

Menu From 2017, 3rd July to 4th August (Newton Hui Xin Campus)

新纽顿会心幼儿园 2017 年 7 月 17 日 —8 月 5 日学生食谱

餐次	Monday 周一 (7/3、7/17、7/31)	Tuesday 周二 (7/4、7/18、8/1)	Wednesday 周三 (7/5、7/19、8/2)	Thursday 周四 (7/6、7/20、8/3)	Friday 周五 (7/7、7/21、8/4)
Brea Lunch	Cornflakes served with milk, raisins and banana pieces 玉米片+牛奶+葡萄干+香蕉片	Swiss roll served with blueberries and milk 瑞士卷+牛奶+蓝莓	Coarse cereals bun served with banana and milk 杂粮小刀切+牛奶+香蕉	Muesli with yogurt and rice-crisps served with apple juice Muesli 麦片+酸奶+脆爆米+苹果汁	Homemade bread served with honey melon and apple juice 自制面包+苹果汁+甜瓜
	curly noodles with optional choice(s) of tomato sauce, ground beef and parmesan served with tomato and borsch soup 意大利面 (可选番茄酱、牛肉或芝士) +番茄鸡蛋汤	Sweet and sour sole fish, towel gourd with green soy beans served with tomato and egg soup, rice 西湖醋鱼 (龙利鱼) +丝瓜毛豆+番茄蛋汤+米饭	Korean BBQ with lettuce, pickled radish, sweet kimchi served with rice and Korean miso soup 韩国烤牛肉 (生菜、萝卜、甜泡菜) +大酱汤+米饭	Vegetarian main casserole of seasoned egg-plant, potato, zucchini and feta cheese served with optional pork meatballs and potato/onion soup. rice 什锦蔬菜煲 (茄子, 土豆, 西葫芦和羊乳酪) +猪肉丸+土豆洋葱汤+米饭	Oven baked chicken steak, Spaghetti with broccoli and carrots served with tomato and egg soup 自制鸡扒+意面 (西兰花、胡萝卜) +番茄蛋汤
	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. avocado salad(served at teachers discretion)三文鱼牛油果芝麻菜沙拉	Optional Mixed vegetable salad with chickpeas(served at teachers discretion)鹰嘴豆蔬菜什锦沙拉
Snack	Homemade graham bread served with seedless grapes and orange juice. 自制全麦面包+橙汁+无籽提子	Chocolate pudding served with biscuit and chilled mineral water with slice of lemon. 巧克力布丁+自制饼干+柠檬水	Sushi served with peach pieces and Yakult sour milk 寿司+养乐多+桃子	Low sugar, homemade cinnamon apple pie/crumble served with vanilla ice-cream. 自制苹果派+香草冰淇淋	Waffle served with buttermilk-milk shake and watermelon slices. 华夫饼+酸奶奶昔+西瓜
	Monday 周一 (7/10、7/24)	Tuesday 周二 (7/11、7/25)	Wednesday 周三 (7/12、7/26)	Thursday 周四 (7/13、7/27)	Friday 周五 (7/14、7/28)
Breakfast	Rice-crisps served with milk,raisins and dried banana pieces 脆爆米+牛奶+葡萄+香蕉	Homemade fried bun served with honey melon and milk 自制小肉包+牛奶+甜瓜	Blanched broccoli, slices of sausage served with homemade bread and milk 西兰花+香肠+自制面包+牛奶	Ham and egg pancake served with blueberries and yogurt 火腿鸡蛋饼+酸奶+蓝莓	Spring onion and egg pancake served with seedless grapes and milk 葱油鸡蛋饼+牛奶+无籽提子
	Vegetarian main course of Soba noodles and vegetables, served with side-dish of optional slices of ham and oxtail soup 蔬菜荞麦面+火腿片+香浓牛尾汤	Tenderized lamb served with oven baked mix of potatoes, aubergine, squash and red pepper fruit served with rice and vegetable tofu soup 嫩羊肉配烤土豆、茄子、笋瓜、甜椒+米饭+蔬菜豆腐汤	Vegetarian masala with potatoes, cauliflower and mixed vegetables, served with Greek yoghurt and optional fried chicken with rice and shredded kelp soup 咖喱土豆、花椰菜和混合蔬菜, 配希腊酸奶+炸鸡排+饭+海带汤	Oven baked salmon with butter and lemon served with a choice of rice or white potatoes with hollandaise sauce and lingon berries. 烤三文鱼配黄油和柠檬+米饭/土豆与荷兰酱或越橘浆。	Pasta with optional choice(s) of marinara or tomato sauce, slices of sausage and sautéed mushrooms in butter served with baguette and cream of corn soup. 意面配大蒜酱/番茄酱+香肠片+蘑菇黄油+长棍面包+玉米奶油汤片。
	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. avocado salad(served at teachers discretion)三文鱼牛油果芝麻菜沙拉	Optional Mixed vegetable salad with chickpeas(served at teachers discretion)鹰嘴豆蔬菜什锦沙拉
Snack	Homemade doughnut served with dragon fruit and vanilla ice cream 自制甜甜圈+香草冰淇淋+火龙果	Egg yolk puff served with honeydew and apple juice 蛋黄酥+苹果汁+哈密瓜	Mango-jello served with mango cubes and a slice of watermelon with chilled yakult sour milk. 芒果果冻+养乐多+西瓜	Low sugar, homemade peach pie/crumble served with cold whipped cream and a glass of milk. 自制黄桃派+牛奶	Frozen banana's (frozen banana pieces on a fork) served with warm vanilla pudding. 冻香蕉+热香草布丁
	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	