

School Menu ()新纽顿玲珑湾幼儿园2018年1月2日-2018年1月

Date	Monday (1.15)	Tuesday (1.2/1.16)	Wednesday (1.3/1.17)
Morning 早餐	儿童麦片+哈密瓜+牛奶cereal +honeymelon+milk	烤紫薯+甜橙+玉米汁purple sweet potato+orange+corn juice	烤吐司+芝士片+牛奶toast bread +cheese+milk
Lunch 午餐	栗子烧肉+上汤西兰花+三丝豆腐 汤+米饭chestnut with meat, broccoli, tofu soup, rice	香酥龙利鱼+香菇青菜+山药炖鸭汤 +薏米饭sole fish, mushroom with greens, duck soup with Chinese yam, rice with coix seed	蘑菇鸡丁+西芹香干+双色萝卜排 骨汤mushroom with chicken, celery with dried bean curd
snack 午点	自制葡萄干蛋糕+蓝莓raisin cake +blueberry	美式草莓派+酸奶American strawberry pie+yoghourt	自制蝴蝶酥+苹果schoolmade butterfly cookies+apple
Date	Monday (1.8/1.22)	Tuesday (1.9/1.23)	Wednesday (1.10/1.24)
Morning 早餐	EDO饼干+牛奶+蓝莓EDO cookies+milk+blueberry	香甜玉米棒+酸奶+草莓corn+yoghourt +strawberry	黄金堡+牛奶+火龙果bread+milk +dragon fruit
Lunch 午餐	萝卜炖牛腩+清炒花菜+海带薏米 瘦肉汤+米饭beef with raddish, cauliflower, seaweed and coix seed with meat soup, rice	什锦糙米炒饭+三鲜豆腐+筒骨萝卜汤 fried rice, bean curd with three ingredients, pork bone soup with raddish	双菇烩里脊+炖白菜+豆苗鱼片汤 +小米饭tenderloin with two kinds of mushroom+stewed cabbage +bean seedling with fish soup +millet

snack 午点	自制豆沙刀切+甜橙schoolmade redbean bun with orange	蘑菇披萨+苹果mushroom pizza+apple	青菜米线+蜜柚rice noodles with greens+sweet grapefruit
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126日国际部学生食谱

Thursday (1.4/1.18)	Friday (1.5/1.19)
奶酪棒+蓝莓+牛奶cheese stick +blueberry+milk	八宝粥+卤香干+草莓mixed congee+smoked beancurd +strawberry
蜜汁叉烧+葱油包菜+西红柿菌菇 汤+糙米饭roast pork+cabbage +tomato with mushroom soup+half- polished rice	夹饼小炒肉+菠菜拌腐竹+火腿炖 蛋chinese hamburger+spinch with dried beancurd sticks+stewed egg with ham
桂花红薯汤+橙子sweet potatp soup with fragrans+orange	自制芝麻饼+无籽提schoolmade sesame cookies and grape
Thursday (1.11/1.25)	Friday (1.12/1.26)
紫米粥+葡萄干/核桃仁+芦柑 purple rice congee+raisin/walnut +orange	自制葱油饼+玉米汁+香蕉 schoolmade Chinese pancakes +corn juice+banana
照烧酱鸭脯+白灼青菜+三色菌菇 汤+米饭teriyaki duck with brown sauce+greens+mushroom soup+rice	卤水鸡翅+罗勒番茄意面+腐竹青 菜汤Marinated Chicken Wing +tomato spaghetti+dried beancurd stick soup with greens

果干燕麦小饼+哈密瓜dried fruit with oatmeal cookies+honeymelon	椰蓉蛋糕+甜橙coconut cake +orange
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