

Menu From 2019,4 November to 2019, 29November(Newton LLW Campus) 新纽顿玲珑湾幼儿园2019年11月04日 –11月29日学生食谱

餐次	Monday 周一 (11/4,11/18)	Tuesday 周二 (11.5/11,19)	Wednesday周三 (11,6/11,20)	Thursday 周四 (11,7/11,21)	Friday 周五 (11,8/11,22)
Breakfast	cereal with milk and Yunnan iced sugar orange slices	steamed bun with coconut milk, plain yoghurt and Vietnamese red heart Pitaya	toast with jam and a glass of milk served with Peruvian blueberries	Autumn pumpkin pancake with a glass of milk nad Xinjiang seedless grapes	blood jelly porridge with meat floss and a boiled egg served with Ningxia
	牛奶麦片+云南冰糖甜橙	椰汁小馒头+酸奶+越南红心火龙果	烤面包+果酱+牛奶+秘鲁蓝莓	南瓜烙饼+牛奶+新疆无籽提	血糯米配肉松+白煮蛋+宁夏千禧
Lunch	stewed pork with mushrooms, scrambled egg with tomato, and mushrooms served with wolfberry and pork soup and rice with vegetables	Longliyu fish in a tomato sauce, minced pork and broccoli with a garlic sauce served with tofu soup and white rice	braised chicken with water chestnuts, potato slices with sweet peppers, small green vegetables served with pork ribs and kelp soup and white rice	beef and potato in a curry gravy, radish, stir fried dried meat with vegetables served with okra and egg soup and rice with grains	beef burger, bacon and broccoli served with cream of mushroom soup
	茨菇烧肉+番茄炒蛋+香菇枸杞无骨汤+时蔬饭	茄汁龙利鱼+白玉肉末+蒜蓉西兰花+翡翠豆腐羹+米饭	板栗红烧鸡+甜椒土豆片+小青菜+海带排骨汤+金银饭	咖喱土豆牛肉+肉汁萝卜+清炒油麦菜+秋葵蛋汤+杂粮饭	牛肉汉堡+培根西兰花+蘑菇奶油汤
Snack	French muffins and Philippine bananas	sesame crisp and pear slices	tomato and egg noodles with red Fuji apple slices	mushroom and cheese pizza with orange slices	salmon egg tart with red heart grapefruit
	法式松饼+菲律宾香蕉	芝麻酥+贡梨	番茄鸡蛋面+红富士苹果	蘑菇芝士披萨+蜜桔	三文鱼蛋挞+红心柚子
	Monday 周一 (11,11/11,25)	Tuesday 周二(11,12/11,26)	Wednesday周三(11,13/11,27)	Thursday 周四(11,14/11,28)	Friday 周五(11,15/11,29)
Breakfast	Guviz cereal with milk, batam and kiwi	warm sweet potato porridge, quail eggs and Vietnamese red heart pitaya	kori cake with a glass of milk and Yunnan iced sugar orange slices	ham roll with a glass of milk and Xinjiang seedless grapes	milk bread with plain yoghurt and Philippine banana
	谷维兹配牛奶+巴坦木+佳沛金果	地瓜粥+鹌鹑蛋+越南红心火龙果	可丽饼+牛奶+云南冰糖橙	火腿刀切卷+牛奶+新疆无籽提	奶香小面包+酸奶+菲律宾香蕉
Lunch	shrimp with bell pepper, minced pork with eggplant, broccoli in sauce served with soybean and pork feet soup and rice	stewed beef with potato, bacon with cauliflower, chicken with soybean skin served with egg, papaya and mushroom soup and rice	can fried cod fillet, tomato and beef lasagna served with green vegetable and beef soup	braised pork ribs, zucchini and shrimp and dried celery served with duck and yam soup and red bean rice	stir fried rice with ham and carrots and sliced fish served with tomato soup
	五彩虾仁+肉末茄子+上汤西兰花+黄豆猪脚汤+米饭	土豆炖牛肉+培根花菜+豆皮鸡毛菜+青瓜木耳蛋汤+薏米饭	香煎鳕鱼片+番茄牛肉千层面+青菜牛肉羹	红烧肋排+西葫芦虾仁+芹菜香干+山药鸭块汤+红豆饭	蜜汁圆子+糖醋包菜+火腿胡萝卜炒饭+西红柿鱼片汤
Snack	Hong Kong style mala cake and red Fuji apple slices	chocolate cake and goji berries	Sikang cake and Xinjiang honeydew	vanilla cookies and pear slices	birthday cake and orange slices
	港式马拉糕+红富士苹果	巧克力蛋糕+宁夏圣女果	司康饼+新疆晓蜜瓜	香草曲奇+贡梨	戚风蛋糕/生日蛋糕+蜜桔

		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
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