

# Menu From 2017, 4<sup>th</sup> of December to 29<sup>th</sup> of December (Newton Hui Xin Campus)

新纽顿会心幼儿园 2017 年 12 月 4 日 —12 月 29 日学生食谱

餐次	Monday 周一 (12/4、12/18)	Tuesday 周二 (12/5、12/19)	Wednesday 周三(12/6、12/20)	Thursday 周四 (12/7、12/21)	Friday 周五 (12/8、12/22)
Breakfast	Cheerios served with milk and raisins, banana pieces 全谷物燕麦圈+葡萄干+切片香蕉+牛奶	Homemade strawberry bread served with blanched broccoli and milk 自制草莓面包+牛奶+煮西兰花	Homemade waffle served with cranberry jam, and milk 自制华夫饼+蔓越莓果酱+牛奶	Muesli served with yoghurt, fresh blueberry, and rice-crispees Muesli 麦片+酸奶、新鲜蓝莓+脆爆米饼	Coarse cereals bun served with milk and kiwi fruit 杂粮小刀切+牛奶+猕猴桃
	Stewed sirloin with carrot and potato, fried cauliflower with tomato served with vegetables soup 胡萝卜土豆炖肉丁+番茄炒花菜+芙蓉青菜汤	Garlic tomato with sliced sausages, brown fried-rice and carrot mutton soup 蒜香番茄意面配切片香肠+糙米炒饭+胡萝卜羊肉汤	Pork roast w. mushroom sauce served with mashed potatoes, rice and tomato, onion soup 烤猪排配蘑菇酱+土豆泥+米饭+番茄洋葱汤	Mexican chicken burrito and sweet corn served with mushroom soup (with seasonal vegetables) 墨西哥鸡肉卷+甜玉米粒+时蔬菌菇汤	Steamed Halibut fish, fried mushrooms and mixed vegetables served with fig meat soup 清蒸鸦片鱼+香菇青菜+无花果瘦肉汤
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 dumplings (Shao-mai) with apple juice (at room temperature)and pomelo 自制烧卖+常温苹果汁+柚子	Christmas gingerbread cookies, served with hot cocoa and orange 圣诞姜饼饼干+自制热可可+橘子	Jujube flaky pastry served with homemade hot honey pomelo drink and pear slices 枣泥酥饼+自制蜂蜜柚子热饮+梨片	Homemade pumpkin pancake served with apple juice (at room temperature) and dragon fruit 自制南瓜饼+温牛奶+火龙果	Baked sweet potato served with stewed snow pear slightly sweetened with rock sugar and slices of orange 烤地瓜+冰糖炖梨+甜橙
Breakfast	Monday 周一 (12/11、12/25) Cornflakes with milk topped with raisins. Egg roll and orange juice. 玉米片+牛奶+葡萄干+鸡蛋卷+橙汁	Tuesday 周二 (12/12、12/26) Egg and carrot pancake served with milk and cherry tomatoes 胡萝卜蛋饼+牛奶+圣女果	Wednesday 周三(12/13、12/27) 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	Thursday 周四 (12/14、12/28) Muesli served with yoghurt, rice-crispees and grape juice Muesli 麦片+酸奶+卜卜米+葡萄汁	Friday 周五 (12/15、12/29) Pumpkin buns/steamed corn served with milk and blueberry 南瓜刀切/蒸玉米段+牛奶+蓝莓
	Lotus pancake with teamed egg, fried cabbage and carrot and rib soup with carrot and corn 藕饼蒸蛋+卷心菜胡萝卜+胡萝卜玉米排骨汤	Homemade beef lasagna with béchamel sauce served with crispy garlic bread and borscht soup 自制牛肉千层面+自制蒜香面包+罗宋汤	Sweet and sour sole fish, gravy radish served with cabbage and bean curd soup 糖醋龙利鱼+肉汁萝卜+娃娃菜油豆腐汤	Pan fried pork with tossed pasta, broccoli served with mushroom tofu soup 自制香煎猪扒配意面+煮西兰花+金针菇豆腐汤	Steamed rib and rice with bean curd sauce, fried mushroom and green vegetable and steamed egg custard 豆豉排骨蒸饭+蘑菇青菜+炖蛋
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
	Rice-pudding served with red berries sauce, banana slices and warm pear/apple juice with lime. 米饭布丁配红浆果酱+香蕉+温梨/苹果汁和青柠	Steamed crab meat dumplings served with warm honey lemonade and kiwi 蟹粉小笼包+自制温蜂蜜柠檬热饮+猕猴桃	Homemade chocolate cake, served with hot cocoa and pear slices 自制黑巧克力蛋糕+常温葡萄汁+梨片	Cranberry cookies served with warm milk and seedless grapes 芝士焗土豆泥+养乐多+柚子	Homemade fried dumplings served with warm corn juice and oranges 自制煎馄饨+自制热可可+橘子
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	