

# NEWTON KINDERGARTEN



## May MEAL MENU (INTERNATIONAL)

May 11<sup>th</sup>, 2012.

Meals		Monday (5月7日)	Tuesday (5月8日)	Wednesday (5月9日)	Thursday(5月10日)	Friday(5月11日)
w k 3	<b>Breakfast</b>	Cereal + Banana+ Milk	Whole wheat toast + Butter & jam + Milk	Bread + Yogurt	Cereal + Banana + Milk	Cracker + Yogurt
	<b>Lunch</b>	Simmered pork W tofu + Mushroom&Cabbage + Spare rib soup + Rice	Fried cod fish fillet + Vegetable & mushroom + Potato soup	Chicken drum stick in soy sauce + Bacon & vegetable stir-fry + Corn on cob & spare rib soup + Spaghetti	Steamed cabbage & chicken ball+ Scrambled egg & tomato + Water shield soup + Rice	Sweat & sour chicken + Brocoli + Russian broth + Rice
	<b>Snack</b>	Sweet potato +Honey melon	Fried dumpling + Banana	Cracker + Apple	Sweet taro ball +Fruit platter	Noodle soup
Meals		Monday (5月7日)	Tuesday (5月8日)	Wednesday (5月9日)	Thursday(5月10日)	Friday(5月11日)
w k 4	<b>Breakfast</b>	Steamed bun + scrambled egg + Milk	Cereal + Honey melon + Milk	Croissant +Yogurt	Cereal + Honey melon + Milk	Whole wheat toast + Butter & jam + 100% Apple juice
	<b>Lunch</b>	Curry chicken & potato + Green bean sprout + Sponge cucumber soup + Rice	Egg sandwich + Apple & cucumber Salad + Corn & chicken soup	Beef & mushroom ball + Seasonal vegetable & meat fried W udon noodle + Tomato & tofu soup	Pork fillet in sweet & sour sauce +Pea & ham stir fry + Winter melon soup + Rice	Omelet + Diced lotus root fried W tofu + Water bamboo soup + Rice steamed W vegetable & bacon
	<b>Snack</b>	Sweet potato + Apple	Steamed dumpling + Orange	Purple rice cake + Banana	Cheese pizza + Apple	Mango mousse + Yogurt

Sincerely,  
Shen Ming Hui  
Newton school nurse & nutritionist