Menu From 17th Aug. To 28th Aug. (Newton Huixin Campus PN & N levels)

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

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）
Week 1 & 3（第一周第三周）	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+牛奶
	Lunch	Pork & vegetable stir-fry with eggplants served with beef soup & wheat rice. 什锦炒肉+油焖茄子+西湖牛肉羹+小米米饭	Stir-fried mushrooms, potatoes & chicken with miso soup and rice. 蚝油蘑菇鸡丁+咖喱土豆+味增汤+米饭	Stir-fried sweet & sour shrimps, radish and carrot with pork rib soup & wheat rice. 彩粒炒虾仁+糖醋圆白菜+萝卜排骨汤+麦片米饭	Noodles with mushroom and minced pork. Ham, zucchini & mushroom stir-fry with duck soup. 香菇肉末炸酱面+火腿西葫芦+菌菇老鸭汤	Stir-fried pepper beef with onion and vegetables. Tomato egg soup with rice. 洋葱甜椒牛肉丝+炒三丁+番茄蛋汤+米饭
	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 with milk 提子面包+牛奶	Honey pie & yogurt 甘露酥饼+酸奶	Savory pastry & milk 花卷+牛奶
	Lunch	Pork tendon with sweet pepper and potatoes. gourd and shrimps. Egg soup and wheat rice 三丝蹄筋+甜椒土豆+丝瓜虾皮蛋汤+小米米饭	Beef pies with onion and pumpkin, seafood soup and rice 粟米牛肉饼+葱油南瓜+银丝鲫鱼羹+米饭	Pork in gravy and cheese paella with ham served with borscht soup 八宝卤肉+火腿芝士焗饭+罗宋汤羹	Cauliflower, carrot and chicken in lime juice with steamed egg soup and rice 西柠汁软鸡+胡萝卜花菜+炖蛋+米饭	Stir-fried sweet beans, mushrooms & gourd with pork ball soup and rice 甜豆咖喱鲜贝+盐儿蘑菇丁+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