

Menu From 2019, 3rd of June to 28th of June (Newton Hui Xin Campus)

新纽顿会心幼儿园 2019 年 6 月 3 日 —6 月 28 日学生食谱

餐次	Monday 周一 (6/3、6/17)	Tuesday 周二 (6/4、6/18)	Wednesday 周三(6/5、6/19)	Thursday 周四(6/6、6/20)	Friday 周五(6/7、6/21)
Breakfast	家乐氏全麸谷物麦片, 配蔓越莓、切片香蕉和牛奶 Kellogg's All-bran cereal with fibers served with cranberries, sliced bananas and milk.	全麦燕麦面包配黄油或奶酪, 炒鸡蛋、樱桃番茄和豆浆 Whole wheat and oat flour bread with butter or cheese served with scrambled eggs, cherry tomato and soya milk.	小米麦片粥配少许蜂蜜、葵花籽、芒果干和原味有机燕麦牛奶 Millet porridge with a touch of honey, sunflower seeds, dried mango pieces and organic oat milk on the side.	烤法棍面片配大蒜、火腿、牛油果, 无糖酸奶饮品 Oven roasted baguette slices with garlic, ham, sliced avocado served with non sweetened yogurt drink.	洋葱煎蛋卷配番茄、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.
Lunch	酱香猪肉丸, 西红柿炒西葫芦, 糙米饭, 蘑菇汤 Braised pork balls with brown/white rice mix, fried zucchini with tomato with bamboo shoot and mushroom soup.	墨西哥素食微辣肉酱汤配红芸豆和鹰嘴豆。糙米饭, 蔬菜汤(芹菜、胡萝卜和芦笋) Vegetarian mild Chili Con Carne with red kidney beans and chickpeas. Served with a mix of brown and white rice and vegetable soup with celery, carrot and asparagus.	西班牙海鲜烩饭(虾仁、鱿鱼须、洋葱、胡萝卜、青豆、意大利米)+蔬菜汤 Spanish Paella de Marisco with shrimp, squid, onion, carrot, green beans and risotto rice served with vegetable soup	意大利通心粉, 百里香和迷迭香调味烤鸡翅, 甜菜根和胡萝卜丝, 南瓜汤。 Italian pasta in pesto sauce served with oven roasted thyme and rosemary seasoned chicken wings. Beetroot and carrot slaw. Served with pumpkin soup.	日式味噌三文鱼配、爆炒蔬菜和彩虹胡萝卜丁米饭和蔬菜味噌汤 Japanese Miso salmon served with cubed rainbow carrot and vegetable stir fry, rice and Miso soup with vegetables.
	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	英国司康饼配浆果泥加蜂蜜、少许鲜奶油, 黑醋栗和红醋栗, 柠檬醋栗冰饮 British scones with black and red currants served with a berry puree mildly sweetened with honey, a drop of whipped cream and chilled water with lemon and currants.	自制黄桃蛋挞+养乐多+香蕉 Homemade yellow peach pie served with sour milk and bananas.	水果慕斯蛋糕+香蕉奶昔+梨片 Fruit mousse cake with sliced mango and raspberries. Served with oats, banana and yogurt/milk shake.	无麸质燕麦煎饼, 浆果, 气泡水(猕猴桃、蓝莓、树莓和西瓜) No gluten pancakes made with oat flour, served with berries on the side and infused water (kiwi fruit, blueberry, raspberry and watermelon)	土豆丝饼+水果气泡水(蓝莓、柠檬、西柚、橙子)+哈密瓜片 Potato pie served with slices of melon and a glass of infused water(blueberry, lemon, grapefruit and orange)
餐次	Monday 周一 (6/10、6/24)	Tuesday 周二(6/11、6/25)	Wednesday 周三(6/12、6/26)	Thursday 周四 (6/13、6/27)	Friday 周五 (6/14、6/28)
Breakfast	家乐氏玉米片, 酸奶, 新鲜蓝莓、树莓和提子 Kellogg's cornflakes served with yogurt, fresh strawberries, blueberries, raspberries and raisins.	温麦片配提子、蜂蜜、葵花籽, 新鲜香蕉干, 豆奶 Warm oatmeal served with raisins, honey, sunflower seeds, fresh and dried banana with soya milk.	煎饼配微甜醋栗制成的自制果酱, 炒鸡蛋、黄瓜片和牛奶。 Pancake with home-made jelly from mildly sweetened currants. Scrambled eggs, slices of cucumber and milk.	黑麦面包配高达奶酪, 煎蛋卷、彩虹番茄和有机燕麦牛奶 Rye bread with Gouda cheese, served with oven omelet, rainbow tomatoes and organic oat milk.	自制全麦面包, 清蒸西兰花和番茄, 切片香肠和果酱, 橙汁 Homemade whole wheat bread served with blanched broccoli, tomatoes, sliced sausage and fruit compote with water and orange juice.
Lunch	红烧牛肉土豆, 炒西兰花, 米饭, 紫菜豆腐汤 Braised beef with potato and fried cauliflower served with rice and seaweed soup with tofu and egg.	香煎芝士龙利鱼, 香烤彩虹胡萝卜, 罗宋汤 Pan-fried sole fish and cheese macaroni served with roasted 3 colored rainbow carrots and borscht soup.	椒盐凤尾虾+葱油莴笋+番茄蛋汤+小米米饭 Fried fantail shrimps with spiced salt, fried lettuce with scallion sauce served with tomato and egg soup and rice.	日式豚骨拉面配盐渍萝卜, 炉烤甜豆腐, 蔬菜天妇罗 Japanese pork rib ramen served with pickled radish, oven baked sweet tofu and vegetable tempura.	芝麻橄榄油烤鸡肉条, 烤蒜蓉彩虹番茄配米饭, 冬瓜排骨汤 Sesame and olive oil roasted chicken strips. Baked rainbow tomatoes with garlic pepper served with rice and winter melon and ribs 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	肉松蛋糕配草莓酸奶/奶昔和桃片 Pork meat floss cake served with strawberry yogurt/milk shake and peach slices.	胡萝卜提子蛋糕, 胡萝卜酸奶蘸酱, 青柠蜂蜜水 Carrot cake with raisins. Served with fresh carrots, yogurt dip and honey water with squeezed fresh lime juice.	无麸质低糖可可香蕉燕麦蛋糕, 切片橙子, 燕麦酸奶或奶昔 Gluten free cacao and banana cake with oats flour, reduced sugar. Served with sliced oranges and oats yogurt/milk shake.	自制小菜包+自制蔬果茶+西瓜片 Homemade vegetable bun served with carrot, cucumber mixed fruit and vegetable drinks, slices of watermelon	蜂蜜方块面包+水果气泡水(蓝莓、柠檬、西柚、橙子) Honey bread served with a glass of infused water (blueberry, lemon, grapefruit and orange)
	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	

