

Menu From 2019, 29th of April to 31st of May (Newton Hui Xin Campus)

新纽顿会心幼儿园 2019 年 4 月 29 日 —5 月 31 日学生食谱

餐次	Monday 周一 (4/29、5/13、5/27)	Tuesday 周二 (4/30、5/14、5/28)	Wednesday 周三(5/15、5/29)	Thursday 周四(5/2、5/16、5/30)	Friday 周五(5/3、5/17、5/31)
Breakfast	全麦燕麦面包配黄油或果酱+炒鸡蛋+烤樱桃番茄+橙汁 Whole wheat bread with oats crust served with choice of butter or jam. Scrambled eggs, baked cherry tomatoes and orange juice.	中国馒头三明治(洋葱、胡萝卜、葱、烤肉片)+黄瓜片+温豆浆 Steamed bun sandwich with onion, carrot, spring onion and sliced roast pork served with slices of cucumber and warm soya bean milk.	香葱煎蛋卷配番茄、火腿, 培根+全麦吐司+牛奶 Oven omelet with tomato, ham, spring onions served with a strip of bacon and a slice of whole wheat toast together with a glass of milk.	中式牛肉汤面 (选加香菜)+蒸玉米+苹果 Chinese beef noodle soup served choice of cilantro. With steamed corn and a glass of apple juice.	全麦奶油面包卷+煮西兰花+微辣哈尔滨香肠+牛奶 Whole wheat bread roll with cream cheese inside. Served with blanched broccoli served with sliced semi-spicy sausages (Harbin sausage) and milk
Lunch	越南柠檬香草烤猪肉配切片柠檬(挤汁用)+醋溜黄瓜薄片、番茄+米饭+泰式冬阴功汤。Vietnamese oven grilled lemongrass pork served with sliced lemon wedge for squeeze. Thinly sliced fresh cucumber, chopped tomatoes in vinegar and rice with Tom Yum soup.	牛肉肉丸+蒜香肉末茄子+绿色蔬菜+米饭+芹菜蔬菜汤 Beef meatballs with side of stuffed eggplant with garlic and pork. Green vegetables. Rice served with celery and vegetable soup	蒜蓉黑椒烤鸡胸配波浪土豆, 火腿, 欧芹和奶油(卡门贝干酪和马苏里拉奶酪)+洋葱炒红黄胡萝卜+蔬菜清汤。Slices of garlic pepper roasted chicken breast with scalloped potatoes with ham, parsley and cream (a little camembert and mozzarella). Stir-fried red and yellow carrots with onion. Served with clear vegetable soup.	蒜香鲑鱼配柠檬和香草酱+清炒花椰菜和胡萝卜片+米饭+混合土豆浓汤 Trout with garlic, lemon and herb sauce. Blanched cauliflower and sliced carrots served with rice and hearty blended potato soup.	鸡肉、西兰花配芝士通心粉+清蒸青豆+罗宋汤 Stir-fried chicken and broccoli with a side of macaroni cheese, steamed green peas and borscht 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	越南鲜春卷(生菜、胡萝卜、黄瓜、粉丝和虾)配糖醋蘸酱+胡萝卜条+气泡水(酸橙、草莓和芒果)Fresh Vietnamese spring-roll with lettuce, carrot, cucumber, vermicelli and shrimp. Sweet and sour dipping sauce. Carrot sticks and infused water (lime, strawberry and mango)	自制蔓越莓饼干+香蕉+蜂蜜柠檬水 Homemade Cranberry biscuits served with banana and honey lemon water.	彩虹蛋糕配蓝莓+草莓(生日专用巧克力酱)+酸奶奶昔(燕麦、香蕉、香草豆荚) Rainbow cake with blueberries served with strawberries (chocolate dipper for Birthday only) and a glass of yogurt milkshake (oats, banana, vanilla bean)	炸春卷(猪肉蔬菜)配腌萝卜、醋黄瓜+温气泡水(绿茶、酸橙、柠檬和橙子) Fried pork and vegetable spring roll served with pickled radish, crushed cucumber with vinegar and a glass of infused warm water (green tea, lime, lemon and oranges)	南瓜生姜面包配少量香草奶油+切片葡萄柚和橙子+无糖水果茶。Pumpkin and ginger bread served with small option of vanilla crème. Together with sliced grape-fruit and orange flavored unsweetened fruit tea.
