

**Menu From Jan. 2,2019 to Jan.25,2019 (Newton LLW Campus) 新纽顿玲珑湾幼儿园2019年1月2日 —1月25日学生食谱**

餐次	Monday 周一 (1/12)	Tuesday 周二 (1/14)	Wednesday 周三 (1/15)	Thursday 周四 (1/2,1/16)	Friday 周五 (1/3,1/17)
Breakfast	cereal with milk and Australian seedless grape	slice bread with a glass of milk Philippine banana	cookie with a glass of milk and Philippine kiwi fruit	millet congee and egg with sliced oranges	cream pancakes with a glass of milk and Vietnamese red heart pitaya
	谷维兹+牛奶+澳大利亚无籽提	吐司面包+牛奶+菲律宾香蕉	曲奇饼干+牛奶+菲律宾佳沛金果	小米粥+鸡蛋+橙子	奶油烙饼+牛奶+越南红心火龙果
Lunch	beancurd leaf rolls with minced pork, stewed egg, spinach with ginger sauce, served with shrimp and seaweed soup and white rice	diced chicken in tomato sauce, sweet pepper with potato and pork slices, green vegetables served with mushroom soup and corn rice	beef curry, radish with gravy, sauteed leaf lettuce served with mixed vegetable soup and white rice	sauteed corn and shrimp, minced pork and tofu, baby cabbage in sweet sauce, served with tomato and egg soup and white rice	bacon and broccoli served with fried rice and ribs braised in soy sauce, served with potato, kelp and shredded pork soup / colorful dumplings + big
	百叶结烧肉+炖蛋+姜汁菠菜+紫菜虾米汤+米饭	茄汁鸡丁+甜椒土豆肉片+小青菜+菌菇汤+玉米饭	咖喱牛肉+肉汁萝卜+油麦菜+杂蔬汤	玉米虾仁+肉末豆腐+上汤娃娃菜+番茄蛋花汤+米饭	培根西兰花+红烧肋排什锦炒饭+土豆海带肉丝汤/五彩水饺+大骨汤
Snack	pumpkin steamed cake and sliced sugar heart apple	French muffins pear slices	beef noodles with Taiwanese Hami melon	pancake and red grapefruit	Italian egg tart and tangerine
	南瓜蒸糕+糖心苹果	法式松饼+贡梨	牛肉面+台湾口口蜜	手抓饼+红心柚子	意式蛋挞+涌泉蜜桔
	Monday 周一 (1/6)	Tuesday 周二 (1/7)	Wednesday 周三 (1/8)	Thursday 周四 (1/9)	Friday 周五 (1/10)
Breakfast	oatmeal with milk and Peruvian blueberries	fresh sliced bread with a glass of milk and orange	steamed creamy custard bun with a glass of milk and	red bean with rice dumpling soup and Jiapei kiwi fruit	cookie and a glass of milk with grapes
	牛奶+麦片+秘鲁蓝莓	切片面包+牛奶+贡桔	奶黄包+牛奶+火龙果	赤豆小圆子+佳沛金果	曲奇饼干+牛奶+提子
Lunch	braised pork with taro, shredded chicken with carrot, bean curd sheets and bean sprouts, and asparagus with yam, served with fish ball and white	Longli fish in tomato sauce, radish in meat sauce, Chinese cabbage with tofu, served with spinach and beancurd soup and white rice	braised lotus root with soy sauce, Xinjiang style fried noodles with beef, served with bean curd and vegetable soup	stewed beef with carrot, eggplant with minced pork, cabbage with scallion oil served with kelp and lean pork soup and white rice	honey braised chicken wings, shredded pork in garlic sauce, mushroom and green vegetables, served with beef and vermicelli soup and rice with grains
	芋头烧肉+三丝豆芽+莴笋山药+冬瓜鱼丸汤+米饭	茄汁龙利鱼+肉汁萝卜+白菜油面筋+菠菜腐竹汤+小米饭	红烧藕圆+新疆牛肉炒面+豆腐青菜汤	胡萝卜炖牛肉+肉末茄子+葱油卷心菜+海带瘦肉汤+米饭	蜜汁翅根+鱼香肉丝+香菇青菜+牛肉粉丝汤+杂粮饭
Snack	Black rice cake and grapefruit	pumpkin porridge and apple slices	buttered corn and oranges	Tomato and egg noodles served with banana	supreme pizza / birthday cake with yellow sponge
	黑米糕+柚子	南瓜粥+苹果	黄油玉米+新奇士橙	番茄鸡蛋面+香蕉	什锦披萨/生日蛋糕+贡桔