




Menu From 22nd August to 2nd September. (Newton Hui Xin Campus K1 & K2 levels)

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

	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)
		Cereal & Raisins & Milk 	Handmade bread & Butter Jam & Yogurt 	Noodles with beef & Boiled egg 	Sponge cake & Kiwi fruit with milk 	Green onion pie & walnut & Yogurt 
Week 1	Breakfast	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	Braised pork with quail egg & cabbage served with Miso soup and Rice 虎皮鹌鹑蛋烧肉+手撕卷心菜+日式味增汤+米饭	Fried fish, Pasta served with tomato and meat and Chicken soup with greens 香酥龙利鱼+番茄肉糜烩意面+鸡毛菜土鸡汤	Chicken with tomato sauce, bacon and cauliflower served with Seaweed rib soup and rice 茄汁鸡丁+培根炒菜花+海带排骨汤+米饭	Duck breast and Baby cabbage served with American borsch and rice 八宝鸭脯+豉油娃娃菜+美式罗宋汤+小米饭	Potato stewed sirloin, pickled mushrooms cooked with Gansi served with White gourd rib soup and rice 土豆烩牛腩+雪菜蘑菇煮干丝+冬瓜风肉汤+米饭
	Snack	Chocolate cake & Honey melon  自制巧克力蛋糕+哈密瓜	Yam with blueberry sauce & Grapes 自制蓝莓山药+夏黑	Butter biscuit & Pear  自制黄油饼干+翠冠梨	Steamed bun & Apple  自制秋叶包+苹果	Yellow peach tart & Watermelon  自制黄桃蛋挞+无籽西瓜
Week 4		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)
		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 凤梨古老肉+香菇青菜+番茄木耳鱼片汤+米饭	Asparagus with Scallop, Broccoli with oyster sauce served with Egg custard and Oat rice 芦笋鲜贝+耗油西兰花+炖蛋+燕麦饭	Beef balls served with Udon noodle and White gourd rib soup 自制香菇牛肉丸+日式乌冬面+冬瓜排骨汤	Fried shrimp, ham with vegetables with Tomato oxtail soup and Rice 酱爆基围虾+火腿西葫芦+西红柿牛尾汤+米饭	Roast Frankfurt sausage served with Tomato omelet and Italian vegetables 烤法兰克福肠+茄汁蛋包饭+意式蔬菜
	Snack	Swiss roll + banana  自制瑞士卷+香蕉	Japanese thick egg bun & Honey melon 	Vegetable pan cake & Grape fruit 	Small walnut cake & grapes 	Mashed potatoes & Blueberry 
		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 	