

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

## 新加坡顿玲珑湾幼儿园 2021 年 2 月学生食谱

餐次	Monday 周一 (2.1)	Tuesday 周二 (2.2)	Wednesday 周三(2.3)	Thursday 周四 (2.4)	Friday 周五(2.5)
Breakfast	卡乐比水果麦片+牛奶+草莓 Calbee fruit cereal + milk + strawberry	<b>北海道吐司</b> +牛奶+橙子 Hokkaido style toast+ milk +oranges	白粥配肉松+车厘子 Porridge with pork floss + cherries	<b>蔓越莓曲奇</b> +牛奶+香蕉 Cranberry cookies + milk + banana	蒸紫薯+牛奶+樱桃番茄 Steamed purple potato with milk and cherry tomato
Lunch	甜椒牛柳+西芹虾仁炒腰果+蒜蓉生菜+番茄芙蓉汤+米饭 Beef Fillet with Sweet Pepper + Sautéed shrimp and celery with cashew nuts+ Lettuce with garlic+ Tomato & Lotus root Soup + Rice	香菇炖鸡+鱼香肉丝+素油青菜+白菜豆腐汤+米饭 Stewed chicken with mushroom + Fish flavored shredded pork+ sautéed bok choy + white cabbage and tofu soup + rice	清蒸鱼片+宫保鸡丁+蒜蓉油麦菜+莲藕排骨汤+藜麦饭 Steamed Fish Fillet + Kung Pao Chicken + sautéed spinach with garlic+ Lotus Root and pork Rib Soup + Quinoa Rice	五彩虾仁+莴笋肉片+清炒豌豆苗+番茄鸡肝汤+米饭 Shrimp mixed vegetable medley+ Pork with asparagus lettuce+ Fried Pea Shoots + Tomato and Chicken Liver Soup + Rice	三鲜饺子+菌菇大骨汤 Three fresh dumplings + mushroom and bone broth soup
Snack	<b>芋泥蛋糕</b> +红心火龙果 Taro cake +red dragon fruit	鲜肉小馄饨+砂糖橘 Pork wonton in broth+ mandarins	<b>香蕉酥</b> +佳沛金果 Flakey banana pasty + kiwi fruit	<b>牛奶炼乳面包</b> +冰糖心苹果 Condensed milk bread + apple	<b>火腿芝士披萨</b> +马蹄雪梨饮 Ham and cheese pizza+ snow pear drink
餐次	Monday 周一(2.22)	Tuesday 周二(2.23)	Wednesday 周三(2.24 )	Thursday 周四 (2.25)	Friday 周五(2.26 )
Breakfast	家乐氏酸奶块水果麦片+牛奶+草莓 Kellogg's muesli with dried fruits+Milk + Strawberries	<b>全麦吐司</b> +牛奶+沃柑 Whole wheat toast + milk +orange	黑米粥+香蕉 Black rice porridge +bananas	<b>黄油曲奇</b> +牛奶+砂糖橘 Butter cookies + milk + mandarins	蒸芋头+牛奶+蜜瓜 Steamed taro +milk +honeydew melon
Lunch	黑椒牛仔粒+花菜炒肉片+素油菠菜+菌菇蛋花汤+米饭 Black pepper beef + Stir fried cauliflower with pork+ sautéed spinach+ mushroom and egg soup + rice	杏鲍菇炒鸡块+甜椒肉丝+糖醋卷心菜+番茄豆皮汤+米饭 Fried chicken with king mushrooms + shredded pork with sweet bell pepper + sweet and sour cabbage + tomato and bean curd skin soup + rice	茄汁鱼片+三色鸡丁+清炒上海青+萝卜棒骨汤+芝麻饭 Sauteed Fish Fillet with Eggplant + chicken with celery and carrot + Shanghai style sautéed greens+ Radish and Bone Soup + Sesame Rice	松仁玉米虾仁+山药炒肉片+蒜蓉小白菜+菠菜猪肝汤+米饭 Shrimp with corn + Shredded pork with Chinese yam+ sautéed white cabbage with garlic+ spinach and pork liver soup + rice	香酥炸鸡块+肉酱通心粉+豉油芥蓝+奶油蘑菇汤 Crispy fried chicken nuggets + macaroni with meat sauce + kale in soy sauce + cream of mushroom soup 生日会：水果大蛋糕 Birthday party: big fruit cake
Snack	<b>蔓越莓蛋糕</b> +红富士 Cranberry Cake + Red Fuji apple	马蹄雪梨银耳汤+红心火龙果 snow pear tremella soup + red dragon fruit	<b>南瓜派</b> +佳沛绿果 Pumpkin Pie + Kiwi fruit	<b>肉松面包卷</b> +车厘子 Meat floss swiss roll + cherries	<b>葡式蛋挞</b> +雪梨金桔饮 Portuguese egg tart + snow pear and kumquat 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  <b>Pastry, biscuits, bread and pie's in bold provided by "Festival Bakery"</b>	