

Menu: From 2nd to 27th of April, 2018(Newton Hui Xin Campus)新纽顿会心幼儿园 2018 年 4 月 2 日—4 月 27 日学生食谱

| 餐次 | | Monday 周一 (4/2、4/16) | Tuesday 周二 (4/3、4/17) | Wednesday 周三(4/4、4/18) | Thursday 周四 (4/5、4/19) | Friday 周五 (4/6、4/20) |
|--------------|---|--|--|---|--|---|
| Breakfast | | Cheerios served with milk, fresh sliced banana and raisins | Homemade graham bread, sliced bacon served with broccoli and milk | 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 | 自制全麦面包+脆培根片+西兰花+牛奶 | 蔬菜胡萝卜饼+干禧果+牛奶 | Muesli 麦片+酸奶、蓝莓+脆爆米+苹果汁 | 粗粮小馒头+干禧果+牛奶 |
| Lunch | | Braised pork with a side of potato served with cabbage & smoked bean curd and whitebait fish and turnip soup | Pesto pasta with a side of stewed broccoli and braised chicken served with a side of spinach and egg soup. | Fried pork balls and blanched asparagus and spring onions served with tofu and vegetable soup | Homemade ground beef and vegetarian (tomato, cheese, olives, mushrooms.) pizza served with a side of onion soup | Steamed Halibut fish, blanched cauliflower with minced garlic served with tomato and egg soup. |
| | | 土豆烧肉丁+卷心菜香干+银鱼萝卜丝汤+米饭 Optional mixed salad w. Tuna (served at teachers discretion)金枪鱼什锦沙拉 | 青蒜酱意面西兰花+烤鸡胸肉+菠菜蛋汤 Optional mixed salad w. Egg (served at teachers discretion)鸡蛋什锦沙拉 | 茄汁小肉丸+葱油莴笋丝+青菜油豆腐汤+米饭 Optional mixed salad w. Bacon(served at teachers discretion)培根什锦沙拉 | 自制牛肉披萨/素食披萨+洋葱汤 Optional mixed salad w. Tuna (served at teachers discretion) 金枪鱼什锦沙拉 | 清蒸鸦片鱼+蒜蓉菠菜+番茄蛋汤+米饭 Optional mixed salad w. Egg (served at teachers discretion)鸡蛋什锦沙拉 |
| Fruit Cooler | | <i>Apples, cherry tomatoes & carrot sticks</i> | <i>Oranges, green grapes & cucumber sticks</i> | <i>Strawberries, apples & sweet red/yellow pepper fruit with cheese.</i> | <i>Apples, red grapes & celery sticks</i> | <i>Banana's, apples & grape fruit slices.</i> |
| Snack | | Homemade carrot cake served with fresh carrot juice and strawberry | Homemade avocado sushi served with apple juice and dragon fruit | Homemade Qingtuan (sweet green rice balls) served with honey lemonade and pear slices | Homemade waffles and Yakult with low sugar with honey melon. | Homemade pumpkin pancake served with stewed snow pear with rock sugar and oranges |
| | | 自制胡萝卜蛋糕+胡萝卜汁+草莓 | 自制牛油果寿司+苹果汁+火龙果 | 自制青团子+蜂蜜柠檬汁+梨片 | 自制华夫饼+低糖养乐多+甜瓜 | 自制南瓜饼+冰糖雪梨汁+甜橙 |
| | | Monday 周一 (4/9、4/23) | Tuesday 周二 (4/10、4/24) | Wednesday 周三(4/11、4/25) | Thursday 周四(4/12、4/26) | Friday 周五(4/13、4/27) |
| Breakfast | | Cornflakes with milk topped with raisins and fresh sliced banana | Egg pancake with ham, served with yogurt and cherry | Steamed carrot, homemade cranberry bread served with cherry tomato and milk | Muesli served with yogurt, fresh blueberries, rice-crisps and grape juice | Steamed twisted rolls with scallion served with bananas and milk |
| | | 玉米片+牛奶+葡萄干+切片香蕉 | 火腿鸡蛋饼+酸奶+樱桃 | 蒸有机胡萝卜+自制蔓越莓全麦面包+圣女果+牛奶 | Muesli 麦片+酸奶、蓝莓+脆爆米饼+葡萄汁 | 葱油小花卷+香蕉+牛奶 |
| Lunch | | Choice of stewed beef and noodles or egg and tomato noodles served with a side of broccoli. 红烧牛肉汤面/西红柿鸡蛋面+西兰花 | Homemade beef lasagna, blanched broccoli with minced garlic served with tomato, potato and onion soup 牛肉千层面+蒜蓉西兰花+洋葱土豆番茄汤 | Fried rice with cucumber, carrot, corn, egg and shrimp served with Miso soup. 虾仁炒饭(黄瓜、胡萝卜、玉米粒、鸡蛋、虾仁)+味噌汤 | Homemade low fat beef burger, served with lettuce, red cabbage, onion and dressing with cucumber "fries" & thick potato soup. 自制牛肉汉堡(生菜、紫甘蓝、洋葱)黄瓜条+土豆浓汤 | Fried sole fish, fried mushroom and greens served with kelp and tofu soup. 香煎龙利鱼柳+香菇菜心+海带豆腐汤 |
| | | 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 |
| Fruit Cooler | | <i>Apples, cherry tomatoes & carrot sticks</i> | <i>Oranges, green grapes & cucumber sticks</i> | <i>Strawberries, apples & sweet red/yellow pepper fruit with cheese.</i> | <i>Apples, red grapes & celery sticks</i> | <i>Banana's, apples & grape fruit slices.</i> |
| Snack | | Apple pie served with honey lemonade and grapes 苹果派+蜂蜜柠檬汁+无籽提子 | Baked sweet potato with cheese, Yakult with low sugar and pear slices 芝士焗红薯+低糖养乐多+梨片 | Egg -yolk puff served with grape juice and dragon fruit 蛋黄酥+葡萄汁+火龙果 | Homemade steamed meat bun served with stewed snow pear with rock sugar and orange 自制小肉包+冰糖雪梨汁+甜橙 | Crisp sweet corn on a stick served with apple juice and cherries 奶油玉米棒+苹果汁+车厘子 |
| | Morning breakfast is served at approx. 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 | |