

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

新纽顿会心幼儿园 2020 年 12 月学生食谱

	餐次	Monday 周一 (11.30/12.14)	Tuesday 周二 (12.01/12.15) * Fish Tuesday	Wednesday 周三(12.02/12.16)	Thursday 周四 (12.03/12.17) * No meat Thursday	Friday 周五(12.04/12.18)
	Breakfast	Cheerios and cereal with dried cranberries, sliced bananas and warm milk. 谷物圈和麦片配蔓越莓干、切片香蕉和温牛奶	Homemade cranberry bread with blueberries. Served with butter, cheese and warm milk 自制蓝莓蔓越莓面包、配黄油、奶酪、温牛奶	Black sesame congee with sweet steamed corn on the side. Served with strawberries and soya milk. 黑芝麻糊、糯玉米、新鲜草莓、豆浆	Homemade protein bars with dark chocolate, cereal, seeds, raisins and dried cranberries served with a blueberry, banana and yoghurt smoothie. 自制蛋白棒（黑巧克力、谷类、南瓜子、葡萄干和干蔓越莓）配蓝莓 & 香蕉和酸奶奶昔）	Rye bread with Gouda cheese served with oven baked omelet, cherry tomatoes and milk. 黑麦面包配高达奶酪、煎蛋卷、小番茄和牛奶.
	Lunch	Oven roasted Tandoori chicken drumsticks and stir fried noodles with vegetables (onion, broccoli, carrot, bell pepper, sweet peas in shell). Served with Tom Yam and prawns soup . 唐杜里风味烤鸡腿、炒细面（洋葱、西蓝花、胡萝卜、甜椒、带壳甜豌豆）、虾仁冬阴功汤	Braised trout in brown sauce. Stir fried lettuce with scallion sauce and slow simmered corn and pork bone soup served with quinoa rice. 红烧鲟鱼、蚝油生菜、玉米猪骨浓汤、藜麦饭	Grilled beef steak with mushroom sauce and stir fried lotus root and lettuce with scallion oil. Served with Spaghetti in tomato sauce and tofu vegetable soup. 烤牛排配蘑菇酱，清炒莲藕、莴苣、茄汁意面、三鲜汤	Italian pasta in pesto sauce served with Blanched cauliflower, carrots, dried bean curd sticks and black fungus with hearty pumpkin soup. 青酱意大利通心粉、花菜、腐竹炒木耳、南瓜汤。	Grilled ribs with honey sauce, yellow Bok Choy served with rice and celery together with Borscht soup. 蜜汁烤肋排、黄心菜、米饭、罗宋汤
Fruit Cooler		Apples, cherry tomatoes & kiwis. 苹果、樱桃番茄、猕猴桃	Oranges, grapes & lemons. 橙子、葡萄、柠檬	Blueberries, apples & sweet red/yellow pepper fruit with cheese 蓝莓、苹果、红黄甜椒和奶酪	Apples, red grapes & tangerines. 苹果、红葡萄、橘子	Oranges, apples & grape fruit slices. 橙子、苹果、葡萄
	Snack	Portuguese egg tart with blueberries served with red Pitaya fruit and lightly flavored milk tea. 葡式蓝莓蛋挞、红心火龙果、清谈奶茶	Red bean bread and a glass of infused warm water (green tea, lime, lemon and oranges)served with ginseng fruit. 红豆面包、人参果、温气泡水（绿茶、酸橙&柠檬和橙子）	Strawberry cream cake with oranges and warm lemon and black currant flavored water. 草莓生日蛋糕、温黑醋栗柠檬水、血橙	Homemade chocolate roulade with butter cream filling. Served with cherries and sour milk. 自制巧克力奶油卷、车厘子、乳酸菌饮品	Japanese Inari tofu with rice, sesame and roe served with Nori seaweed. Cubed carrots, cucumbers and a lightly flavored milk tea. 日本伊那利豆腐配米饭、芝麻、鱼子、海苔，切小方块胡萝卜、黄瓜和清谈奶茶
