

Menu From 2018, 2nd of May to 2018, 1st of June (Newton LLW Campus) 新纽顿玲珑湾幼儿园2018年5月2日 —6月1日学生食谱

	餐次	Monday 周一 (5/14、5/28)	Tuesday 周二 (5/3、5/15、5/29)	Wednesday周三(5/2、5/16、5/30)	Thursday 周四 (5/3、5/17、5/31)	Friday 周五 (5/4、5/18、6/1)
	Breakfast	Cheerios served with milk, fresh sliced banana . ----- 全谷物燕麦圈+切片香蕉+牛奶	spinch pancakes,milet congee, fruit tomato ----- 菠菜烙饼+小米粥+千禧	milk, steamed roll, honeydew melon ----- 牛奶+花卷+玉菇瓜	milk, pumpkin pancakes,blueberries ----- 牛奶+南瓜煎饼+蓝莓	yoghourt, sliced French Baguette, cherries ----- 酸奶+法棍切片+樱桃
	Lunch	shimps with corns and pine nuts, lettuce in oyster sauce, towel gourd with egg soup, rice ----- 玉米松子虾仁+蚝油生菜+丝瓜蛋花汤+金银饭	sliced chicken with mushroom, sliced carrot and sliced lettuce roots with greenbean sprout, meatball soup with greens, rice ----- 蘑菇鸡片+三丝绿豆芽+青菜肉圆汤+薏米饭	Fried sweet and sour pork with pineapples, amaranth, fish soup with water shield, rice ----- 菠萝古老肉+炒青苋菜+莼菜银鱼羹+米饭	braised pork rice, cabbage, miso soup ----- 卤肉饭+炒牛心菜+味增汤	Pasta with bolognese, broccoli, dried small shrimp and egg soup ----- 番茄牛肉酱配意面+西兰花+ 开洋蛋丁汤
	Snack	chocolate cake, apple ----- 自制巧克力蛋糕+苹果	coconut milk stick, yoghurt,green grapes ----- 椰奶棒+酸奶+青提	American apple pie, dragonfruit ----- 美式苹果派+红心火龙果	muffins, honey melon ----- 马芬蛋糕+甜瓜	sweet fermented-rice pie, fruit tomato ----- 酒酿饼+千禧
		Monday 周一 (5/7、5/21)	Tuesday 周二 (5/8、5/22)	Wednesday周三(5/9、5/23)	Thursday 周四(5/10、5/24)	Friday 周五(5/11、5/25)
	Breakfast	cornflake, milk, raisins, sliced banana ----- 玉米片+牛奶++ 切片香蕉	milk, buns, watermelon ----- 牛奶+刀切馒头+麒麟瓜	egg pancake, yoghurt, blueberries ----- 鸡蛋煎饼+酸奶+蓝莓	ham toast, milk, green grapes ----- 火腿吐司+牛奶+青提	steamed cake, yoghurt, fruit tomato ----- 水蒸蛋糕+酸奶+千禧
	Lunch	chicken wings with mushroom, mixed vegetable fry, seaweed soup with dried small shrimps, steamed readbean rice ----- 香菇翅根+荷塘小炒+紫菜虾皮汤+红豆饭	lettuce roots with shells, gluten with cabbage, ribs soup with corn, rice ----- 芦笋烩鲜贝+面筋小白菜+玉米排骨汤+米饭	meatballs, summer squash with sliced carrots, duck soup with yam and medlar, rice, ----- 马蹄肉圆+西葫芦炒胡萝卜片+枸杞山药鸭块汤+小米饭	fried rice with mixed vegetables and meat, toufu with mushroom , ternip and bone soup ----- 什锦炒饭+三鲜豆腐+萝卜筒子骨汤	fried noodle with beef,Mushroom and Kai-lan , borsch ----- 牛肉炒河粉+木耳炒芥兰+罗宋汤
	Snack	bacon and cheese pizza, orange ----- 培根芝士披萨+伦晚鲜橙	noodles with Chinese little greens and shredded meat, apple ----- 鸡毛菜肉丝面+苹果	steamed creamy custard bun, kiwifruit ----- 奶黄包+猕猴桃	steamed twisted rolls with scallion, dragonfruit ----- 葱油花卷+火龙果	sushi, honey melon ----- 寿司+甜瓜
		Morning breakfast is served at 9:10 and is a simple serving to provide a nutritious start of the day. Lunch is served at 11:20 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	