

Menu From 2018, 5th of March to 2018, 30th of March (Newton Hui Xin Campus) 新纽顿会心幼儿园 2018 年 3 月 5 日 —3 月 30 日学生食谱

餐次	Monday 周一 (3/5、3/19)	Tuesday 周二 (3/6、3/20)	Wednesday 周三(3/7、3/21)	Thursday 周四 (3/8、3/22)	Friday 周五 (3/9、3/23)
Breakfast	Cheerios served with milk, fresh sliced banana and raisins	Homemade cranberry/blueberry bread served with yogurt and orange slices	Homemade pancake with vegetables, served with cherry tomato and milk	Muesli served with yogurt, fresh blueberries and rice-crisps	Coarse cereals bun served with cherry tomatoes and milk
	全谷物燕麦圈+葡萄干+切片香蕉+牛奶	自制蔓越莓/蓝莓面包+酸奶+切片橙子	蔬菜饼+干禧果+牛奶	Muesli 麦片+酸奶、新鲜蓝莓+脆爆米	粗粮小馒头+干禧果+牛奶
Lunch	Fried pork balls, cauliflower and cheese gratin with baked tofu, mushroom and green leaf soup	Pan fried steak with tossed pasta and homemade mushroom sauce served with crispy garlic bread and tofu soup	Fried chicken with curry, fried mushroom and leafy greens. Tomato, potato onion soup and rice.	Thick and creamy tomato soup with a side of grilled cheese on toast. Served with Chicken breast fingers.	Scallops seasoned with soy sauce, Served with a side of eggplant. Spinach and tofu soup, and rice.
	红烧小肉丸+芝士焗花菜+蘑菇三鲜汤+米饭	自制蘑菇酱牛排配意面+蒜香面包+芥菜豆腐汤	咖喱鸡块+香菇青菜+番茄土豆汤+米饭	芝士吐司+蜜煎鸡胸肉+奶油番茄浓汤	酱香鲜贝+红烧茄子+菠菜豆腐汤+米饭
	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
Fruit Cooler	Apples, cherry tomatoes & carrot sticks	Oranges, green grapes & cucumber sticks	Strawberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & celery sticks	Banana's, apples & grape fruit slices.
Snack	Homemade sushi served with honey lemonade and oranges.	Homemade peach pie served with corn juice and strawberries.	Homemade chocolate cake served with warm milk and kiwi fruit	Homemade dumplings (Shao-mai) served with hot stewed snow pear with rock sugar and dragon fruit	Baked sweet potato served with apple juice(at room temperature) and pear slices
	自制寿司+蜂蜜柠檬热饮+甜橙	自制黄桃派+玉米汁+草莓	自制巧克力蛋糕+温牛奶+猕猴桃	自制烧卖+冰糖炖梨热饮+火龙果	烤红薯+常温苹果汁+梨片
Breakfast	Monday 周一 (3/12、3/26)	Tuesday 周二 (3/13、3/27)	Wednesday 周三(3/14、3/28)	Thursday 周四(3/15、3/29)	Friday 周五(3/16、3/30)
	Cornflakes with milk topped with raisins and fresh sliced banana	Ham steamed twisted rolls served with cherry and milk	Egg pancake served with cherry tomato and milk	Muesli served with yogurt, fresh blueberries, rice-crisps and grape juice	Homemade graham bread, sliced bacon served with broccoli and milk
	玉米片+牛奶+葡萄干+切片香蕉	火腿小花卷+车厘子+牛奶	自制鸡蛋卷+干禧果+牛奶	Muesli 麦片+酸奶、蓝莓+脆爆米饼+葡萄汁	自制全麦面包+脆培根片+西兰花+牛奶
	Lunch	Stir-fried pork strips in fish sauce, served with a side of curried vegetables (potatoes, carrots, cauliflower) and tofu soup	Pasta with marinara sauce and roasted chicken wings served with kelp, shrimp and tofu soup.	Fried brown rice with vegetables served with sliced sausages and mushroom soup.	Pan fried salmon with tossed pasta with a fresh pesto sauce, and a side of broccoli, Chinese yam soup
鱼香肉丝+咖喱土豆、胡萝卜、花菜+青菜豆腐汤+米饭		蒜香番茄意面+烤鸡翅+昆布海鲜豆腐汤	时蔬糙米炒饭+烤香肠+菌菇汤	香煎三文鱼配意面+煮西兰花+山药排骨汤	彩椒牛柳+清炒菜心+金针菇番茄豆腐汤+米饭
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	
Fruit Cooler	Apples, cherry tomatoes & carrot sticks	Oranges, green grapes & cucumber sticks	Strawberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & celery sticks	Banana's, apples & grape fruit slices.
Snack	Homemade bean bun served with hot stewed snow pear with rock sugar and dragon fruit	Homemade turnip strips cake served with honey lemonade and pineapple	Baked custard pie served with warm milk and pear slices	Vegetables dumplings served with apple juice(at room temperature) and orange	Homemade potato pancake served with corn juice and kiwi fruit
	自制豆沙包+冰糖炖梨热饮+火龙果	自制萝卜丝饼+蜂蜜柠檬热饮+菠萝块	葡式蛋挞+温牛奶+梨片	素三鲜蒸饺+常温苹果汁+甜橙	自制土豆饼+自制玉米汁+猕猴桃
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				* All bread, pastry, cookies, pancakes and cakes are hand made by Newton's pastry chef	