

School Menu (4th May —29<sup>th</sup> May)新纽顿幼儿园 2015 年 5 月 4 日—5 月 29 日国际部学生食谱

w e e k 1 & 3 第 一 ， 三 周	餐次	Monday (5/4、4/18)	Tuesday (5/5、5/19)	Wednesday (5/6、5/20)	Thursday (5/7、5/21)	Friday (5/8、5/22)
	Morning 早点	雀巢脆谷乐+提子干+牛奶 Cheerios w. dry grapes & milk	皇冠面包+腰果+酸奶 Milk bread, Cashew & yogurt	青菜肉末粥+水果玉米棒 Vegetables and minced meat porridge, corn cob	超纯切片+黄油果酱+酸奶 Toast w. butter & Yogurt.	自制葱油花卷+火腿片+牛奶 steamed rolls, ham & milk
	Lunch 午餐	自制小肉圆+胡萝卜花菜+海带三鲜汤+ 米饭 Small meat ball, Carrots Fried Cauliflower, Kelp soup with seafood & rice	奶油蘑菇意面+香酥鸡块+青菜龙骨汤 Mushroom cream pasta, Fried crisp chicked block & Baby cabbage w. Green vegetable soup	西芹虾仁+红烧萝卜+罗宋汤+小米饭 Celery shrimp, Braised radish, Borsch & rice	土豆烧牛肉+糖醋牛心菜+圆葱菌菇豆 腐汤+米饭 Braised beef with potatoes, Sweet and sour cabbage, mushroom & tofu soup w. rice	胡萝卜烩鸭脯+扬州炒饭+玉米棒排 骨汤 Stewed duck breast carrots, Spare ribs soup with corn cob & Yangzhou fried rice
	Snack 点心	自制黄油饼干+苹果 Butter cracker & apples	自制牛油蛋糕+香蕉 Butter Cake & banana	自制红豆蜂巢糕+香蕉 Red bean honeycomb cake & banana	自制葡式蛋挞+伊丽莎白瓜 Egg Tart & melon	自制可颂+苹果 Croissant & apples
w e e k 2 & 4 第 二 ， 四 周	餐次	Monday (5/11、5/25)	Tuesday (5/12、5/26)	Wednesday (5/13、5/27)	Thursday (5/14、5/28)	Friday (5/15、5/29)
	Morning 早点	好客家谷物球+火龙果+牛奶 Grain ball, dragon fruit & milk	奶酪面包棒+火龙果+酸奶 Cheese sticks, dragon fruit & yogurt	粟米肉末粥+白煮蛋 The meat and vegetable porridge w. Boiled egg	火腿三明治+猕猴桃+酸奶 Ham sandwich, kiwi & yogurt	印度飞饼+猕猴桃+牛奶 India Flying Cake, kiwi & milk
	Lunch 午餐	自制粟米牛肉饼+炒地三鲜+娃娃菜虾皮 汤 Corn beef cake, fried pepper potato & eggplant, Baby vegetables and shrimp soup	藕圆+蘑菇火腿意面+青菜肉丝蛋汤 crisp-fried lotus root ball, Mushroom ham pasta & Vegetables shredded meat soup	香菇鸡丁+糖醋卷心菜+文蛤豆腐汤+燕 麦饭 Stir Fried Slice Chicken With Black Mushrooms, Sweet and sour cabbage, Clam soup with Tofu & Oat meal	茄汁鱼丁+肉末茄子+排骨土豆汤+米 饭 Fish with tomato sauce, Braise Eggplant with pork mince, Potato soup with pork ribs & rice	素肠烧肉+青菜炒饭+炖蛋 Tofu sausage roasted pork, Egg custard, Fried rice with vegetables
	Snack 点心	自制丹麦酥+香蕉 Denmark crisp & banana	自制牛肉蒸饺+梨 Beef dumplings & pear	自制芝士蛋糕+伊丽莎白瓜 Cheese cake & melon	自制紫薯糕+梨 purple sweet potato cake & pear	自制火腿芝士披萨+无籽西瓜 Ham and cheese pizza & watermelon

