

| Menu From 2019,1 July to 2019, 26 July (Newton LLW Campus) 新纽顿玲珑湾幼儿园2019年7月1日 —7月26日学生食谱 | | | | | | |
|--|-----------|--|--|--|--|---|
| | 餐次 | Monday 周一(7/1,7/15) | Tuesday 周二(7/2,7/16) | Wednesday周三(7/3,7/17) | Thursday 周四(7/4,7/18) | Friday 周五 (7/5, 7/19) |
| | Breakfast | oat flake cereal with milk and fresh blueberries | black sesame pancake and cashew nuts served with oranges and a glass of milk | cocoa muffin and seedless grapes with a glass of chilled yogurt | housemade seaweed bread with cherry tomatoes and a glass of milk | steamed coconut bread with melon and a glass of yogurt |
| | | 全麦谷物圈+牛奶+蓝莓 | 黑芝麻薄饼+腰果+牛奶+甜橙 | 可可松糕+酸奶+无籽葡萄 | 海苔法式小面包+牛奶+小番茄 | 椰香刀切+酸奶+甜瓜 |
| | Lunch | beef and bell peppers with a side of carrots and cabbage served with luffa and egg soup and white rice | braised diced chicken in curry with minced garlic served with kelp soup and spareribs with white rice | pan fried shrimp and tofu with braised winter melon served with shredded green vegetable soup and white rice | Yangzhou fried rice with sweet and sour lotus root served with spinach and pork liver soup | pPan-fried salmon with Japanese Udon noodles and Weizeng soup |
| | | 五彩牛肉粒，胡萝卜卷心菜，丝瓜蛋汤，米饭 | 咖喱鸡丁，蒜泥空心菜，海带排骨汤，荞麦饭 | 红烧基围虾/虾仁烩豆腐，红烧冬瓜，青菜肉丝汤，米饭 | 扬州炒饭，糖醋藕圆，菠菜猪肝汤 | 香煎三文鱼，日式乌冬面，味噌汤 |
| | Snack | sweet honey and lemon cake and hami melon | Italian style pizza and watermelon | English butterfly cookie with a banana and warm bean soup | sticky rice cake and apple slices | Oat biscuit, melon |
| | | 柠檬蜂蜜蛋糕+哈密瓜 | 面包脆鸡蛋披萨+西瓜 | 蝴蝶酥+清凉绿豆汤+香蕉 | 果干糯米糕+苹果 | 燕麦能量球+西州密瓜 |
| | 餐次 | Monday 周一(7/8,7/22) | Tuesday 周二(7/9,7/23) | Wednesday周三(7/10,7/24) | Thursday 周四(7/11,7/25) | Friday 周五 (7/12, 7/26) |
| | Breakfast | cornflakes cereal with milk and dried cranberries with banana | vegetable and oat cake with blueberries and a glass of milk | fresh baked bread with yogurt and melon | black rice porridge with melon and a glass of milk | dried meat bread roll with yogurt and sliced oranges |
| | | 玉米片+牛奶+ 切片香蕉 | 荠菜苡麦饼+牛奶+蓝莓 | 切片面包+酸奶+网纹瓜 | 黑米盅+牛奶+红心火龙果 | 肉松卷+酸奶+甜橙 |
| | Lunch | stewed beef with carrots with a side of amaranth and garlic served with tomato and egg soup and white rice | chicken nuggets and scrambled eggs with tomatoes served along side shrimp cake soup with winter melon and white rice | stewed pork ball in brown sauce and lettuce with oyster oil served with duck soup and white rice | seasoned fish fillet with autéd tofu served with sparerib and lotus root soup and white rice | pasta with bolognese sauce and shrimp broccoli served with cream of mushroom soup |
| | | 胡萝卜炖牛腩，蒜蓉苋菜，西红柿蛋汤，米饭 | 香菇鸡块，番茄炒蛋，冬瓜虾糕汤，小米饭 | 红烧狮子头，蚝油生菜，扁尖鸭块汤，米饭 | 茄汁鱼片，家常豆腐，排骨莲藕汤，薏米饭 | 肉酱意面，虾仁西兰花，奶油蘑菇汤 |
| | Snack | Gouvertz cereal with milk and melon | tangy yogurt cake and watermelon | cheesey tortilla with our plum soup | shredded coconut cake and cherry tomatoes | warm English cake and grapes |
| | | 奶黄包+哈密瓜 | 酸奶蛋糕+西瓜 | 芝士玉米饼+酸梅汤 | 椰蓉香妃酥+圣女果 | 趣豆饼干+无籽提 |