

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	