

Menu From 2017, 6th of November to 1st of December (Newton Hui Xin Campus)

新纽顿会心幼儿园 2017 年 11 月 6 日 —11 月 30 日 学生食谱

餐次	Monday 周一 (11/6、11/20)	Tuesday 周二 (11/7、11/21)	Wednesday 周三(11/8、11/22)	Thursday 周四 (11/9、11/23)	Friday 周五 (11/10、11/24)
Breakfast	Cheerios served with milk and fresh banana pieces 全谷物燕麦圈+葡萄干+切片香蕉+牛奶	* Homemade cranberry/blueberry bread served with butter, yoghurt and orange slices * 自制蔓越莓/蓝莓面包配黄油+酸奶+切片橙子	* Ham steamed twisted rolls served with winter jujube and milk * 火腿小花卷+冬枣+牛奶	Muesli served with yoghurt, fresh blueberries, rice-crispees and apple juice Muesli 麦片+酸奶、新鲜蓝莓+脆爆米饼+苹果汁	Steamed sweet potato/corn served with mini sausages, cherry tomatoes and milk juice 蒸红薯/玉米段+迷你香肠+圣女果+牛奶
	Diced Pork Fillet in Bean Sauce served with spinach, egg, (asparagus, ham, greens)soup and rice 酱爆肉丁+蛋丝菠菜+三鲜汤+米饭	Tomato meat sauce and spaghetti served with crispy garlic bread and borscht soup 番茄肉酱意面+蒜香面包片+罗宋汤	Beef with sweet pepper served with crab tofu, Mushroom tomato soup and rice 三色甜椒牛柳+蟹黄豆腐+金针菇番茄蛋汤+米饭	Cumin Baked Lamb Chop with Fusilli served with carrot Broccoli and mushroom soup 孜然烤羊排配螺丝面+胡萝卜西兰花+蘑菇汤	Braised out-of-shell shrimps with egg served with lettuce in oyster sauce, yam rib soup and rice 滑蛋烩虾仁+耗油生菜+山药木耳排骨汤+米饭
Lunch	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
	* Homemade sushi served with grape juice and Pomelo * 自制寿司+葡萄汁+蜜柚	* Cranberry biscuits served with pear, passion fruit juice and winter jujube * 蔓越莓饼干+自制甜梨百香果汁+冬枣	* Pumpkin pancake served with apple juice and dragon fruit * 南瓜饼+苹果汁+火龙果	* Homemade chocolate cake served with Yakult sour milk and orange * 自制黑森林蛋糕+养乐多+甜橙	* Home baked custard pie served with orange juice and grapes * 葡式蛋挞+橙汁+无籽提子
Snack	Monday 周一 (11/13、11/27)	Tuesday 周二 (11/14、11/28)	Wednesday 周三(11/15、11/29)	Thursday 周四 (11/16、11/30)	Friday 周五 (11/17、12/1)
Breakfast	Cornflakes with choice of milk or yoghurt topped with raisins. Boiled egg and orange juice. 玉米片+牛奶/酸奶+葡萄干+水煮蛋+橙汁	* Egg pancake served with steamed carrot stick, sliced cucumber, mini bacon strip and milk * 鸡蛋饼+蒸胡萝卜条+黄瓜条+迷你熏肉条+牛奶	* Homemade bread served with butter, blanched broccoli, cherry tomatoes and milk * 自制面包配黄油+水煮西兰花+圣女果+牛奶	Muesli served with yoghurt, fresh mini apple squares, rice-crispees and grape juice Muesli 麦片+酸奶+迷你苹果块+卜卜米+葡萄汁	* Homemade pancake served with cream, cinnamon, fresh blueberry and milk * 自制煎饼配奶油、肉桂、+新鲜蓝莓+牛奶
	Stewed radish with beef, Oyster mushroom served with Okra egg soup and rice 牛肉炖萝卜+蚝油杏鲍菇+秋葵蛋汤+米饭	Pan fried salmon steak with tossed pasta, broccoli served with pumpkin soup 香煎三文鱼排配意面+煮西兰花+南瓜浓汤	Japanese fried pork chop with mild curry rice, greens with mushroom served with Miso Soup 日式炸猪排咖喱饭+香菇青菜+味噌汤	Sole fish in tomato sauce served with cabbage & smoked bean curd, winter melon and pork soup and rice 茄汁龙利鱼+香干包菜+冬瓜肉片汤+米饭	Handmade cabbage pork dumplings / vegetables dumplings served with bone soup. 自制白菜肉丝水饺/素三鲜水饺+大骨头汤
Lunch	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
	* Homemade apple pie served with mixed fruit-juice and grapes * 自制苹果派+混合果汁+无籽提子	* Meat bun served with grape juice and dragon fruit * 小肉包+葡萄汁+火龙果	* Baked sweet potato puree with cheese served with yakult sour milk and pear * 芝士焗红薯泥+养乐多+梨片	* Homemade orange zest cake served with apple juice and pomelo * 自制香橙蛋糕+苹果汁+蜜柚	* Cookies and whole grain crackers, served with banana slices and homemade fruit tea * 全麦饼干+切片香蕉+自制水果茶
Snack	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	