

Menu From 2017, 31st May to 30th June (Newton Hui Xin Campus)

新纽顿会心幼儿园 2017 年 5 月 31 日 - 6 月 30 日 学生食谱

ω 餐次	Monday 周一 (6/12、6/26)	Tuesday 周二 (6/13、6/27)	Wednesday 周三 (5/31、6/14、6/28)	Thursday 周四 (6/1、6/15、6/29)	Friday 周五 (6/2、6/16、6/30)
Breakfast	Cornflakes serve with milk, raisins and dried pineapple/banana pieces 玉米片+牛奶+葡萄干+菠萝/香蕉干	Steamed bun served with milk and honey melon 小刀切+牛奶+甜瓜	Blanched broccoli, slices of quality pork sausages served with homemade bread and milk 西兰花+香肠+自制面包+牛奶	Muesli with yogurt, blueberries and rice-crisps served with apple juice Muesli 麦片+酸奶+无籽提+脆爆米+苹果汁	Steamed carrot, spring onion pancake served with milk 蒸胡萝卜+葱油饼+牛奶
	Steamed rice with braised pork in soy sauce, served with marinated egg, shepherd's purse and tofu soup 台式卤肉饭+卤鸡蛋+荠菜豆腐汤	Pork sausage hot dog with choice of pickled/fresh cucumber, lettuce and ketchup. Cooked green beans & corn side dish with creamy mushroom soup 猪肉热狗(黄瓜、生菜、番茄酱)+青豆玉米粒+奶油蘑菇汤(加菜 青椒 土豆丝)	Roast beef served with roasted potato, carrot with tomato sauce, steamed corn and Three-delicacy soup 烤牛排+烤土豆、胡萝卜配番茄沙司+蒸玉米段+三鲜汤(教工加菜酸辣海带丝)	Mushroom chicken, sweet and sour lotus root served with rice, chickpeas and pork chops soup 香菇滑鸡+糖醋藕丁+鹰嘴豆排骨汤	Fried Sole fish in Soy Sauce with edamame fried gourds, mushroom and pork soup with rice 香煎银鳕鱼+丝瓜毛豆+蘑菇肉片汤+米饭
	Optional mixed salad w. Tuna(served at teachers discretion)金枪鱼什锦沙拉	Optional mixed salad w. Egg(served at teachers discretion)鸡蛋什锦沙拉	Optional mixed salad w. Bacon(served at teachers discretion)培根什锦沙拉	Optional mixed salad w. Tuna(served at teachers discretion)金枪鱼什锦沙拉	Optional mixed salad w. Egg(served at teachers discretion)鸡蛋什锦沙拉
Snack	Crispy garlic bread served with honeydew and orange juice 蒜香面包+哈密瓜+橙汁	Creamy corn stick served with apple juice and sliced pear 玉米棒+苹果汁+梨片	Homemade waffle served with vanilla ice-cream, slices of peach and mixed fruit juice. 自制华夫饼+香草冰激凌+桃片+混合果汁	Vegetable bun served with apple juice and watermelon 菜包子+苹果汁+西瓜	Vietnamese fresh spring roll with cooked shrimps served with sweet & sour sauce and coconut water 越南春卷
	Monday 周一 (6/5、6/19)	Tuesday 周二 (6/6、6/20)	Wednesday 周三 (6/7、6/21)	Thursday 周四 (6/8、6/22)	Friday 周五 (6/9、6/23)
Breakfast	Rice-crisps served with milk, raisins and dried banana pieces 脆爆米+牛奶+葡萄干+香蕉	Vegetables pancake served with milk and cherry tomato 蔬菜饼+牛奶+樱桃番茄	Hard-boiled egg, 1/2 toast bread served with slice of cheese, 1/4 piece of crispy bacon, cherry tomato and 1/2 glass of milk 白煮蛋+1/2 吐司+芝士片+1/4 片熏肉培根+樱桃番茄+1/2 杯牛奶	Mixed oats/seeds Muesli served with milk and honeydew Muesli 什锦燕麦+牛奶+哈密瓜	Cranberry bread served with yogurt and banana 蔓越莓面包+酸奶+香蕉
	Shredded beef with celery, braised water bamboo served with rice and duck soup 香芹牛肉丝+油焖茭白+老鸭扁尖汤+米饭	Japanese mild curry with potato, carrot, pineapple and pork served with rice, broccoli, tomato and egg soup 日式咖喱猪肉+西兰花+番茄蛋汤+米饭	Spaghetti with tomato sauce served with sliced sausage with onions and mushroom soup 番茄酱意面+切片香肠+洋葱蘑菇汤	Fresh scallops, asparagus & smoked bean curd served with rice, winter melon and pork soup 酱香鲜贝+香干芦笋+冬瓜肉片汤+米饭	Pumpkin risotto with crispy bacon, Parmesan cheese served with bread and borsch soup 南瓜意大利调味饭+面包+罗宋汤
	Optional mixed salad w. Tuna(served at teachers discretion)金枪鱼什锦沙拉	Optional mixed salad w. Egg(served at teachers discretion)鸡蛋什锦沙拉	Optional mixed salad w. Bacon(served at teachers discretion)培根什锦沙拉	Optional mixed salad w. Tuna(served at teachers discretion)金枪鱼什锦沙拉	Optional mixed salad w. Egg(served at teachers discretion)鸡蛋什锦沙拉
Snack	Graham crackers served with vanilla milk/yoghurt shake 全麦饼干+香草奶昔	Homemade bread served with honeydew and orange juice 自制面包+哈密瓜+橙汁	Homemade pudding served with dragon fruit and apple juice with frozen seedless grapes as ice-cubes 自制布丁+火龙果+苹果汁+冰冻葡萄	Xiao Long Bao served with honey melon and grape juice 小笼包+甜瓜+葡萄汁	Homemade cake served with Yakult sour milk and seedless grapes 自制蛋糕+养乐多+无籽提子
	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