

# SEPT - OCT MENU (Newton Bayside Campus) with IMMUNE BOOSTING SUPERFOODS (CITRUS+ KIWI'S ETC.)

## 新纽顿玲珑湾幼儿园 2020 年 10 月学生食谱

餐次	Monday 周一 (9.28/10.19)	Tuesday 周二 (9.29/10.10/10.20)	Wednesday 周三(9.30/10.21)	Thursday 周四 (9.27/10.22)	Friday 周五(10.9/10.23)
Breakfast	青菜火腿粥、哈密瓜 Porridge with green vegetables and ham + Hami melon	<b>芝士面包棒</b> 、牛奶、树莓 Cheese bread stick + milk + raspberry	<b>焦糖燕麦包</b> 、牛奶、樱桃番茄 Caramel oatmeal packets + milk +cherry tomato	<b>肉松沙拉面包</b> 、牛奶、香蕉 Meat floss vegetable bread + banana and milk	香菇浇汁面、秋月梨 Mushroom sauce noodles + pear
Lunch	黑椒牛仔粒、甜椒茭白炒肉、葱油包菜、青瓜蛤蜊汤、米饭 Black pepper beef cubes + sweet pepper wild rice shoot sauteed with meat + green onion with lettuce + cucumber clam soup + rice	茄汁龙利鱼、芦笋胡萝卜炒肉丝、青菜百叶、番茄蛋汤、小米饭 Anchovies in tomato sauce+ sauteed shredded pork with asparagus and carrot+ leafy green vegetables+ tomato and egg soup+ and small rice	香酥鸡块、葱香牛肉丝、胡萝卜土豆丝、三鲜菌菇汤、米饭 Crispy chicken pieces + scallions and shredded beef + shredded carrot potato + three delicacies mushroom soup + rice	粉蒸排骨、西芹百合炒蛋干+素油菠菜+萝卜排骨汤、米饭 Breaded pork ribs + celery and lily fry with dried eggs + vegetable oil spinach + radish and pork ribs soup + rice	奥尔良烤翅中、肉酱意面配焗土豆、法香南瓜浓汤 New Orleans roast chicken wing + spaghetti bolognese with baked potatoes + French pumpkin soup
Snack	<b>轻芝士蛋糕</b> 、橙子 Light cheesecake+ orange	<b>奶油刀切馒头</b> 、青提 Steamed bread+green grape	<b>意大利玉米粉面包</b> 、佳沛绿果 9/30 生日派对 <b>奶油水果蛋糕</b> Tortilla bread+kiwi fruit+birthday party cream fruit cake	<b>原味曲奇</b> 、苹果小米粥 Cookies+ apple rice porridge	<b>火腿芝士披萨</b> 、红提 Ham and cheese pizza+ Kyoho grape
餐次	Monday 周一(10.12 /10.26)	Tuesday 周二(10.13/10.27 )	Wednesday 周三( 10.14/10.28 )	Thursday 周四 (10.15 /10.29)	Friday 周五(10.16 /10.30 )
Breakfast	水果麦片、牛奶、黑提 Fruit cereal+ milk+ black grape	番茄鸡蛋面、雪梨 Tomato and egg noodles+ snow pear	<b>印度飞饼</b> 、牛奶、蓝莓 India roti prata+ milk+ blueberries	杏仁面包、牛奶、苹果 Almond bread+ milk+ apples	蔓越莓面包、开心果、牛奶、网纹瓜 Cranberry bread+ pistachios+ milk+ reticulated melon
Lunch	古法炸猪排、肉末豆腐、蒜蓉小白菜、海带瘦肉汤、米饭 Fried pork chop + minced pork bean curd + minced garlic cabbage + kelp lean meat soup + rice	五彩虾仁炒鸡头米、青椒洋葱炒肉丝、豉汁花椰菜、松茸老鸡汤、南瓜饭 Gorgon fruit with colorful shrimp+ fried pork with green pepper and onion+ broccoli with black bean sauce+ chicken soup with mushroom and pumpkin rice	香芋烧肉、上汤娃娃菜、鱼香茄子、三鲜豆腐汤、米饭 Sweet taro braised meat + small white vegetables + eggplant with garlic sauce + three delicacies tofu soup + rice	五彩鲜贝、芙蓉鸡片、素油豆苗、青菜肉丸汤、米饭 Colorful fresh scallop + sauteed chicken slice + vegetable oil bean sprouts + green vegetable meatball soup + rice	惠灵顿牛肉配迷迭香红酒汁、黄油培根焗饭配西兰花胡萝卜、罗宋汤 Beef Wellington with rosemary wine sauce + bacon buttery paella with broccoli carrots + Borscht
Snack	葡式蛋挞、红心火龙果 Portuguese egg tarts+ red heart pitaya	蔓越莓蛋糕、水果黄瓜 Cranberry cake+ cucumber	贝贝南瓜、腰果、桔子 Baby pumpkin+ cashews+ orange	瑞士卷、佳沛金果 Swiss rolls+ Jiawei kiwi fruit	香蕉松饼、凤梨 10/30 生日派对奶油水果蛋糕 Banana muffin+ pineapple, birthday party cream fruit cake
	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>	