

School Menu(13thOctober-31st) 新纽顿会心幼儿园 2014 年 10 月 13 日 — 10 月 31 日学生食谱

Week 1 & 3 第一、三周	Date 餐次	Monday (10/13、10/27)	Tuesday (10/14、10/28)	Wednesday (10/15、10/29)	Thursday (10/16、10/30)	Friday (10/17、10/31)
	Morning 早点	好客佳玉米片+提子干+牛奶 Cornflakes w. milk & Raisins.	皇冠面包+猕猴桃+酸奶 Milk bread w. Kiwi & yoghurt.	鲜肉小笼包+牛奶 Meat dumplings & milk.	超醇切片+黄油果酱+酸奶 Toast w. butter & jam & Yoghurt.	葱油小花卷+牛奶 Steamed bun & milk.
	Lunch 午餐	香芋烧肉+香干美芹+黄秋葵蛋花汤+米饭 Taro pork & bean curd celery & egg soup w. vegetables & rice.	粟米牛肉饼+甜椒土豆+芥菜豆腐羹+胡萝卜饭 Beef pie w. corn & sweet pepper potato & tofu soup w. vegetable & carrot rice.	番茄肉酱意大利面+培根西兰花+排骨山药汤 Spaghetti Bolognese & bacon broccoli & Spare ribs with Yam soup.	蘑菇鸡丁+糖醋卷心菜+肉末炖蛋+米饭 Diced chicken w. mushroom & cabbage w. sweet & sour sauce.	香酥鱼排+甜椒莲藕+鸡毛菜排骨汤+米饭 Fried fish fillet & lotus root w. sweet pepper & Sparerib soup w. vegetable & rice.
Snack 点心	蓝莓蛋糕+火龙果 Blueberry cakes & Dragon fruit.	椰汁西米露+脆皮香蕉 Sweet Sago w. coconut & Fried bananas.	葡式蛋挞+无籽提子 Egg tart & seedless grapes.	鲜肉小月饼+苹果 Meat moon cake & apples.	鲜肉蒸饺+新奇士橙 Steamed dumpling & oranges.	
Week 2 & 4 第二、四周	Date 餐次	Monday (10/20、)	Tuesday (10/21、)	Wednesday (10/22、)	Thursday (10/23、)	Friday (10/24、)
	Morning 早点	雀巢蛋奶星星+火龙果+牛奶 Cereal w. milk & Dragon fruit	黄金堡+炒鸡蛋+酸奶 Hamburger w. fried egg & yoghurt.	苏式小方糕+牛奶 Suzhou style cake & milk.	火腿芝士三明治+酸奶 Ham sandwich & Yoghurt.	鸡蛋饼+牛奶 Egg pie & milk.
	Lunch 午餐	清蒸小肉饼+葱油小南瓜+青菜排骨汤+米饭 Steamed small meat pie w. pumpkin & Sparerib soup w. vegetable & rice.	鸡头米炒虾仁+肉汁小素肠+罗宋汤+小米饭 Fried shrimps with Gorgon & sausage & Russian broth w. rice.	咖喱鸡丁+菜花炒蛋+味增汤+米饭 Curry Chicken & fried egg w. vegetable & Miso soup w. rice	甜椒牛柳+炒广东菜芯+炖蛋+米饭 Shredded beef w. sweet pepper & fried vegetable & steamed egg w. rice.	奶油蘑菇意大利面+培根佛手木耳土鸡汤 Creamy mushroom pasta & bacon chayote & chicken soup w. fungus.
Snack 点心	培根芝士披萨+香蕉 Cheese pizza w. bacon & bananas.	红豆酥+苹果 Red bean cake & apples.	纸杯蛋糕+新奇士橙 Cupcake & oranges.	黄桃蛋挞+香梨 Peach tart & pears.	牛肉锅贴+哈密瓜 Pan fried dumpling & honey melon.	

Newton's chef own made cakes/pastry/pies etc.

2014. 9. 24