

ECC Breakfast Menu
幼儿园早餐 2018.12

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Milk 牛奶	Milk 牛奶	Milk 牛奶	Milk 牛奶	Milk 牛奶
Vegetable Congee 中式蔬菜粥	Chinese Noodle Soup 中式蔬菜疙瘩汤	Pumpkin Congee 南瓜粥	Mullet Rice Congee 小米粥	Red Bean Congee 红豆粥
Beef & Vegetable 牛肉末炒蔬菜	Fried Noodle with Chicken & Vegetable Julienne 鸡丝炒面	Steamed chicken Patties with Vegetables 蔬菜蒸肉饼（鸡肉）	Pan fried beef Pancake with Egg 香葱牛肉碎发面饼	Chicken Balls 氽鸡肉丸
Homemade Braised Egg 自制卤蛋	Sautéed Egg with Color pepper 彩椒摊鸡蛋	Steamed Egg with mushroom 香菇蒸蛋	Boiled Egg 煮蛋	Sautéed Egg with Vegetables 黄瓜炒蛋
Croissant 牛角包	Steamed Broccoli 西兰花	Polenta Cake 玉米发糕	Boiled Chinese Greens 白灼菜心	Soft Roll 软面包

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Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Milk 牛奶	Milk 牛奶	Milk 牛奶	Milk 牛奶	Milk 牛奶
Purple Rice Congee 中式紫米粥	Chinese Noodle Soup 中式蔬菜汤面	Oats Congee 燕麦粥	Tomato egg Noodles soup 番茄鸡蛋汤面	Red Bean Congee 红豆粥
Pancake with Beef & Vegetables 牛肉蔬菜蛋饼	Fried Rice with Chicken & Vegetable Dice 鸡肉蔬菜炒饭	Sautéed beef Mince with Green Peas 牛肉末炒毛豆粒	Beef & carrot and corn 牛肉炒胡萝卜玉米粒	Fried Noodle with Chicken & Vegetables 鸡肉蔬菜炒面
Boiled Egg 煮蛋	Scramble Egg 西式搅蛋	Steamed Egg 蒸蛋羹	Croissant 牛角包	Sautéed Egg with Vegetables 蔬菜炒蛋
Steamed Broccoli 西兰花	Sautéed Celery 清炒芹菜	Steamed Bun 自制花卷	Homemade Braised Egg 自制卤蛋	Boiled Chinese Greens 白灼菜心