

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

新加坡顿玲湾幼儿园 2021 年 1 月学生食谱

餐次	Monday 周一 (1.4/1.18)	Tuesday 周二 (1.5/1.19)	Wednesday 周三(1.6/1.20)	Thursday 周四 (1.7/1.21)	Friday 周五(1.8/1.22)
Breakfast	家乐氏谷维滋+牛奶+蓝莓 Calbee fruit cereal + milk + blueberry	红豆吐司 +牛奶+爱媛橙 Red bean toast + milk + orange	腊八粥+香蕉 Congee with nuts and Dried fruits porridge and bananas	原味曲奇 +牛奶+草莓 Plain cookies + milk + strawberries	奶香玉米+牛奶+砂糖橘 Corn cooked in milk+ milk+sugared orange
Lunch	糖醋排骨+宫保鸡丁+蒜蓉菠菜+菌菇养生汤+米饭 Sweet and sour pork ribs + Kung Pao Chicken + garlic spinach +healthy mushroom soup + rice	凤梨咕嚕虾球+培根西兰花+咖喱土豆+冬笋芥菜羹+米饭 Pineapple shrimp balls + broccoli with bacon + curry potato + winter bamboo shoots soup + rice	清蒸鲈鱼+木须肉+素油青菜+奶香豆腐汤+藜麦饭 Steamed weever fish + Mu Shu pork + sautéed green vegetables + milky tofu soup +quinoa rice	咖喱土豆牛肉+鱼香肉丝+清炒芥蓝+萝卜棒骨汤+米饭 Curry beef with potatoes + minced pork with fish sauce + sautéed kale + radish bone soup + rice	黑椒鸭脯肉+包菜肥牛炒饭配焗口蘑+罗宋汤 Black pepper duck breast+ cabbage and beef fried rice with baked mushrooms + Borscht
Snack	黑芝麻蛋卷 +雪梨 Black sesame egg rolls +snow pear	五香豆干鹌鹑蛋+开心果+红心火龙果 Spiced bean boiled quail egg + pistachio + red dragon fruit	肉松小贝 +佳沛金果 Pork floss bun+ Kapa kiwi fruit	火腿芝士小面包 +红心柚 Ham and cheese bun + red grapefruit	布朗尼 +金桔柠檬水 Brownie +kumquat lemonade
餐次	Monday 周一(1.11/1.25)	Tuesday 周二(1.12/1.26)	Wednesday 周三(1.13/1.27)	Thursday 周四 (1.14/1.28)	Friday 周五(1.15/1.29)
Breakfast	雀巢蛋奶星星+牛奶+草莓 Nestle honey stars+Milk + Strawberries	黑芝麻吐司 +牛奶+冰糖橙 Black sesame toast + milk + orange	香菇青菜粥+香蕉 Congee with mushroom and vegetable + banana	枣泥蛋糕 +牛奶+砂糖橘 Jujube cake + milk + sugar orange	贝贝南瓜+牛奶+蜜瓜 Baby pumpkin + milk + melon
Lunch	杏鲍菇炖鲍鱼+洋葱猪肝+双色土豆丝+老火牛尾汤+米饭 Braised abalone with oyster mushroom + pork liver with onion + Shredded potato+beef tail soup +rice	蜜汁叉烧肉+三色鸡丁+西芹百合+白菜油豆腐汤+米饭 BBQ and honey pork + diced chicken with carrots and pepper + sautéed lily bulbs and celery +cabbage tofu soup + rice	肉末虾仁蒸滑蛋+芹菜肉丝+葱油卷心菜+莲藕猪骨浓汤+麦仁饭 Steamed egg Minced shrimp + shredded pork with celery + scallion oil cabbage + lotus root and pork bone soup + rice with wheat kernels	大蒜羊肉丝+莴笋炒肉片+荷塘小炒+菌菇乳鸽汤+米饭 Shredded lamb + stir-fried meat with asparagus lettuce + Stir fried lotus + Mushroom and squab soup + rice	烤牛排+肉酱通心粉配芦笋蘑菇+杂蔬汤 Grilled steak with spaghetti bolognese with asparagus and mushrooms and mixed vegetable soup 1.29 生日会 草莓生日蛋糕 Strawberry birthday cake
Snack	香蕉松饼 +红富士 Banana muffin + Red Fuji apple	莲子红豆汤+腰果+白心火龙果 Lotus seed red bean soup + cashew nuts + white dragon fruit	杂粮欧包 +佳沛绿果 Multigrain European style bread + Kapa kiwi fruit	意大利玉米粉面包 +车厘子 Italian cornbread + cherries	轻芝士蛋糕 +蜂蜜柚子茶 Light cheesecake + Honey grapefruit tea
	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"	