

Menu From 2017, 9th of October to 3rd of November (Newton Hui Xin Campus)

新纽顿会心幼儿园 2017 年 10 月 9 日 —11 月 3 日 学生食谱

餐次	Monday 周一 (10/9、10/23)	Tuesday 周二 (10/10、10/24)	Wednesday 周三(10/11、10/25)	Thursday 周四 (10/12、10/26)	Friday 周五 (10/13、10/27)
Breakfast	Cornflakes served with milk, blueberries and raisins 玉米片+牛奶+蓝莓+葡萄干	Muesli served with yoghurt, blueberries, rice-crisps and apple juice Muesli 麦片+酸奶、蓝莓+脆爆米饼+苹果汁	Homemade pancake served with cherry tomatoes and milk 葱油饼+圣女果+牛奶	Coarse cereals bun served with fried eggs and milk 杂粮小刀切+炒鸡蛋+牛奶	Homemade cranberry/blueberry bread served with yoghurt and banana 自制蔓越莓/蓝莓面包+酸奶+香蕉
	Pork fried with chestnut, fried mixed vegetables(gorgon, celery, water chestnut) served with rice and egg soup 栗子烧肉+荷塘小炒(鸡头米、西芹、红菱)+米饭+秋葵蛋汤	Homemade beef lasagna with béchamel sauce served with crispy garlic bread and vegetables soup 自制牛肉千层面+自制蒜香面包+青菜芙蓉汤	Braised chicken with fried rice, boiled broccoli served with spinach and egg soup 照烧鸡肉炒饭+水煮西兰花+菠菜蛋汤	Beef moussakka / vegetable moussaka , vegetable salad with tuna, mushroom soup 牛肉木莎卡/全素木莎卡+金枪鱼蔬菜沙拉+蘑菇汤	Wuhan hot dry noodles(mild red pepper, lettuce, shrimp, meat sauce) served with vegetable and shredded meat soup 武汉热干面(红甜椒、生菜、虾仁、猪肉酱、) +青菜肉丝汤
	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	Walnut cookie served with banana and orange juice 椒盐桃酥+香蕉+橙汁	Homemade sushi served with seedless grapes and grape juice 自制寿司+无籽提子+葡萄汁	Homemade chocolate cake served with slices of pear and apple juice 自制巧克力蛋糕+梨片+苹果汁	Apple pie served with dragon fruit and homemade banana milk shake 苹果派+火龙果+自制香蕉奶昔	Home baked custard pie served with winter jujube and Yakult sour milk 自制葡式蛋挞+冬枣+养乐多
	Monday 周一 (10/16、10/30)	Tuesday 周二 (10/17、10/31)	Wednesday 周三(10/18、11/1)	Thursday 周四 (10/19、11/2)	Friday 周五 (10/20、11/3)
Breakfast	Cheerios served with raisins, milk and banana pieces 全谷物燕麦圈+葡萄干+牛奶+香蕉干	Egg pancake served with steamed carrot stick and milk 蒸胡萝卜条+鸡蛋饼+牛奶	Muesli served with yoghurt, blueberries, rice-crisps and apple juice Muesli 麦片+酸奶、蓝莓+脆爆米饼+苹果汁	Homemade bread served with blanched broccoli, cherry tomatoes and milk 蒸西兰花+自制面包+圣女果+牛奶	Ham and egg pancake served with yoghurt and blueberries 火腿鸡蛋饼+酸奶+蓝莓
	Braised pork with potato, fried lettuce served with rice, winter melon and shrimp soup 土豆红烧肉+蚝油生菜+米饭+开阳冬瓜汤	Grilled beef steak with spaghetti served with roasted potato and cherry tomatoes, shepherd's purse and tofu soup 自制烤牛排配意面+烤土豆、圣女果+荠菜豆腐汤	Fried sole fish, fried vegetables served with rice steamed with pumpkin, egg and tomato soup 香酥龙利鱼+炒时蔬+南瓜米饭+番茄蛋汤	Roasted chicken with spaghetti, steamed vegetables(broccoli, carrot) served with borscht soup 自制烤鸡排配意面+蒸什蔬(西兰花、胡萝卜)+罗宋汤	Braised beef noodles soup served with steamed twisted rolls 红烧牛肉汤面+花卷
	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	Strawberry Swiss roll served with slices of pear and orange juice. 草莓瑞士卷+梨片+橙汁	Graham bread served with winter jujube and grape juice 全麦面包+冬枣+葡萄汁	Meat bun served with pomelo and Yakult sour milk 小肉包+柚子+养乐多	Yellow peach custard pie served with honey lemonade and seedless grapes 黄桃派+蜂蜜柠檬汁+无籽葡萄	Homemade creamy cake served with dragon fruit and apple juice 自制奶油蛋糕+火龙果+苹果汁
	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	