

# NOVEMBER MENU (Newton Hui Xin Campus) with IMMUNE BOOSTING SUPERFOODS (CITRUS, KIWI'S ETC.)

新纽顿会心幼儿园 2020 年 11 月学生食谱

	餐次	Monday 周一 (11.2/11.16)	Tuesday 周二 (11.3/11.17) * Fish Tuesday	Wednesday 周三(11.4/11.18)	Thursday 周四 ( 11.5/11.19) * No meat Thursday	Friday 周五(11.6/11.20)
	Breakfast	Kellogg's cocoa ball with cereal, dried sweet potatoes ,banana Served with a cup of warm milk. 家乐氏可可球和麦片，红薯干，香蕉，温牛奶.	Purple sweet potato and yam congee, a side of steamed corn, hawthorn bar and warm soya milk.  紫薯山药粥，蒸玉米，山楂条，温豆奶.	Whole wheat bread served with butter and jam. Boiled eggs and orange juice.  全麦面包配黄油和果酱，煮鸡蛋&和橙汁.	Whole grain with raisins bread with optional butter, served with a glass of yogurt mixed with oats, blueberries and raspberry.  多种谷物葡萄干面包 配黄油，酸奶（麦片、蓝莓、树莓).	Chinese mutton noodle soup served with optional garlic, steamed corn and a glass of Mixed fruit and vegetable juice .  中式羊肉汤面（选加青蒜叶), 糯玉米&混合果蔬汁.
	Lunch	Swedish Meatballs (beef, pork, milk-bread) in cream sauce, served with brown rice, and mixed vegetables with a yam & vegetable soup. 瑞士肉丸（牛肉和猪肉），什锦蔬菜(玉米、胡萝卜、青豆），山药鲜蔬菜汤（山药、番茄、蔬菜），糙米饭.	Roast trout with crumbs, spice and parmesan served with herb sauce. Blanched cauliflower and sliced carrots served with black rice and hearty blended taro soup.  香料烤三文鱼排配柠檬和香草酱，清炒花椰菜和胡萝卜片，黑米饭，混合芋头浓汤.	Fettuccine pasta Carbonara with bacon and mushrooms served with parmesan, lemon roasted chicken wings, spinach and Italian minestrone soup.  奶油蘑菇培根宽意面，柠檬帕玛森芝士烤鸡翅，菠菜 & 意式蔬菜汤.	Vegetarian pineapple fried rice. Roasted mushroom with cheese. Green vegetable served with tomato and egg soup.  素食菠萝炒饭，奶酪烤蘑菇，炒青菜，番茄蛋汤.	Pad Thai noodles with shrimp, egg, onion, carrot, bean sprout. minced pork with tofu served with vegetable soup.  泰式炒河粉（虾仁、鸡蛋、洋葱、胡萝卜、豆芽），肉末烧豆腐，蔬菜汤.
Fruit Cooler		Apples, cherry tomatoes & kiwi.	Oranges, grapes & lemon.	Blueberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & tangerines.	Oranges, apples & grape fruit slices.
	Snack	Pumpkin and ginger bread served with small option of vanilla crème. Together with sliced grape-fruit and raspberry flavored unsweetened fruit tea. 南瓜生姜面包配少量香草奶油，切片葡萄柚和树莓,无糖水果茶.	Soda pancakes with cream cheese topping, served with sliced pear, mulberry and honey, sugarcane, water chestnut flavored water. 苏打薄煎饼配奶油奶酪汁，切片秋梨，桑葚 & 竹蔗马蹄水.	Gluten free cacao and banana cake with oats flour, reduced sugar. Served with sliced grapefruit and raspberry yogurt/milk shake. 无麸质低糖可可香蕉燕麦蛋糕，红心柚子，树莓酸奶奶昔.	Vegetarian margarita pizza with fresh buffalo mozzarella, served with red dragon fruit and taro and milk beverage. 素食玛格丽披萨（水牛马苏里拉）红心火龙果，香芋鲜奶饮.	Cake with seaweed cream cheese, a drop of whipped cream and warm honey Pomelo tea with cherry tomatoes. 海苔肉松面包，温热蜂蜜柚子茶，小番茄.
