

| 餐次            | Monday (9/4、9/18)   | Tuesday(9/5、9/19)  | Wednesday (9/6、9/20)   | Thursday (9/7、9/21)  | Friday(9/8、9/22)   |  |
|---------------|---|--|--|--|--|--|
| 早餐<br>Morning | 牛奶燕麦粥+黄金蛋糕<br>Oatmeal porridge w. milk + cake   | 皇冠面包+火龙果+酸奶<br>Crown bread +dragon fruit+milk  | 手撕面包+腰果+牛奶<br>Bread +cashew+ milk  | 小米粥+炒蛋<br>Millet porridge + scrambled eggs   | 印度飞饼+香蕉+酸奶<br>Pancake + banana +yogurt   |  |
| 午餐<br>Lunch   | 江豆土豆红烧肉+蘑菇青菜+虾皮冬瓜汤+金银饭<br>Braised pork in brown sauce, cowpea and potato +mushroom and vegetable + shrimp skin wax gourd soup+rice and millet | 板栗香菇烧鸡肉+青椒土豆片+莲藕排骨汤+米饭<br>Chicken stew with chestnuts and mushroom + green pepper and potato chips + lotus root and spare rib soup + rice                                  | ★茄汁龙利鱼+培根西兰花+炖蛋+米饭<br>Braised Sole Fish in tomato sauce + bacon and broccoli +egg custard + rice             | 咖喱土豆牛肉+葱油卷心菜+山药木耳肉丝汤+白糯饭<br>Curried beef w. potato + boiled cabbage with scallions + shredded meat soup w. fungus and yam + glutinous rice mixed with white rice | 烤法兰克福肠+番茄沙司意面+兰花蘑菇奶油汤<br>Roast Frankfurt sausage + Tomato sauce pasta + broccoli and mushroom cream soup                     |  |
| 点心<br>Snack   | 雀巢蛋奶星星+苹果<br>Cereal + apple   | 巧克力面包+红提<br>Chocolate bread + grape  | 牛奶刀切+甜瓜<br>Milk steamed bun + melon  | 紫薯包+火龙果<br>Purple sweet potato buns + dragon fruit   | 港式菠萝包+新奇士橙<br>Pineapple bread + orange   |  |
| 餐次            | Monday (9/11, 9/25)   | Tuesday (9/12、9/26)  | Wednesday (9/13,9/27)  | Thursday (9/14、9/28)   | Friday (9/15、9/29)   | Saturday (9/30)  |
| 早点<br>Morning | EDO饼干+肉松+玉米糊<br>EDO cracker+meat floss +corn paste  | 奶黄包+火龙果+酸奶<br>Steamed Creamy Custard Bun + dragon fruit + yogurt   | 南瓜饼+琥珀核桃+牛奶<br>pumpkin pie + walnut +milk  | 红豆紫米粥+白煮蛋<br>Purple Rice Porridge w.red bean + boiled eggs   | 奶酪面包棒+黄油果酱+酸奶<br>Cheese bread stick + butter + yogurt  | 巧克力吐司+芝士片+牛奶<br>Chocolate toast + cheese+milk  |
| 午餐<br>Lunch   | 香芋烧肉+面筋小白菜+海带瘦肉汤+米饭<br>Taro braised pork in brown sauce + gluten and Chinese cabbage + meat soup w.seaweed + rice                             | 油爆虾 (五彩虾仁) +青菜炒百叶丝+西红柿蘑菇牛腩汤+米饭<br>Sauteed shrimps(Stir-fried Shrimp with Assorted Vegetables)+ tofu skin stir-fried w. vegetable + beef soup w. tomato and mushroom + rice | 香酥鸡块+西兰花火腿烩乌冬面+青瓜木耳蛋花汤<br>Fried chicken + Udon noodles w. broccoli and ham + egg soup w. cucumber and fungus | 甜椒牛柳+扬州炒饭+奶油蘑菇汤<br>Beef Fillet w. sweet pepper + Yangzhou fried rice + mushroom cream soup   | ★果汁菠萝鸡片+芹菜香干+冬瓜排骨汤+米饭<br>Fried Shredded Chicken with Pineapple + Celery with bean curd + wax gourd and spare rib soup + rice | 杨梅肉圆+杂粮饭+青椒土豆片+鸡毛菜土鸡汤<br>Meatballs with waxberry flavor + cereals rice + green pepper and potato chips+ chicken soup w.vegetable |
| 点心<br>Snack   | 豆沙包+哈密瓜<br>Smashed bean bun + honey melon   | 港式菠萝包+香蕉<br>Pineapple bread + banana   | 酥皮奶油包+无籽提子<br>Crispy cream bun + grape   | 杂粮馒头+苹果<br>Grain bread + apple   | 肉月饼+雪梨<br>Meat moon cake + pear  | 牛奶刀切+火龙果<br>Milk steamed bun + dragon fruit  |

新纽顿玲珑湾幼儿园2017年9月4日—2017年9月30日国际部学生食谱