

School Menu(November 3rd 28th) 新纽顿玲珑湾幼儿园 2014 年 11 月 3 日 — 11 月 28 日学生食谱

Week & Day	Date 餐次	Monday (11/3、11/17)	Tuesday (11/4、11/18)	Wednesday(11/5、11/19)	Thursday (11/6、11/20)	Friday(11/7 . 11/21)
	Week 1 & 3 Monday, Wednesday	Morning 早点	好客家巧克力球+提子干+牛奶 Chocolate ball cereal w. Milk & Raisins.	皇冠面包+火龙果+酸奶 Milk bread w. Dragon fruit & yoghurt.	黄松糕+猕猴桃片+牛奶 Sponge cake w. Kiwi & milk	超纯切片+黄油果酱+酸奶 Toast w. butter & jam & Yoghurt
Week 1 & 3 Tuesday, Thursday	Lunch 午餐	素肠烧肉+香菇青菜+奶油蘑菇汤+米饭 Braised pork w. sausage & creamy vegetables w. mushroom soup & rice	茄汁鸡丁+甜椒土豆+芥菜豆腐羹+胡萝卜饭 Diced chicken w. tomato sauce & sweet pepper potato w. Tofu Soup & carrot rice	西红柿肉酱意大利面+培根西兰花+鸡毛菜土鸡汤 Spaghetti w. tomato & minced pork & bacon broccoli & vegetable soup w. chicken	胡萝卜烩牛肉+罗松汤+扬州炒饭 Beef w. carrot & Russian soup w. rice	土豆丁烩仙贝+萝卜排骨汤+茄汁蛋包饭 Diced potato w. scallop & carrot sparerib soup & Tomato omelets
	Snack 点心	椰蓉蛋糕+新奇士橙 Coconut cake & orange	黄油饼干+香蕉 Biscuits w. butter & bananas	火腿芝士披萨+柚子 pizza w. ham & pomelo	牛肉锅贴+苹果 Pan fried Beef dumpling & apple	葡式蛋挞+无籽提子 Tart & seedless grape
Week 2 & 4 Wednesday, Friday	Date 餐次	Monday (11/10、11/24)	Tuesday(11/11、11/25)	Wednesday(11/12、11/26)	Thursday (11/13、11/27)	Friday(11/14、11/28)
	Morning 早点	太平梳打饼干+芝士片+酸奶 Crackers w. cheese & yoghurt.	鸡蛋三明治+猕猴桃片+牛奶 Egg sandwich w. milk & kiwi	鲜肉小笼+牛奶 Pork dumpling & milk	好客家玉米片+提子干+牛奶 Cornflake w. milk & Raisins	葱油鸡蛋饼+牛奶 Egg pie & milk
	Lunch 午餐	葱油小肉饼+蛋丝菠菜+山药排骨汤+米饭 Pork meat pie & Spinach w. Egg & Spare ribs soup w. Chinese yam	杂菜炒虾仁+蚝油生菜+味增汤+小米饭 Fried shrimps w. vegetables & vegetable in Oyster Sauce & rice	咖喱鸡丁+花菜炒蛋+白菜肉圆汤+米饭 Diced chicken w. curry sauce & fried egg cabbage w. cauliflower & Pork meatball Soup & Rice	八宝牛肉酱+火腿西葫芦+炖蛋+米饭 Minced beef w. zucchini & steamed egg & rice	火腿芝士三明治+水果色拉+橙汁 Ham and cheese sandwich & salad & orange juice
Snack 点心	油酥饼+柚子 Suzhou style pie & pomelos	煎馄饨+苹果 Fried dumpling & apples	黄油桃酥+香蕉 Butter cake & bananas	烤红薯+新奇士橙 Toast w. sweet potato & oranges	豆沙包+火龙果 Red bean bun & Dragon fruits	

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

2014. 10. 21