

Menu From 2019, 4th of March to 29th of March (Newton Hui Xin Campus)

新纽顿会心幼儿园 2019 年 3 月 4 日 —3 月 29 日学生食谱

餐次	Monday 周一 (3/4、3/18)	Tuesday 周二 (3/5、3/19)	Wednesday 周三(3/6、3/20)	Thursday 周四(3/7、3/21)	Friday 周五(3/8、3/22)
Breakf	全谷物燕麦圈+葡萄干+切片香蕉+牛奶 Cheerios served with milk, raisins and banana slices.	1/2 片吐司+培根+牛奶+车厘子 Half piece of toast, served with boiled egg, milk and cherries	自制葡萄干面包+脆培根+牛奶+干禧果 Homemade bread served with bacon, cherry tomato and milk	Muesli 麦片+酸奶、新鲜蓝莓+脆爆米饼+苹果汁 Muesli served with yogurt, fresh blueberries and rice-crisps and apple juice	自制中式南瓜馒头+牛奶+草莓 Homemade pumpkin bun served with milk and strawberry
Lunch	京式板栗烧肉丁+清炒菜心+番茄土豆汤 Fried lean pork with chestnut, fried vegetables served with tomato and potato soup	意式香煎猪扒配螺丝面+煮西兰花+奶油蘑菇汤 Pan-fried pork with Italian spaghetti, boiled broccoli served with cream and mushroom soup	日式炒面(洋葱、胡萝卜、猪肉丝、卷心菜等) 玉米萝卜排骨汤 Japanese Yakisoba noodles with sweet& savory sauce with cabbage and pork, served with corn, radish and ribs soup	瑞典肉丸, (牛肉和猪肉)、焦香牛奶面包(配奶油酱) Swedish Meatballs with beef and pork, milk-soaked bread, brown in pan and cream gravy sauce.	徽式清蒸鳊片鱼+胡萝卜卷心菜+青菜蛋汤+米饭 Steamed Halibut fish, fried cabbage with carrot served with vegetable and egg soup
	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	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.
Snack	自制美式苹果派+蜂蜜柠檬水+甜橙 Homemade American apple pie served with honey lemonade and sweet orange	日式奶油草莓流心麻薯 Japanese Mochi stuffed with whipped cream and strawberry served with strawberry milkshake and apples.	自制法式巧克力蛋糕+热可可+甜橙 Homemade English chocolate cake served with hot cocoa and sweet orange	自制广东虾饺+自制水果热饮+火龙果 Homemade Chinese dumplings served with fruit juice and dragon fruit	自制美式橘皮蛋糕+温牛奶+香蕉 Homemade French orange glazed chiffon sponge cake served with milk and bananas
餐次	Monday 周一 (3/11、3/25)	Tuesday 周二(3/12、3/26)	Wednesday 周三(3/13、3/27)	Thursday 周四 (3/14、3/28)	Friday 周五 (3/15、3/29)
Breakfast	玉米片+牛奶+葡萄干+切片香蕉 Cornflakes served with milk, raisins and bananas.	中式肉松面包+牛奶+草莓 Taiwanese homemade meat floss bread served with milk and strawberry	自制面包配果酱和芝士+水煮西兰花+圣女果+牛奶 Homemade bread served with butter, jam and French sliced cheese, blanched broccoli, cherry tomatoes and milk	Muesli 麦片+酸奶+卜卜米+蓝莓+葡萄汁 Muesli served with yogurt, fresh blueberries and rice-crisps, grape juice	日式厚蛋卷+牛奶+干禧果 Japanese egg rolls served with milk and cherry tomatoes
Lunch	苏式糖醋里脊肉丁+炒青菜+鲫鱼豆腐汤+米饭 Sweet and sour pork served with fried vegetables and fish and tofu soup and rice	自制意式牛排配蘑菇酱意面+烤小土豆+南瓜汤 Grilled beefsteak with Italian spaghetti served with roasted potato and pumpkin soup	Japanese Gyudon. Thinly sliced beef and onion stewed in soy-sauce with rice, fried asparagus in Oyster Sauce, served with Korean miso soup 日式牛东井饭(薄牛肉片、洋葱、香菇等)+蚝油芦笋+大酱汤	自制香柠鸡扒配蘑菇酱意面+烤胡萝卜+杂蔬汤 Homemade fried spaghetti served with roasted chicken with mushroom and tomato sauce, fried carrots, served with vegetable soup	西安牛肉肉夹馍++玉米棒+青菜鱼丸汤 Xi'an beef Roujiamo (Chinese sandwich) served with corn stick and vegetables and fish balls soup
	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.
Snack	自制比利时松饼配草莓果酱+苹果汁+梨片 Homemade cookies with strawberry jam served with apple juice and pear slices	自制法式大理石蛋糕+椰汁西米露+甜橙 Homemade French marble cake served with Coconut Tapioca	自制苏式南瓜饼+蜂蜜柠檬水+火龙果 Homemade Su-style pumpkin pie served with honey lemonade and dragon fruit	法式酸奶蛋糕+自制水果热饮+猕猴桃 French Yogurt cake served with fruit juice and kiwi fruit	自制苏式蔬菜包+蜂蜜柠檬水+香蕉 Homemade Suzhou style vegetable bun served with honey lemonade and bananas
	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			* Hand made by Newton's pastry chef	