

Menu From 2019,2 Jan to 2019, 25 Jan (Newton LLW Campus) 新组顿玲珑湾幼儿园2019年1月2日—1月25日学生食谱

	餐次	Monday 周一 (1/14)	Tuesday 周二 (1/15)	Wednesday周三 (1/2,1/16)	Thursday 周四 (1/3,1/17)	Friday 周五 (1/4,1/18)
	Breakfast	cereal, dried blueberry, milk, grapes	bok choy and meat congee, dried beancurd, banana	spinach pancakes, milk, dragon fruit	mushroom and chicken noodles, orange	pumpkin bun, milk, strawberry
		谷维兹+蓝莓干+牛奶+无籽提	青菜肉末粥+卤香干+香蕉	菠菜蛋饼+牛奶+火龙果	香菇鸡丝面+甜橙	南瓜小刀切+牛奶+草莓
	Lunch	dried beancurd with pork, ginger sauce with spinach, seaweed and egg soup	chicken with tomato sauce, pepper with potato, mushroom soup, rice	fried pork, macaroni, mixed vegetable soup	corn with shrimp, cabbage, tomato with egg and tofu soup, rice	bacon and broccolli, fried rice, potato and rib soup
		百叶结烧肉+姜汁菠菜+紫菜蛋汤+米饭	茄汁鸡丁+甜椒土豆片+菌菇汤+小米饭	香炸猪排+罗勒意面+意式杂蔬汤	玉米虾仁+上汤娃娃菜+番茄豆腐蛋花汤+米饭	培根西兰花+什锦炒饭+土豆排骨汤
	Snack	celery and chicken noodles, orange	almond cake, apple	coconut cookie, sweet melon	chocolate muffin, pear	brown sugar cake, kiwi
		芹菜鸡丝面+贡桔	杏仁蛋糕+苹果	椰浆饼干+甜瓜	巧克力松饼+梨	红糖发糕+猕猴桃
		Monday 周一 (1/7,1/21)	Tuesday 周二 (1/8,1/22)	Wednesday周三 (1/9,1/23)	Thursday 周四 (1/10,1/24)	Friday 周五 (1/11,1/25)
	Breakfast	congee, dried beancurd, blueberry	corn bun, milk, orange	bread, milk, dragonfruit	tomato and egg noodles, banana	cookie, milk, grapes
		小米粥+小香干+蓝莓	玉米小馒头+牛奶+贡桔	炼乳面包片+牛奶+火龙果	番茄鸡蛋面+香蕉	荞麦饼+牛奶+提子
	Lunch	taro with pork, bean sprout, yam with rib soup, rice	tomato sauce with fish, turnip with pork sauce, spinach with dried beancurd soup, rice	lotus meatball, fried noodle with beef, tofu with bean sprout soup	carrot with beef, cabbage, seaweed with pork soup, rice	chicken wings, mushrooms and bok choy, beef and noodle soup, rice/ dumplings, beef and noodle soup
		芋头烧肉+三丝豆芽+山药排骨汤+米饭	茄汁龙利鱼+肉汁萝卜+菠菜腐竹汤+红豆饭	红烧藕圆+新疆牛肉炒面+豆腐豆芽汤	胡萝卜炖牛肉+葱油卷心菜+海带瘦肉汤+金银饭	蜜汁翅根+香菇青菜+牛肉粉丝汤+杂粮饭/白菜猪肉饺子+牛肉粉丝汤
	Snack	cookie, grapefruit	congee, apple	steamed pumpkin, orange	coconut cake, strawberry	pizza, orange
		美式软曲奇+柚子	血糯米粥+苹果	蒸南瓜+新奇士橙	椰蓉蛋糕+草莓	什锦披萨+贡桔
		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	

