










Menu From 17th Aug. To 28th Aug. (Newton Huixin Campus K1 & K2 levels)

新纽顿会心幼儿园 2015 年 8 月 17 日 —8 月 28 日学生食谱(中大班)

Week 1 & 3 (第一周/第三周)	餐次	Monday 周一 (8/17)	Tuesday 周二 (8/18)	Wednesday 周三 (8/19)	Thursday 周四 (8/20)	Friday 周五 (8/21)
	Breakfast	Corn flakes with milk & raisins 好客家玉米片+提子干+牛奶	Pineapple bread & yogurt  菠萝面包+酸奶盘子	Egg tart & milk  鸡蛋饼+牛奶	Ham sandwich & yogurt 火腿三明治+酸奶	Pork bun & milk  金露酥+牛
	Lunch	Bean Curds with pork & Stir-fried water bamboo & west-lake beef soup and wheat rice 百叶烧肉+油焖茭白+西湖牛肉汤+小米米饭	Honey chicken wings & Black fungus with cabbage & Miso soup and rice 蜜汁鸡翅+木耳小白菜+味噌汤+米饭	Stir-fried eel & Shrimp and gourd soup & rice 鱼香鳝丝+开洋冬瓜+萝卜排骨汤+麦片米饭	Noodles with mushroom and pork inside & Cheese Ham zucchini and duck soup with mushroom  香菇肉末炸酱面+火腿西葫芦+菌菇老鸭汤	Stir-fried pepper beef with vegetables & stir-fried green vegetables and Tomato egg soup with rice. 牛腩炖杂蔬+蒜茸广东菜心+番茄蛋汤+米饭
	Snack	Cream pastry with honey melon  奶油泡芙+哈密瓜	Steamed dumplings & bananas  三鲜蒸饺+香蕉	Cookies & grapes. 葱油曲奇+葡萄	Bean-paste buns & oranges  豆沙酥+新奇士橙	Coconut egg tart & dragon fruits  椰香蛋挞+火龙果
	餐次	Monday 周一 (8/24)	Tuesday 周二 (8/25)	Wednesday 周三 (8/26)	Thursday 周四 (8/27)	Friday 周五 (8/28)
	Breakfast	Corn flakes with milk & bananas 好客家玉米片+香蕉+牛奶	Egg tarts with yogurt  蛋黄酥饼+酸奶	Raisin bun/bread with milk  提子面包+牛奶	Honey pie & yogurt  甘露酥饼+酸奶	Savory pastry & milk  花卷+牛奶
Week 2 & 4 (第二周/第四周)	Lunch	Spiced pork ribs, carrots with yam, gourd and shrimp soup, wheat rice 五香排条+胡萝卜炒山药+西瓜虾米蛋汤+小米米饭	Stir-fried bacon and cabbage, seafood carp soup and rice 酱爆牛肉粒+培根卷心菜+银丝鲫鱼汤+米饭	Pork in gravy and cheese paella with ham served with bortsch soup 八宝卤肉+火腿芝士焗饭+罗宋汤	Fried chicken, dried shrimp and white melon, steamed egg 香酥鸡米花+海米烧冬瓜+炖蛋	Longley fish, tomatoes with egg, white melon and pork balls and rice 豉油龙利鱼+番茄炒蛋+冬瓜肉丸汤+米饭
	Snack	Honey pie & apples  蜂蜜蛋糕+苹果	Pork dumplings & grapes  鲜肉锅贴+无籽提子	Noodles with chicken and vegetables and pear 青菜鸡丝面+雪梨	Dairy corn pastry and melons  牛奶玉米棒+翠玉瓜	Honey pies with green bean & grapes  绿豆蜜糕+葡萄
		Morning breakfast is served at 9:10 and is a simple serving to provide a nutritious start of the day. Lunch is served at 11:30 in the class-rooms. Snack is served at 14:00 (14:15 for PN) after naptime/noon break.			* Hand made by Newton's pastry chef 