

School Menu (30th March —24th April)新纽顿幼儿园 2015 年 3 月 30 日—4 月 24 日国际部学生食谱

w e e k 1 & 3 第 一 ， 三 周	餐次	Monday (3/30、4/13)	Tuesday (3/31、4/14)	Wednesday (4/1、4/15)	Thursday (4/2、4/16)	Friday (4/3、4/17)
	Morning 早点	好客家谷物球+腰果+牛奶 Grain ball, Cashew & milk	皇冠面包+火龙果+酸奶 Milk bread, dragon fruit & yogurt	粟米肉糜粥+煎馄饨 The meat and vegetable porridge & Fried wonton	超纯切片+黄油果酱+酸奶 Toast w. butter & Yogurt.	香菇蔬菜包+猕猴桃+牛奶 Mushroom and vegetable bun, kiwi & milk
	Lunch 午餐	樱桃汁肉+蒜蓉西兰花+萝卜龙骨汤+米饭 Pork in honey sauce, Garlic broccoli, Radish soup & rice	奶油蘑菇意面+香酥鸡块+娃娃菜肉圆汤 Mushroom cream pasta, Fried crisp chicked block & Baby cabbage w. meat ball soup	甜椒洋葱牛柳+开洋西葫芦+罗宋汤+米饭 Sweet pepper onion beef, zucchini w. dried shrimp, Borsch & rice	胡萝卜炖鸭脯+糖醋卷心菜+五彩鱼柳 羹+米饭 Stewed duck breast carrots, Sweet and sour cabbage, fish soup & rice	美芹鱿鱼+青菜火腿炒饭+荠菜豆腐 羹 Fried squid w. Western celery, Tofu soup with Shepherd's purse & Vegetables Stir-Fried Rice with Ham
	Snack 点心	自制瑞士卷+火龙果 Swiss roll & dragon fruit	自制红豆蜂巢糕+香蕉 Red bean honeycomb cake & banana	自制老婆饼+酸奶 Sweetheart cake & yogurt	自制黄油饼干+梨 Butter cracker & pears	自制可颂+苹果 Croissant & apples
w e e k 2 & 4 第 二 ， 四 周	餐次	Monday (4/20)	Tuesday (4/7、4/21)	Wednesday (4/8、4/22)	Thursday (4/9、4/23)	Friday (4/10、4/24)
	Morning 早点	百乐圣燕麦饼干+猕猴桃+牛奶 Oatmeal Cookies, kiwi & milk	手撕包+琥珀桃仁+酸奶 Bread, Amber Walnut & yogurt	皮蛋瘦肉粥+玉米棒 preserved egg congee & Corn Cob	火腿三明治+火龙果+酸奶 Ham sandwich & yogurt	自制葱油花卷+火腿+牛奶 steamed rolls, ham & milk
	Lunch 午餐	自制粟米牛肉饼+甜椒油焖茄子+味噌汤+米饭 Corn beef cake, Sweet pepper braised eggplant, the Miso Soup & rice	土豆烧肉+蒜薹肉丝+鸡毛菜土鸡汤+小米 饭 Meat and potatoes, Garlic shredded meat, Braised green vegetable in chicken soup & rice	沙茶酱烧鸡丁+素烧菜尖+炖蛋+米饭 Minced chicken in Satay sauce, Stir fried green vegetables, Egg custard & rice	马蹄肉圆+番茄肉酱烩意面+意式蔬菜 汤 Chinese water chestnut and meat ball, Tomato sauce pasta & vegetable soup	银鱼炒蛋+胡萝卜炒花菜+山药排骨 汤+米饭 Fried whitebait with scrambled eggs, Carrots Fried Cauliflower, Yam spareribs soup & rice
	Snack 点心	自制牛奶布丁+苹果 Milk pudding & apples	自制火腿芝士披萨+香蕉 Ham and cheese pizza & banana	自制黄油蛋糕+酸奶 Butter Cake & yogurt	自制牛肉锅贴+伊丽莎白瓜 Pan-Fried beef Dumplings & Elizabeth melon	自制蛋挞+梨 Egg Tart & pears