餐次	Monday 周一 (5/6、5/20)	Tuesday 周二 (5/7、5/21)	Wednesday 周三 (5/8、5/22)	Thursday 周四 (5/9、5/23)	Friday 周五 (5/10、5/24)
Breakfast	家乐氏脆玉米片+牛奶+新鲜蓝莓、草莓、树莓和葡萄干 Kellogg's cornflakes served with milk, fresh strawberries, blueberries, raspberries and raisins.	自制葡萄干面包配黄油+果仁燕麦酸奶+蓝莓、覆盆子 Homemade raisin bread with optional butter, served with a glass of yogurt mixed with muesli, blueberries and raspberries.	全麦面包配切片火腿+清焯西兰花、花椰菜+新鲜樱桃番茄+牛奶 Coarse grain whole wheat bun served with sliced turkey ham, blanched broccoli/cauliflower mix, fresh cherry tomatoes and milk	香姜汁南瓜鸡丝粥+苹果汁 Congee porridge with pickled ginger, spring onion, steamed pumpkin and shredded chicken served with a glass of apple juice.	全麦面包配切片鸡蛋、西红柿、火腿、蛋黄酱蘸酱+橙汁 Sliced hardboiled egg served with whole-wheat bread, sliced tomatoes, prosciutto ham, mayo dip and a glass of orange juice.
Lunch	日式芝麻照烧鸡+清蒸莲藕和长豆+茄子天妇罗+米饭+味噌汤 Japanese Teriyaki chicken with sesame. Steamed lotus-root and long beans. Eggplant tempura. Served with rice and Miso soup.	烤火腿切片配两块奶酪馅(布里干酪和马苏里拉奶酪)、烤土豆+清焯芦笋+蔬菜汤。sliced ham roast with two cheese stuffed (brie & mozzarella) baked potato with blanched asparagus served with vegetable soup.	鸡肉串配三色水果彩椒、洋葱和菠萝+烤番茄、西葫芦和小土豆+米饭+南瓜汤。Chicken skewers with 3 kinds of colored pepper fruits, onion and pineapple. Served with roasted tomatoes, zucchini and small potatoes with side of rice and pumpkin soup.	虾仁炒面+炒卷心菜、萝卜和胡萝卜+猪骨浓汤 Chinese Chow Mein noodles with large peeled shrimps. Cabbage, radish and carrot stir-fry served with slow cooked pork bone broth.	新鲜意大利水牛马苏里拉干酪和番茄比萨(选加火腿)+蝶状意大利冷面(圣女果、水果黄甜椒、煮鸡蛋、橄榄油调味汁)+通心粉汤 Fresh buffalo mozzarella margarita pizza with choice of ham. Served with cold Italian Farfalle pasta with cherry tomatoes, yellow pepper fruit, boiled egg and olive oil vinaigrette with minestrone 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	全麦吐司配百里香、蜂蜜、布里干酪和烤梨片+桃子气泡水(蜂蜜、梨、桃片、柠檬和覆盆子) Whole wheat toast with thyme, honey, brie and baked pear slices. Served with slices of peach and a glass of infused water (honey, pear, peach, lemon and raspberry)	红豆牛舌饼+牛奶+哈密瓜片 Red bean pastry served with milk and honey melon slices	双莓派(蔓越莓和树莓)+新鲜蓝莓、覆盆子+气泡水(蓝莓、柠檬、薄荷和酸橙) Cranberry and raspberry pie served with fresh blueberries, raspberries and infused water (blueberry, lemon, mint and lime)	中式煎饺配蘸酱、酸菜薄片+气泡水(茉莉花、葡萄、橙子和薄荷叶) Fried Chinese dumplings, dipping sauce, thinly sliced pickled cabbage served with infused warm water (jasmine tea, grape fruit, oranges and mint leaves)	焦糖洋葱番茄烤面包配布里干酪+樱桃番茄+牛奶 Caramelized onion, tomato crostini with melted brie served with cherry tomatoes and a glass of milk.
	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	