) Set Menu

项/时间	9月14日/周一	9月15日/周二	9月16日/周三	9月17日/周四	9月18日/周五
大荤 Big Meat	土豆焖牛肉 Braised Beef with Potatoes	玉瓜炒虾仁 Stir-fried Shrimps with Cucumber	百叶结烧肉 Stewed Pork Cubes and Beancurd Sheets	蒜香龙利鱼 Steamed Sole Fish with Garlic	洋葱猪排 Grilled Pork Chop with Onion
小荤 Small Meat	三色银芽鸡肉丝 Fried Shredded Chicken with Bean Sprouts	茭白肉丝 Stir-fried Shredded Pork with Water Bamboo Shoots	黄瓜木耳炒鸡蛋 Scrambled Eggs with Cucumber	肉末豆腐 Fried Bean Curd with Minced Meat	罗勒叶烤鸡胸片 Roasted Chicken Breast with Basil Leaves
蔬菜 Vegetables	炒时蔬 Sautéed Seasonal Vegetable	炒时蔬 Sautéed Seasonal Vegetable	炒时蔬 Sautéed Seasonal Vegetable	炒时蔬 Sautéed Seasonal Vegetable	瑞士卷 Swiss Roll
水果/牛奶 Fruit/Milk	水果/牛奶 Fruit/Milk	水果/牛奶 Fruit/Milk	水果/牛奶 Fruit/Milk	水果/牛奶 Fruit/Milk	水果/牛奶 Fruit/Milk
主食 Staple Food	米饭/面条 Rice/Noodle	米饭/面条 Rice/Noodle	米饭/面条 Rice/Noodle	米饭/面条 Rice/Noodle	番茄意面 Spaghetti with Tomato Sauce
汤 Soup	酸辣鸭血汤 Hot and Sour Duck Blood Soup	紫菜蛋汤 Seaweed and Egg Soup	冬瓜海带汤 White Gourd and Kelp Soup	番茄蛋汤 Tomato and Egg Soup	蘑菇清汤 Mushroom Soup