	餐次	Monday 周一(11. 9 /11.23)	Tuesday 周二(11.10/11.24) * Fish Tuesday	Wednesday 周三（11.11/11.25）	Thursday 周四 ( 11.12/11.26) * No meat Thursday	Friday 周五(11.13 / 11.27 )
	Breakfast	Kellogg's cornflakes served with yogurt, fresh blueberries and raisins. 家乐氏脆玉米片，酸奶，新鲜蓝莓，葡萄干.	Millet porridge with a touch of honey, sunflower seeds, dried mango pieces and organic oat milk on the side. 小米麦片粥配少许蜂蜜，葵花籽 & 芒果干和原味有机燕麦奶.	Whole wheat bread with cream cheese inside. Blanched broccoli served with sliced semi-spicy sausage(Harbin sausage) and milk. 全麦奶油面包卷，煮西兰花，微辣哈尔滨香肠 & 牛奶.	Pancake with home-made jam from mildly sweetened currants. Scrambled eggs, slices of cucumber and milk. 煎饼配微甜醋栗制成的自制果酱，炒鸡蛋，黄瓜片，牛奶.	Tortilla with corn flour inside. Scrambled eggs , gouda cheese and baked beans, sliced cucumber and milk. 玉米饼，炒鸡蛋，焗豆子，高达奶酪,黄瓜和牛奶.
	Lunch	Braised beef with potato and fried broccoli and red bell pepper served with steamed minor cereals rice and Shepherd's purse, minced chicken and tofu thick soup. 土豆烧牛肉，红甜椒炒西兰花，杂粮米饭，荠菜鸡肉豆腐羹.	Abalone and oyster mushroom. green Bok Choy, corn rice. Tofu, vegetable and fish noodle soup .  杏鲍菇炖鲍鱼和小章鱼，炒青菜，豆腐蔬菜鱼面汤，玉米米饭.	Braised lamb in brown sauce and chestnut rice. Cabbage and carrot stir-fry served with vegetable soup . 红烧羊肉和栗子米饭，卷心菜炒胡萝卜，蔬菜汤.	Vegetarian yakisoba noodle. Roasted cauliflower served with fresh vegetable soup with yam.  素食日式炒面，烤花菜，山药鲜蔬菜汤（山药、番茄、蘑菇）.	Barbecued pork (Char Siu) with honey sauce and stir fried carrot, red bell pepper, celery and dried bean curd, served with yellow millet rice and sour fish cabbage soup. 蜜汁叉烧肉，西芹炒香干，小米饭，酸菜鱼汤.
Fruit Cooler		Apples, cherry tomatoes & kiwi.	Oranges, grapes & lemon.	Blueberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & tangerines.	Oranges, apples & grape fruit slices.
	Snack	Focaccia bread with dried tomatoes, tomato sauce, olives and parmesan. Served with sliced oranges and sour milk beverage. 番茄干面包，番茄酱，橄榄和意大利干酪，四川爱媛橙和乳酸菌饮品.	Homemade French marble cake. Warm pear, wolfberry water served with green grapes . 自制法式大理石蛋糕，冰糖枸杞雪梨，阳光玫瑰青提.	Steamed pumpkin bun, sweet melon served with warm milk cocoa.  南瓜刀切，海南小蜜瓜，牛奶热可可.	Raisin and apricot bread with butter served with rock sugar Tremella with lotus seed soup and sweet pineapple. 葡萄干杏仁干黄油面包，冰糖银耳莲子羹，甜菠萝	Vanilla Crème Brulee pudding served with blueberries, mango, dried sweet coconut and a warm orange flavored drink (reduced sugar). 香草焦糖布丁配蓝莓，芒果，甜椰子干和温橙味饮料（低糖）.
		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			All breads, cakes, cookies and cakes are handmade by Newton's pastry chef with wholegrain and reduced sugars.	