

Menu From 2018, 2nd of July to 2018, 13th of July (Newton Hui Xin Campus) 新纽顿会心幼儿园 2018年7月2日—7月13日学生食谱

餐次	Monday 周一(7/2)	Tuesday 周二(7/3)	Wednesday 周三(7/4)	Thursday 周四(7/5)	Friday 周五(7/6)
Breakfast	Cheerios served with milk, fresh sliced banana and raisins	Potato hash with yellow/red pepper fruit and ham, served with cereal bun, cherry tomato and yogurt	Homemade carrot pancake served with cantaloupe slices and milk	Muesli served with yogurt, fresh blueberries and rice-crisps	Whole meal bread served with butter or jam, milk and seedless grapes.
	全谷物燕麦圈+葡萄干+切片香蕉+牛奶	土豆杂蔬+全麦面包+干禧+酸奶	自制胡萝卜鸡蛋饼+哈密瓜块+牛奶	Muesli 麦片+酸奶、新鲜蓝莓+脆爆米+苹果汁	全麦面包片+黄油/果酱+牛奶+无籽提
	Stewed sirloin with potato, fried amaranth with mashed garlic served with wax gourd and vegetables soup and rice	Pasta with marinara sauce, sliced fried pork chop and a side of broccoli served with sponge gourd and egg soup	Fried rice with ham, olive and vegetables, boiled cucumber with scallion served with rib soup with Chinese waxgourd	Fried shrimp with corn, cucumber and carrots, Fried water spinach served with soup (tomato, potato and onion) as well as rice	Steamed Halibut fish, vegetable with oil gluten, tomato and egg soup and rice.
	土豆炖牛肉+蒜蓉苋菜+三鲜冬瓜汤+米饭	番茄意面+猪扒+煮西兰花+丝瓜蛋汤	橄榄火腿菜糙米炒饭+葱油黄瓜+冬瓜排骨汤	三色虾仁+炒空心菜+番茄土豆洋葱汤+米饭	清蒸鳎片鱼+白菜油面筋+番茄蛋汤+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	Apples, cherry tomatoes & carrot sticks	Oranges, green grapes & cucumber sticks	Blueberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & celery sticks	Banana's, apples & grape fruit slices.
	Homemade sushi served with apple juice and melon slices	Homemade lemon cake served with yakult and watermelon	Chilled chocolate brownie served with icedstrawberry/grapes in water	Homemade bean buns and plum juice served with dragon fruit	Vegetables buns served with fruit juice and watermelon
Snack	自制寿司+苹果汁+甜瓜块	自制柠檬蛋糕+养乐多+西瓜	巧克力布朗尼+冻草莓/葡萄水	豆沙包+自制酸梅汤+火龙果	素三鲜包+综合水果汁+西瓜块
	Monday 周一(7/9)	Tuesday 周二(7/10)	Wednesday 周三(7/11)	Thursday 周四(7/12)	Friday 周五(7/13)
Breakfast	Cornflakes with milk topped with raisins and fresh sliced banana	Cranberry bread served with yogurt and orange	Ham steamed twisted rolls served with cherry tomato and milk	Muesli served with yogurt, fresh blueberries, rice-crisps and grape juice	Steamed corn and coarse cereals bun served with milk and melon
	玉米片+牛奶+葡萄干+切片香蕉	蔓越莓面包+酸奶+切片橙子	火腿小花卷+干禧果+牛奶	Muesli 麦片+酸奶、蓝莓+脆爆米饼+葡萄汁	蒸玉米段+杂粮面包+牛奶+甜瓜
	Sweet and sour pork, fried sponge gourd served with rice and seaweed with egg soup.	Homemade Korean barbecue and lettuce with oyster sauce, served with rice and Vegetable soup (carrot, potato, onion, tomato)	Roasted chicken wings, curry potato and carrot, tomato and egg soup, rice.	Homemade beef lasagna and a slide of broccoli and mushroom soup	Fried sole fish and wax gourd with brown sauce served with borscht soup
咕咾肉+清炒丝瓜+紫菜蛋汤+米饭	自制韩国烤肉片+蚝油生菜+大酱汤+米饭	香烤鸡翅+咖喱胡萝卜土豆+番茄蛋汤+米饭	自制牛肉千层面+煮西兰花+菌菇汤	香煎龙利鱼+红烧冬瓜+罗宋汤	
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Fruit	Apples, cherry tomatoes & carrot sticks	Oranges, green grapes & cucumber sticks	Blueberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & celery sticks	Banana's, apples & grape fruit slices.
	Homemade apple pie with vanilla ice-cream, carrot juice and cantaloupe slices	Baked custard pie served with orange juice and watermelon	Beef bun served with watermelon juice and dragon fruit	Swiss roll served with chilled vanilla pudding and lemonade	Croissant served with yakult and cantaloupe slices
Snack	自制苹果派配香草冰淇淋+胡萝卜汁+哈密瓜片	葡式蛋挞+橙汁+西瓜	牛肉小包子+榨西瓜汁+火龙果	瑞士卷配冷冻香草布丁+柠檬水	牛角面包+养乐多+哈密瓜块
	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	