



哈罗小狮幼儿园本周食谱 HLL Menu for Week 3

Week3	星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday
上午点 Snack Time 9:00-9:30	银耳马蹄羹 Soup with Water Chestnuts and Tremella	南瓜小米粥 Pumpkin and Millet Congee	玉米枸杞水 Soup with Chinese Lycium	香菇瘦肉粥 Minced Pork Congee with Shiitake Mushroom	玉米燕麦粥 Oatmeal with Corn
	香蕉 Banana	苹果 Apple	红心火龙果 Red Pitaya(Dragon Fruit)	香瓜 Muskmelon	西瓜 Watermelon
	营养土鸡蛋 Eggs	小肉包 Steamed stuffed bun with meat	鹌鹑蛋 Quail Eggs	蒸花糯玉米棒 Steamed Waxy Corn	奶香包 Steamed stuffed bun with milk
午餐Lunch 11:30-12:30	西柠鸡腿 Drumsticks with lemon	冰梅鸭 Roast Duck in Plum Sauce	时蔬香煎巴沙鱼 Pan-fried Basa Catfish with Seasonal Vegetables	洋葱炒牛肉 Stir-Fried Beef with Onion	生煎叉烧肉 Pan-fried BBQ Pork
	彩椒炒肉丝 Stir-Fried Shredded Pork Meat with Coloured Capsicum	西葫芦炒肉片 Stir-Fried Sliced Pork Meat with Cocoselle	碎肉炒莲藕 Stir-Fried Minced Pork with Lotus Root	碎肉炒杏鲍菇 Stir-Fried Minced Pork with Abalone Mushrooms	碎肉炒甜豆 Stir-Fried Minced Pork with Sweet Beans
	生炒菜心 Stir-fried Choy Sum	西红柿炒小白菜 Stir-fried Pakchoi Cabbage with Tomatoes	平菇炒上海青 Stir-fried Pakchoi Cabbage with Oyster Mushroom	上汤西兰花 Braised Broccoli in Broth	白灼水东芥 Scalded Shuidong Leaf Mustard
	海带筒骨汤 Marrowbone Soup with Seaweed	紫菜蛋花汤 Seaweed and Egg Soup	杂菌鸡汤 Chicken Soup with Mixed Mushrooms	罗宋汤 Russian Soup	龙须根炖鸡汤 Chicken Soup with Gynostemma Pentaphylla
	香软米饭 Steamed See-Mew Rice	香软米饭 Steamed See-Mew Rice	香软米饭 Steamed See-Mew Rice	香软米饭 Steamed See-Mew Rice	香软米饭 Steamed See-Mew Rice
下午点 Snack time 14:30-15:00	纯牛奶 Fresh Milk	酸奶 Yoghourt	AD牛奶 Fresh Milk	酸奶 Yoghourt	纯牛奶 Fresh Milk
	青提 Green Grapes	哈密瓜 Honey-dew Melon	香蕉 Banana	香梨 Bergamot Pear	黑提子 Black Grapes
	坚果类 Nut Fruits (杏仁、核桃等) (Almond, Walnut etc.)	蛋糕 Cake	坚果类 Nut Fruits (杏仁、核桃等) (Almond, Walnut etc.)	蛋糕 Cake	坚果类 Nut Fruits (杏仁、核桃等) (Almond, Walnut etc.)