

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

新纽顿会心幼儿园 2021 年 01 月学生食谱

餐次	Monday 周一 (12.28/1.11/1.25)	Tuesday 周二 (12.29/1.12/1.26) * Fish Tuesday	Wednesday 周三(12.30/1.13/1.27)	Thursday 周四 ( 12.31/1.14/1.28) * No meat Thursday	Friday 周五(1.15/1.29)
Breakfast	Kellogg's cocoa balls and cereal with strawberry, dried banana. Served with a cup of Avocado yogurt/milk shake. 家乐氏可可球和麦片, 草莓, 香蕉干, 牛油果奶昔	Whole wheat and oat flour bread with butter or jam served with scrambled eggs, cherry tomatoes and soya milk. 全麦燕麦面包配黄油或果酱, 炒鸡蛋、樱桃番茄和豆浆	Chinese mutton noodle soup with a glass of warm organic oat milk and fresh grapes on the side. 红烧羊肉面, 红提, 温有机燕麦奶.	Fresh baked salty Pretzel bread/sticks Served with kumquat and red pitaya yogurt/milk shake. 现烤德国碱水面包棒, 金桔, 火龙果酸奶或奶昔	Spinach and sausage cheese frittata with sliced pear, dried figs and milk. 菠菜香肠芝士煎蛋饼, 梨片, 冻干无花果, 牛奶。
	Japanese Teriyaki chicken with sesame. Eggplant with minced pork and garlic sauce. Green vegetables served with yellow rice and slow simmered corn and pork bone soup. 日式芝麻照烧鸡, 鱼香茄子, 本地青菜, 小米饭 & 玉米猪骨浓汤	Steamed Mandarin fish, green Bok Choy with brown rice, served with winter bamboo shoot and yam vegetable soup with parmesan bread sticks. 清蒸桂鱼, 冬笋炒青菜, 番茄山药蔬菜汤, 糙米饭, 香料面包棒	Xi'an beef Roujiamo (Chinese beef burger) served with corn, leaf lettuce and vegetables, fish ball soup. 西安牛肉肉夹馍, 玉米棒, 油麦菜, 蔬菜鱼丸汤	Udon noodles with carrots and mushrooms, stir-fried egg with bell pepper, onions and peas. Roasted potato and sweet potato with choice of ketchup or yoghurt dressing served with thick pumpkin soup and homemade multi-grain bread. 菇类炒乌冬面, 洋葱、甜椒、青豆炒蛋, 烤薯角和红薯配酸奶酱或番茄酱, 南瓜浓汤, 多种谷物面包	Pan-fried pork kromeski croquette with Italian Rotini pasta in homemade tomato, garlic and oregano sauce served with blanched broccoli and mushroom soup with crispy baguette. 白制面拖猪排, 螺丝意面配巴马臣芝士, 水煮西兰花 & 奶油蘑菇汤, 香脆法棍面包
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、葡萄柚
Snack	Savory scones with cheese, chives and bacon inside. Sliced pears and honey/lime/mint flavored water. 咸味司康饼, 秋梨, 蜂蜜青柠薄荷水	melted Cheese and ham toast with a touch of garlic pepper. Fresh strawberries and a cup of apple juice. 奶酪火腿吐司配少许黑椒蒜, 草莓, 苹果汁	Corn flour bread with fresh crispy corn and camembert cheese, pineapple and raspberry served with a glass of honey water with fresh squeezed lemon juice. 玉米芝士面包(玉米粒, 玉米粉, 金文芝士粒) 凤梨片, 树莓, 蜂蜜柠檬水。	Rice pudding with warm cherry sauce and fresh pineapple with low sugar orange juice 大米布丁, 自制温樱桃酱, 低糖橙汁, 新鲜凤梨块	Wonton soup (minced pork and water - chestnut) with egg noodles and seaweed, honey melon with sour milk beverage. 猪肉马蹄馄饨面, 蜜瓜, 乳酸菌饮料。
