

Menu From 30th Nov. To 25th Dec. (Newton Hui Xin Campus K1 & K2 levels)

新纽顿会心幼儿园 2015 年 11 月 30 日 —12 月 25 日学生食谱(中大班)

		Monday 周一 (11/30 & 12/14)	Tuesday 周二 (12/1 & 12/15)	Wednesday 周三(12/3&12/16)	Thursday 周四 (12/4&12/17)	Friday 周五 (12/5&12/18)
Week 1 & 3 (第一周/第三期)	餐次					
	Breakfast	Cereal, banana & Milk 	Pineapple flavor bread & yogurt 	Purple rice cake & Milk 	Crisp cake & yogurt 	Egg pancake with corns & Milk 
		好客家谷物球+香蕉+牛奶	菠萝面包+ 酸奶	紫米小刀切+ 牛奶	桃酥饼+酸奶	玉米鸡蛋饼+牛奶
Lunch	Sagittarian with pork, gluten with Chinese cabbage, greens tofu soup with pork & wheat rice. 次抓烧肉+面筋白菜+青菜肉丝豆腐汤+小米米饭	Sweet and sour flounder, spinach with pork rib soup, pork rib soup & rice 糖醋龙利鱼+上汤菠菜+玉米排骨汤+米饭	Udon noodle with beef stock, baked sausage , mushroom and greens soup 牛肉酱汁乌冬面+台式烤香肠+菌菇青菜汤	Chicken with Chinese chestnut, Smoked bean curd with celery, steamed egg & wheat rice 板栗烧鸡块+香干美芹+炖蛋+小米米饭	Pieces of beef with peppers, Mushrooms with greens, Pork rib with radish soup& rice 彩椒牛肉粒+香菇青菜+萝卜排骨汤+米饭	
	Snack	Blueberry cake & Oranges  蓝莓蛋糕+新奇士橙	Baked sweet potato & Dragon fruit  烤红薯+火龙果	Cream popcorn stick & Fruit tomato  奶油玉米棒+圣女果	Assorted rice noodles & Bananas  什锦米线+香蕉	Sweetened bean paste cake& Apples  豆沙酥饼+苹果
Week 2 & 4 (第二周/第四期)	餐次					
	Breakfast	Chocolate cereal, raisins & Milk 	Chinese pancake, Cheese and ham & yogurt 	Coconut flavor cake & milk 	Steamed rolls & yogurt 	Date cakes with honey & milk 
		好客家谷物球+提子干+牛奶	飞饼+芝士火腿+酸奶	椰香面包+牛奶	葱油花卷+酸奶	红枣蜂巢糕+牛奶
Lunch	Pork with potato, cauliflower with carrots, Shepherd's-purse and tofu soup & wheat rice 土豆炖肉+胡萝卜炒花菜+荠菜豆腐羹+小米米饭	Sweet and sour fish, radish with chicken soup, spinach and mushroom soup with egg & rice 西湖醋鱼+鸡汁萝卜+菠菜木耳蛋汤+米饭	Fried chicken wings, celery with colorful peppers, mushroom and duck soup & wheat rice 香酥鸡中翅+红彩椒水芹+珍珠水鸭汤+小米米饭	Pasta with soy sauce pork soup, broccoli with shrimps, mushroom with fish soup & millet rice 八宝卤肉意面+虾仁上汤西兰花+蘑菇鱼片汤+米仁米饭	Fish-flavor shredded beef in hot sauce , Cabbage, Chinese cabbage soup with slices pork & rice 鱼香牛肉丝+葱油牛心菜+白菜肉丝汤+米饭	
	Snack	Homemade cakes & Qianxi Fruit  自制蛋糕+千禧果	Oily cookies & Orange  葱油曲奇+哈密瓜	Pork steamed dumpling & Pears  鲜肉蒸饺+丰水梨	Steamed Creamy Custard bun & Strawberry  奶黄包+草莓	Biscuit with butter & Citrus  黄油饼干+芦柑
<p>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.</p>					<p>* Hand made by Newton's pastry chef </p>	