

Menu From 22nd August to 2nd September. (Newton Hui Xin Campus PN & N levels)

新纽顿会心幼儿园 2016 年 8 月 22 日-9 月 2 日学生食谱(托小班班)

Week 1 & 3 (第 1 及 3 周)	餐次	Monday 周一 (8/22)	Tuesday 周二 (8/23)	Wednesday 周三(8/24)	Thursday 周四 (8/25)	Friday 周五 (8/26)
	Breakfast	Cereal & Raisins & Milk 	Handmade bread & Butter Jam & Yogurt 	Noodles with beef & Boiled egg 	Sponge cake & Kiwi fruit with milk 	Green onion pie & walnut & Yogurt 
		卡乐比+提子干+牛奶	自制轻蒜面包+黄油果酱+酸奶	牛肉拉面+白煮蛋	自制千层糕+猕猴桃+牛奶	自制葱油饼+琥珀桃仁+酸奶
	Lunch	Lotus meat pie with egg,cabbage served with Miso soup and Rice	Fried fish, Pasta served with tomato and meat and Chicken soup with greens	Chicken with tomato sauce, bacon and cauliflower served with Seaweed rib soup and rice	Duck breast and Baby cabbage served with American borsch and rice	Fillet steak ,Pickled mushrooms cooked with Gansi served with White gourd rib soup and rice
		藕肉饼炖蛋+手撕卷心菜+日式味噌汤+米饭	香酥龙利鱼+番茄肉糜烩意面+鸡毛菜土鸡汤	茄汁鸡丁+培根炒菜花+海带排骨汤+米饭	八宝鸭脯+豉油娃娃菜+美式罗宋汤+小米饭	三色牛柳+雪菜蘑菇煮干丝+冬瓜风肉汤+米饭
	Snack	Chocolate cake & Honey melon 	Yam with blueberry sauce & Grapes	Butter biscuit & Pear 	Steamed bun & Apple 	Yellow peach tart & Watermelon 
		自制巧克力蛋糕+哈密瓜	自制蓝莓山药+夏黑	自制黄油饼干+翠冠梨	自制秋叶包+苹果	自制黄桃蛋挞+无籽西瓜
		Monday 周一 (8/29)	Tuesday 周二 (8/30)	Wednesday 周三(8/31)	Thursday 周四 (9/1)	Friday 周五 (9/2)
	Breakfast	Whole meal biscuit & Cheese & Milk 	Dried meat floss bread & walnut with Yogurt 	Congee with pork and preserved egg & Corn stick 	Red dates honey cake & Cashew nut with Yoghurt 	Fish floss rolls & Dragon fruit & Milk 
		全麦饼干+芝士+牛奶	自制肉松面包+椒盐桃仁+酸奶	皮蛋瘦肉粥+玉米棒	自制红枣蜂巢糕+腰果+酸奶	自制鱼松花卷+火龙果+牛奶
	Lunch	Pear and sour pork & mushroom with greens served with Tomato fish soup and rice	Asparagus with Scallop , Broccoli with oyster sauce served with Egg custard and Oat rice	Beef balls served with Udon noodle and White gourd rib soup	Fried shrimp, ham with vegetables with Tomato oxtail soup and Rice	Roast Frankfurt sausage served with Tomato omelet and Italian vegetables
		茄汁古老肉+香菇青菜+番茄木耳鱼片汤+米饭	芦笋鲜贝+耗油西兰花+炖蛋+燕麦饭	自制香菇牛肉丸+日式乌冬面+冬瓜排骨汤	三色虾仁+火腿西葫芦+西红柿牛尾汤+米饭	烤法兰克福肠+茄汁蛋包饭+意式蔬菜
	Snack	Swiss roll + banana 	Japanese thick egg bun & Honey melon 	Vegetable pan cake & Grape fruit 	Small walnut cake & grapes 	Mashed potatoes & Blueberry 
		自制瑞士卷+香蕉	自制日式厚蛋煎+哈密瓜	自制蔬菜煎饼+西柚	自制小桃酥+无籽提子	马苏里拉土豆泥+蓝莓
		Morning breakfast is served at 8:45 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 13:50 after naptime/noon break.			* Hand made by Newton's pastry chef 	