	Monday 周一(1.4 /1.18)	Tuesday 周二(1.5/1.19) * Fish Tuesday	Wednesday 周三 ( 1.6/1.20)	Thursday 周四 ( 1.7/1.21) * No meat Thursday	Friday 周五(1.8 / 1.22 )
Breakfast	Kellogg's All-bran cereal with fibers served with cranberries, sliced bananas and milk. 家乐氏全麸谷物麦片, 配蔓越莓、切片香蕉和牛奶	Whole grain with raisins bread with optional butter served with a glass of yogurt mixed with oats, blueberries and raspberry puree. 多种谷物葡萄干面包 配黄油, 酸奶(麦片、蓝莓、覆盆子果泥)	Mixed Congee with pickled sweet and sour garlic, steamed sweet-scented Osmanthus and lotus root with a cup of grape juice and water. 八宝粥, 桂花莲藕, 糖蒜, 清淡葡萄汁。	Parmesan cheese pancake with home-made jelly from mildly sweetened currants. Scrambled eggs, slices of cucumber and organic oat milk. 芝士煎饼配微甜醋栗制成的自制果酱, 炒鸡蛋、黄瓜片和有机燕麦奶	Chinese beef noodle soup served with optional cilantro side of steamed corn and a glass of soya milk. 中式牛肉汤面(选加香菜), 蒸糯玉米&豆浆
	Braised pork with shiitake mushrooms, spinach with roasted sesame with steamed sticky rice served with vegetable and dough soup (with shepherd's purse and bamboo shoots in the dough). 卤肉饭, 荠菜冬笋面团汤, 芝麻菠菜	Teriyaki flavored eel with rice, miso vegetable soup. Cabbage and purple cabbage, minced pork with steamed egg Italian Ciabatta bread with corn flour inside 烤鳗鱼饭, 味噌蔬菜汤, 炒卷心菜, 肉末炖蛋, 意大利玉米粉面包	Japanese Gyudon. Thinly sliced beef and onion stewed in soy-sauce with rice, fried asparagus and celery in Oyster Sauce, served with Korean miso soup 日式牛东并饭(薄牛肉片、洋葱、香菇等), 蚝油芦笋西芹炒蘑菇, 大酱汤	Vegetarian coconut curry with potato, carrot, onion, cauliflower served with side dish of blanched broccoli and choice of mashed potatoes or rice with fresh vegetable soup with yam. 素食椰子咖喱配土豆、胡萝卜、洋葱、花椰菜, 水焯西兰花, 土豆泥或米饭, 山药新鲜蔬菜汤。	Penne pasta Carbonara with bacon and mushrooms served with parmesan, lemon roasted chicken wings, green bok choy with fried gluten puff. wax gourd and pork soup. 奶油蘑菇培根通心粉, 柠檬帕玛森芝士烤鸡翅, 小白菜烧油面筋, 冬瓜排骨汤。
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、葡萄柚
Snack	Dried meat floss bread, served with warm coconut tapioca and sliced grapefruit. 肉松面包, 温椰汁西米露, 切片葡萄柚	Taro soup with honey served with cherry and a glass of non sweetened corn juice. 糖芋艿, 车厘子, 无糖玉米汁	Black forest cake served with Matcha milk shake and strawberries on the side. 黑森林生日蛋糕、抹茶奶昔(牛奶), 草莓	Carrot cake with raisins, mildly sweetened white fungus soup with pear, sliced kiwi fruit on the side. 胡萝卜提子蛋糕, 枸杞雪梨银耳羹, 猕猴桃	Fried pork and vegetable spring roll served with pickled radish, crushed cucumber with vinegar and a glass of infused warm water(green tea, lime, lemon and oranges). 炸春卷(猪肉蔬菜)配腌萝卜, 醋黄瓜, 温气泡水(绿茶, 酸橙&柠檬和橙子)
	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.