

Menu From 2018,3 Dec to 2018, 28 Dec (Newton LLW Campus) 新纽顿玲珑湾幼儿园2018年12月3日—12月28日学生食谱

餐次	Monday 周一(12/2,12/16,12/30)	Tuesday 周二 (12/3, 12/17, 12/31)	Wednesday周三(12/4,12/18)	Thursday 周四(12/5,12/19)	Friday 周五(12/6,12/20)
Breakfast	Goviz cereal with cranberries, milk and Philippine banana 谷维兹+蔓越莓干+牛奶+菲律宾香蕉	steamed red bean buns and orange slices 赤豆小圆子+爱媛橙	fresh bread with craisins, a glass of milk and Vietnamese red heart Pitaya 蔓越莓面包+牛奶+越南红心火龙果	sesame crisp, a glass of milk and Peruvian blueberries 芝麻酥+牛奶+秘鲁蓝莓	fresh spinach omelet with a glass of milk and Xinjiang seedless grapes 菠菜蛋饼+牛奶汁+新疆无籽提
	Hungarian beef, minced smoked bean curd, and mushrooms with green vegetables served with tomato and potato soup and rice 匈牙利牛肉+肉末香干+香菇青菜+番茄土豆汤+米饭	stewed chicken breast with mushrooms, celery and lily, stewed lettuce served with pork ribs and radish soup and rice with grains 杏鲍菇烩鸡柳+西芹百合鸡头米+生菜+萝卜排骨汤+杂粮饭	fried rice with celery, carrot and egg, chicken with potato curry and fried tofu served with weizengtang 芹菜胡萝卜蛋炒饭+咖喱土豆鸡丁+香煎豆腐+味增汤	stir-fried zucchini and pineapple with shrimp, sweet peppers in a pork sauce, oil sauteed vegetables served with red date, mushroom, pigeon soup and rice 凤梨虾球+甜椒肉酱炒生瓜+油麦菜+红枣木耳乳鸽汤+米饭	fried chicken and spiral noodles served with vegetable soup (broccoli, carrot, corn) 香炸鸡米花+螺旋面+蔬菜汤(西兰花, 胡萝卜, 玉米)
Snack	small wonton and tangxin apple 小馄饨+糖心苹果	corn muffin and Xiaomi melon 玉米松饼+晓蜜甜瓜	steamed Chinese bread and tangerine 奶香小刀切+蜜桔	chocolate cake and sliced pear 巧克力蛋糕+雪梨	purple potato egg tart and strawberries ☆紫薯蛋挞+草莓
	Monday 周一 (12/9,12/23)	Tuesday 周二(12/10,12/24)	Wednesday周三(12/11,12/25)	Thursday 周四(12/12,12/26)	Friday 周五(12/13,12/27)
Breakfast	cereal and milk with red raisins and cashew nuts 牛奶麦片+红提+腰果	french muffin, Huiyuan Juice and dragonruit 法式松饼+牛奶+火龙果	matcha flavoured busicuit and fruit tea 抹茶酥+水果茶	milk and cookies and Chilean cherries 牛奶+曲奇+智利车厘子	Chocolate bread with a glass of milk and 巧克力面包+牛奶+草莓
	braised pork in brown sauce, stewed egg, mushroom and cabbage heart served with tomato and fish fillet soup and rice 红烧肉+炖蛋+蘑菇菜心+西红柿粉皮鱼片汤+米饭	beef curry, minced meat, and broccoli with garlic served with potato and ribs soup and rice / Christmas meal (Crispy hamburger + French fries + Borsch Soup) 咖喱牛肉+白玉肉末+蒜蓉西兰花+土豆排骨汤+薏米饭 / 圣诞餐(劲脆汉堡+炸薯条+罗宋汤)	beef with potatoes, bacon and cabbage, and braised chicken with peppers served with small green vegetables and beancurd soup and cornmeal rice / Christmas meal (Chicken Spaghetti, thick stea, smiley face potato served with cream broccoli mushroom soup) 土豆焖牛肉+培根娃娃菜+三鲜烧素鸡+小青菜腐竹汤+玉米饭/圣诞餐(鸡丝意面+浓汁牛排+笑脸土豆+奶油西兰花蘑菇汤)	fresh shellfish with hibiscus sauce, stewed pork ribs with mushrooms served with corn and mixed vegetable soup and vegetable rice 芙蓉鲜贝+双菇烩里脊+玉米杂蔬汤+菜肉饭	chicken wing in honey sauce, spaghetti with tomato and beef served with shredded pork, kelp and potato soup 蜜汁翅中+番茄牛肉意面+海带土豆肉丝汤
Snack	coconut crisp and snow pear ☆椰丝酥+雪花梨	purple potato cake and sugar orange 紫薯蛋糕+砂糖橘	pumpkin cake and kiwi 南瓜蛋糕+猕猴桃	beef and noodles and banana 牛肉拉面+香蕉	cranberry egg tart and apple slices ☆蔓越莓灯盏+苹果

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