

Menu From 2018,1 Aug to 2018, 31 Aug (Newton LLW Campus) 新纽顿玲珑湾幼儿园2018年8月13日 —8月31日学生食谱

餐次	Monday 周一 (8/20)	Tuesday 周二 (8/21)	Wednesday周三 (8/22)	Thursday 周四 (8/23)	Friday 周五 (8/24)
Breakfast	oats, milk, tomato	pancakes, cashew, yogourt, watermelon	bread, fruit jam, milk, sweet melon,	corn, yogourt, blueberry	pancakes, milk, orange
	水果燕麦+牛奶+樱桃番茄	杂粮饼+腰果+酸奶+西瓜	香烤面包片+果酱+牛奶+甜瓜	黄油玉米+酸奶+蓝莓	松饼+牛奶+甜橙
Lunch	mushroom with chicken, tofu with pork, borsch, rice	lasagna, broccolli, mushroom and corn soup, rice	lamb meat with potato and carrots, chinese cabbage, sponge cucumber with egg soup, rice	mushroom with sea scallop, onion roots with prok, wintermelon with prok ribs soup, rice	mushroom with meat ball, ham and shrimp fried rice, tomato and fish soup
	蘑菇鸡丁+肉末老豆腐+罗宋汤+蔬菜饭	千层面+上汤西兰花+玉米蘑菇浓汤+小米饭	土豆胡萝卜炖牛腩+手撕包菜+丝瓜蛋汤+米饭	菌菇烩鲜贝+蒜薹炒肉丝+冬瓜排骨汤+杂粮饭	自制香菇贡丸+火腿虾仁炒饭+番茄龙利鱼汤
Snack	cheeses and egg pancakes, pear	chocolate cake, banana	fried pancakes, plumb soup	fruits pizza, tomato	green soybean cake, kiwi fruit
	芝士什锦蛋饼+翠冠梨	巧克力蛋糕+都乐香蕉	酥油饼+酸梅汤	水果披萨+小番茄	清凉绿豆糕+猕猴桃片
	Monday 周一 (8/13,8/27)	Tuesday 周二 (8/14,8/28)	Wednesday周三 (8/15,8/29)	Thursday 周四 (8/16,8/30)	Friday 周五 (8/17,8/31)
Breakfast	cereal, dried cranberry, milk, sweet melon	purple potato, milk, blueberry	bun roll, yogourt, watermelon	milk and seasame drink, grapes	bun, yogourt, honeymelon
	全谷物燕麦圈+蔓越莓干+牛奶+甜瓜	蒸紫薯+牛奶+蓝莓	小花卷+酸奶+西瓜	牛奶芝麻糊+无籽提	杂粮包+酸奶+西州密
Lunch	raddish and pork, little greens, tomato and beef soup, rice	fried fish, eggplant with dried beancurd, yam and ribs soup, rice	mushroom with chicken, celery and dried beancurd, seaweed and egg soup, rice	duck, wood ears with chinese cabbage, seaweed with tofu soup, roen and peas rice	fried chicken, udon noodles, ribs with raddish soup
	萝卜红烧肉+清炒小青菜+西红柿牛肉汤+米饭	香酥鱼排+茄子素鸡煲+山药排骨汤+薏米饭	双菇烩鸡柳+芹菜香干+紫菜蛋花汤+米饭	酱烧鸭脯+木耳小白菜+海带豆腐汤+玉米豌豆饭	照烧鸡排+日式乌冬面+筒骨萝卜汤
Snack	american cookies, tomato,	pumpkin jelly, banana	coconut cakes, apples	steamed buns, dragon fruits	butterfly cookies, pears
	美式曲奇+樱桃番茄	南瓜奶冻+都乐香蕉	椰丝小方糕+阿克苏苹果	奶黄包+红心火龙果	蝴蝶酥+翠冠梨
	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	