

# Aug - Sept MENU (Newton Bayside Campus) with IMMUNE BOOSTING SUPERFOODS (CITRUS, KIWI'S ETC.)

## 新加坡顿玲珑湾幼儿园 2020 年 9 月学生食谱

餐次	Monday 周一 (8.31/9.14)	Tuesday 周二 (9.01/9.15)	Wednesday 周三(9.02/9.16)	Thursday 周四 (9.03/9.17)	Friday 周五(9.04/9.18)
Breakfast	Kellogg's cornflakes served with yogurt, fresh blueberries 家乐氏脆玉米片, 酸奶, 新鲜蓝莓	<b>Home made whole wheat bread</b> , strawberry jam, apple chips and milk <b>自制全麦面包</b> , 草莓果酱, 苹果片 & 牛奶	<b>whole wheat Focaccia bread with dried fig</b> , chickpea and bacon inside, semen juglandis, milk, kiwi fruit <b>无花果, 鹰嘴豆, 培根全麦佛卡夏面包。核桃仁, 牛奶, 佳沛绿果</b>	<b>Bun</b> cherry tomatoes and milk <b>小餐包</b> , 樱桃番茄和牛奶	Congee with shredded mushroom and chicken, banana 香菇鸡丝粥, 香蕉
Lunch	酱香翅中, 肉沫豆腐, 清炒菠菜, 丝瓜蛋汤, 米饭 Chicken wings in soy sauce, bean curd with minced pork, stir-fried spinach, luffa gourd soup, rice	糖醋里脊肉, 宫保鸡丁, 白灼芥兰, 三鲜菌菇汤, 红豆饭 Sweet and sour pork tenderloin, Kung Pao Chicken, bokchoy with sauce, mushroom soup, red bean rice	泰式咖喱牛肉, 青瓜木耳肉丝, 素油鸡毛菜, 莼菜银鱼羹, 米饭 Thai curry beef, shredded pork with green gourd wood root, fried vegetable, whitebait soup, rice	洋葱鳕鱼, 上汤西兰花, 扁尖老鸭汤, 米饭 Onion and eel shreds, broccoli with sauce, duck soup with preserve bamboo, rice	香煎鳕鱼排, 美式新派果蔬汤, 西班牙焗饭 Sauteed cod fillet, fresh fruit and vegetable soup, Spanish paella
Snack	<b>Honey bread</b> , orange <b>蜂蜜方块面包</b> +橙子	Three wire pasta, green grape 三丝拌面, 青提	<b>Moist carrot cake with cream cheese frosting</b> Yellow peach passion fruit drink <b>胡萝卜蛋糕奶油芝士淋面</b> , 黄桃百香果饮品	<b>Red dates cake</b> , Crystal sugar tremella snow pear soup <b>红枣蛋糕</b> , 冰糖银耳雪梨羹	<b>Moist pumpkin and ginger cake</b> Kyoho grape <b>南瓜生姜蛋糕</b> , 巨峰葡萄
餐次	Monday 周一(9.07/9.21)	Tuesday 周二(9.08/9.22)	Wednesday 周三(9.09/9.23)	Thursday 周四(9.10/9.24)	Friday 周五(9.11/9.25)
Breakfast	Cheerios, black grape, yogurt 牛奶脆谷乐、黑提、酸奶	<b>Homemade cranberry bread with blueberries</b> . Pear milk <b>自制蓝莓蔓越莓面包</b> 、牛奶、梨片	Taro yams, milk, cherries 芋头山药、牛奶、车厘子	<b>Floss cake</b> , milk, prune <b>肉松蛋糕</b> 、牛奶、西梅	<b>Homemade whole wheat bread</b> ham, tomato, milk <b>自制全麦面包</b> , 火腿片、小番茄、牛奶
Lunch	鸡头米炒虾仁, 莴笋炒蛋, 蚝油生菜, 番茄鱼片汤, 米饭 Fried shrimp with gorgon seeds; scrambled egg with asparagus, lettuce in oyster sauce, sliced tomato and fish soup, and rice	藕圆, 双菇烩鸡柳, 甜椒木耳炒莴笋, 玉米胡萝卜豚骨汤, 意米饭 lotus root and pork meat ball, double mushroom and chicken, stir-fried sweet pepper, wood ear mushroom and lettuce root, corn, carrot and pig bone soup, coicis rice	荷叶鸡, 鱼香肉丝, 蒜蓉油麦菜, 紫菜蛋汤, 米饭 Chicken with lotus leaf, shredded pork with fish sauce, lettuce with minced garlic, egg soup with seaweed, rice	甜椒牛肉粒, 三鲜豆腐, 双色土豆丝, 冬瓜虾皮汤, 米饭 Sweet pepper beef steak, three delicacies tofu, shredded potato, white gourd shrimp soup, rice	美式猪肉汉堡, 培根西兰花, 土豆鲜忌廉浓汤 American pork burger, bacon broccoli, potato custard cream soup
Snack	<b>Homemade papaya egg tart</b> white heart pitaya <b>自制木瓜蛋挞</b> , 白心火龙果	<b>melted Cheese and ham toast</b> Fruit cucumber <b>奶酪火腿吐司</b> 、水果黄瓜	<b>Fried pork and vegetable spring roll</b> xihu beef broth and oranges <b>炸春卷(猪肉蔬菜)</b> 西湖牛肉羹、澳洲橘子	<b>Lemon cheesecake on graham bottom, topped with dark forest berry jelly on top</b> Jiapei Kiwi fruit <b>柠檬芝士蛋糕</b> 、佳沛金果	<b>Homemade blueberry muffin</b> Philippine pineapple <b>自制蓝莓松饼</b> , 菲律宾凤梨
	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 <b>Pastry, biscuits, bread and pie's in bold provided by "Festival Bakery"</b>	