



Menu From 29th Feb. To 31st Mar. (Newton Hui Xin Campus PN & N levels)

新纽顿会心幼儿园 2016 年 2 月 29 日 — 3 月 31 日 学生食谱(托小班)

Week 1/3/5	餐次	Monday 周一 (2/29、3/14、3/28)	Tuesday 周二 (3/1、3/15、3/29)	Wednesday 周三 (3/2、3/16、3/30)	Thursday 周四 (3/3、3/17、3/31)	Friday 周五 (3/4、3/18、4/1)
	Breakfast	Cornflakes w. raisins & milk 	Pork floss bread & yogurt 	Ham rolls & milk 	Honey oats cake & yogurt 	Bread with raisins & milk 
		好客家玉米片+提子干+牛奶	肉松面包+酸奶	火腿小花卷+牛奶	粗粮蜂糕+酸奶	提子面包+牛奶
	Lunch	Pork patty with water chestnut, Bean curd with cabbage, Beef soup with tofu & Millet rice	Seafood sauce braised minced chicken, Broccoli, Soybean and pork chop soup & rice	Sweet pea with beef, mushrooms and greens, served with fish soup (carrot, mushroom, winter bamboo shoots) & rice	Braised pork noodles, flavored eggs, mushroom and spare ribs soup	Steamed flounder, mashed garlic spinach, cabbage and shredded meat soup & rice with oats
		马蹄蒸肉饼+香干包菜+西湖牛肉羹+小米米饭	海鲜酱烩鸡丁+上汤西兰花+黄豆猪手汤+米饭	甜豆炒牛肉粒+蘑菇青菜+开胃鱼羹(胡萝卜、香菇、冬笋)+米饭	台式卤肉面+卤鸡蛋+菌菇仔排汤	清蒸鲈鱼+蒜泥菠菜+白菜肉丝汤+麦片米饭
	Snack	Homemade bread & apples 	Noodles with tomato and egg & Honey melon 	Creamy corn stick & dragon fruit	Red bean pancakes with citrus 	Butter biscuit & oranges 
		自制蛋糕+苹果	番茄鸡蛋面条+哈密瓜	奶油玉米棒+火龙果	红豆酥饼+芦柑	黄油切片饼干+甜橙
Week 2/4		Monday 周一 (3/7、3/21)	Tuesday 周二 (3/8、3/22)	Wednesday 周三 (3/9、3/23)	Thursday 周四 (3/10、3/24)	Friday 周五 (3/11、3/25)
	Breakfast	Purple rice steamed bun & Milk 	Red bean cake & Yogurt 	Cheese bread & Milk 	Egg-Yolk puff & Yogurt 	Meat bun & Milk 
		紫米小刀切+牛奶	红豆松糕+酸奶	芝士面包+牛奶	蛋黄酥+酸奶	小肉包+牛奶
	Lunch	Pork omelet, Gluten with greens, Sheppard's-purse and tofu soup & Millet rice	Shrimp with carrot, pea, corn, Minced meat with baby cabbage & Shallot with mushroom soup	Fried chicken with sweet and sour sauce, Sweet pepper, Corn and ribs soup with rice	Pasta with tomato sauce, Broccoli, Chicken soup with mushroom	Curry beef fried rice, braised chinese cabbage, Egg custard
		木须肉+面筋青菜+荠菜豆腐羹+小米米饭	三色虾仁(胡萝卜、青豆、玉米粒)+肉末娃娃菜+圆葱蘑菇汤	咕咾鸡丁+油焖甜椒+玉米马蹄排骨汤+米饭	茄汁肉酱意面+上汤西兰花+珍菇炖鸡汤	咖喱牛肉炒饭+卤白菜+炖蛋
	Snack	Strawberry cake & pear 	Honey pumpkin & banana 	Sweetened bean paste bun & apple 	Baked sweet potato & oranges	Pork floss pancake & Dragon fruit 
		草莓蛋糕+雪梨	蜂蜜小南瓜+香蕉	豆沙小包+苹果	烤红薯+甜橙	肉松酥饼+火龙果
		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 	