		Monday 周一(12.7 /12.21)	Tuesday 周二(12.08/11.22) * Fish Tuesday	Wednesday 周三（12.09/11.23）	Thursday 周四 (12.10/11.24) * No meat Thursday	Friday 周五(12.11 / 11.25)
	Breakfast	Muesli cereal served with yoghurt and fresh blackberries and raspberries. 水果麦片、酸奶、新鲜黑莓、树莓& 酸奶	Sliced hardboiled egg served with whole-wheat bread, sliced honeydew melon, Prosciutto ham, mayo dip and warm organic oat milk. 切片鸡蛋全麦面包、网纹蜜瓜、意大利火腿、蛋黄酱、温有机燕麦奶	Pumpkin congee with pickled ginger, spring onion, and fried onion. Served with pork jerky and gingersnap biscuit. 南瓜粥（生姜、葱）配炒洋葱和猪肉脯，姜味饼干	French spinach toast with butter and cheese served with an egg, carrots and warm milk. 菠菜吐司面包、黄油、芝士、鸡蛋、水果胡萝卜 & 牛奶	Chinese noodles in pork mince sauce with onion and garlic oil. Served with cucumber, summer radish and optional leek together with sweet cherry tomatoes and soya milk. 葱油肉酱拌面配黄瓜和小萝卜(加选京葱)、甜樱桃番茄和豆浆。
	Lunch	Steamed pork and shrimp meatball with sautéed asparagus, yam and carrots. Served with rice and lotus root and rib soup. 清蒸虾仁狮子头、芦笋、山药、胡萝卜炒木耳、莲藕排骨汤	Spanish Paella de Marisco with sea bass, shrimp, squid, onion, carrot, green beans and risotto rice served with vegetable soup. 西班牙海鲜烩饭（海鲈鱼、虾仁、鱿鱼须、洋葱、胡萝卜、青豆、意大利米）& 蔬菜汤	Roasted chicken with mashed potatoes and gravy. Served with roasted carrots and broccoli. Homemade baguette with cream of corn soup. 烤鸡配土豆泥和肉汁、配烤胡萝卜、西兰花法棍和奶油玉米汤	Braised potato, Abalone mushrooms and wild rice shoots. Tofu with salted egg yolk and healthy fried rice with cauliflower and vegetables served with vegetable soup. 红烧杏鲍菇土豆茭白，咸蛋黄烧豆腐，蔬菜汤，花菜什锦炒饭	Pork roast with crispy skin served with pickled red cabbage, a choice of pan roasted small potatoes or rice served with pumpkin soup. 脆皮烤猪肉配酸菜红卷心菜、烤小土豆和米饭、南瓜汤
Fruit Cooler		Apples, cherry tomatoes & kiwi. 苹果、樱桃番茄、猕猴桃	Oranges, grapes & lemon. 橙子、葡萄、柠檬	Blueberries, apples & sweet red/yellow pepper fruit with cheese.蓝莓、苹果、红黄甜椒和奶酪	Apples, red grapes & tangerines. 苹果、红葡萄、橘子	Oranges, apples & grape fruit slices. 橙子、苹果、葡萄
	Snack	Homemade blueberry muffins served with fresh blueberries and pineapple on the side together with a glass of sour milk. 自制蓝莓松饼、配蓝莓、菠萝和乳酸菌饮料	Gorgon fruit and sweet potato soup. chestnut and fried dumplings with beef and tangerine. 桂花鸡头米、红薯甜汤、牛肉煎饺、砂糖橘	Cheese bacon bread with mild paprika served with white fungus soup and strawberries on the side. 芝士培根面包、枸杞雪梨银耳羹、草莓	Christmas Cinnamon roll with frosting served with tangerines and warm dark cocoa with whipped cream for topping. 圣诞肉桂卷、热可可、蜜橘和搅打奶油	Italian Panettone bread served with mixed fruit and vegetable juice and red grape . 意大利潘妮托尼面包、红提、混合果蔬汁。
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.	