

Nov. MENU (Newton Bayside Campus) with IMMUNE BOOSTING SUPERFOODS (CITRUS, KIWI'S ETC.)

新加坡顿玲珑湾幼儿园 2020 年 11 月学生食谱

餐次	Monday 周一 (11.2/11.16/11.30)	Tuesday 周二 (11.3/11.17)	Wednesday 周三(11.4/11.18)	Thursday 周四 (11.5/11.19)	Friday 周五(11.6/11.20)	
Breakfast	卡乐比水果麦片+牛奶+蓝莓 Calbee fruit cereal + milk + blueberry	黄油玉米+牛奶+无籽提 Buttered corn + milk + seedless grape	葡萄干司康 +牛奶+圣女果 Raisin/Dried fruits scone + milk + cherry tomatoes	南瓜小米粥+莲雾 Pumpkin millet congee + wax apple	肉松麻薯 +牛奶+砂糖橘 dried meat floss Mochi+ milk +orange	
Lunch	萝卜炖牛腩+木须肉+烂糊白菜+菌菇汤+米饭 Braised beef tenderloin with radish + Mushu pork + white Cabbage + mushroom soup + rice	虾仁炖蛋+洋葱猪肝+白灼菜心+虫草花鸡汤+红薯饭 Braised shrimp with egg + pork liver with onions + white cabbage+ Chicken soup with dried caterpillar fungus flower (Cordyceps flower)+ sweet potato rice	板栗鸡+双菇烩里脊+西芹山药+鲫鱼豆腐汤+米饭 Braised Chicken with chestnuts +stewed mushrooms + Celery and yam + carp fish and tofu soup + rice	茄汁巴沙鱼+炒四丁+蒜香茨菇+莲藕排骨汤+米饭 Bassa fish in tomato sauce + sauteed vegetable medly+ garlic mushrooms + lotus root and pork rib soup + rice	豉油蒸排骨+肉酱意面配芦笋+奶油蘑菇浓汤 Steamed ribs in soy sauce + spaghetti bolognese with asparagus + creamy mushroom soup	
Snack	芋泥蛋糕 +橙子 Taro cake + orange 11/30 生日会 紫薯芋泥蛋糕 Birthday: Purple taro cake	蔓越莓曲奇 +腰果+皇冠梨 Cranberry cookies + cashew nuts + pear	北海道吐司 +佳沛绿果 Hokkaido style toast +' Kapai' kiwi fruit	黑芝麻卷 +白心火龙果 Black sesame seed rolls +white dragon fruit	奶香蛋挞 +山楂雪梨汁 Egg tart + hawthorn snow pear juice	
餐次	Monday 周一(11.9 /11.23)	Tuesday 周二(11.10/11.24)	Wednesday 周三(11.11/11.25)	Thursday 周四 (11.12 /11.26)	Friday 周五(11.13 /11.27)	
Breakfast	雀巢蛋奶星星+牛奶+黑梅 Nestle honey stars(cereal)+Milk + blackberries	番茄鲜蔬面+蜜桔 Tomato and fresh vegetable noodles+orange	全麦吐司 +牛奶+蓝莓 whole-wheat toast+Milk+blueberry	枣泥戚风蛋糕 +牛奶+香蕉 red dates cake +milk+ banana	全麦面包 +蔓越莓果酱+牛奶+香蕉 Whole wheat bread + cranberry jam + milk + banana	牛乳小面包 +牛奶+红提 Milk rolls+milk+red grape
Lunch	火龙果牛肉粒+茄汁虾仁炒玉子+清炒菠菜+雪梨无花果排骨汤+米饭 Braised beef with white dragon fruit+ fried shrimp with tomato sauce+stir fried spinach+ spare rib soup with snow pear and fig+ rice	糖醋鸡柳+双花炒肉+素油青菜+芥菜豆腐羹+藜麦饭 Sweet and sour chicken + double Fried meat +sautéed green vegetables + soybean curd soup + quinoa rice	宫保虾球+山药木耳炒里脊+蒜蓉生菜+白菜油豆腐汤+米饭 Kung pao shrimp balls+fried pork fillet with yam mushroom+sautéed lettuce with garlic+Chinese cabbage and tofu soup	茨菇烧肉+秋葵炒蛋+糖醋包菜+番茄芙蓉汤+米饭 Fried pork with Mushroom + scrambled egg with okra + sweet and sour cabbage + Tomato hibiscus soup + rice	烤火鸡+奶油蘑菇意面配烤薯角+罗宋汤 Roast Turkey + creamy mushroom pasta +baked potato wedges+Borscht	土豆咖喱鸡+凤梨海鲜焗饭配西兰花+鲜蔬汤 Potato curry chicken + pineapple seafood paella with broccoli + fresh vegetable soup
Snack	酸奶蛋糕 +红心火龙果 Yogurt cake+Red dragon fruit	香蕉酥 +佳沛金果 Banana cake+ kiwi fruit	元气果蔬披萨 +网纹瓜 Fresh fruit and vegetable pizza+hami melon	紫薯银耳羹+核桃仁+红富士 Purple sweet potato and tremella soup + walnut+fuji apple	南瓜派 +红富士苹果 Pumpkin pie + Fuji apple	轻芝士蛋糕 +柠檬百香果蜂蜜饮 cheesecake + lemon passion fruit honey drink
	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 Pastry, biscuits, bread and pie's in bold provided by "Festival Bakery"		