

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

新纽顿会心幼儿园 2021 年 02 月学生食谱

		Monday 周一 (2.01)	Tuesday 周二 (2.02) * Fish Tuesday	Wednesday 周三(2.03) * Birthday Event	Thursday 周四 (2.04) * No meat Thursday	Friday 周五(2.05) * Dumpling-A-Thon
	早餐	Kellogg's grain cereal served with yogurt, steamed purple sweet potato, fresh strawberries and raisins. 家乐氏脆谷乐, 蒸紫薯, 酸奶, 新鲜草莓和葡萄干.	Homemade whole wheat bread served with blanched broccoli, tomatoes, sliced sausage and a glass of milk with a small fruit compote on the side. 自制全麦面包, 清蒸西兰花和小番茄, 切片香肠和果酱, 牛奶.	Congee porridge with pickled ginger, spring onion, steamed taro and shredded chicken served with organic oat milk. 粥(生姜、大葱、鸡丝不放入粥中) 蒸芋芋, 有机燕麦牛奶	Sour dough bread with butter or cheese served with scrambled eggs, cherry tomato and orange juice. 酸种面包配黄油或奶酪, 炒鸡蛋、樱桃番茄和橙汁	Hot noodles with sesame paste, spring onion, radish and tea eggs, sliced cucumber, and soya milk. 热干面配香葱和樱桃萝卜, 茶叶蛋, 黄瓜片, 豆浆。
	午餐	Beef and pork meatballs with side of stuffed eggplant with minced pork and garlic, green vegetables and millet rice served with celery and borscht soup. 牛肉猪肉丸子, 蒜香肉末茄子, 绿色蔬菜和小米饭, 罗宋汤	Sliced finless eel with onion and ginger, stir-fried snow peas, purple rice, buckwheat dough ball with vegetable and chicken soup. 洋葱炒鳝丝, 炒荷兰豆, 蔬菜鸡汤面疙瘩, 紫米饭.	Braised lamb with potato and fried cauliflower served with Xinjiang fried noodles and seaweed soup with tofu and egg. Xinjiang Nan-Bread. 红烧羊肉土豆, 炒花菜, 新疆炒面, 紫菜豆腐鸡蛋汤, 烤馕。	Vegan baked beans with onion, garlic and herbs served with grilled tomatoes, oven roasted sweet carrots and broccoli, broomcorn rice with thick potato and taro soup. 素食烤豆(洋葱, 大蒜, 香草), 烤西红柿, 西兰花和胡萝卜, 高粱米饭和土豆芋头浓汤。	Shepherd's purse and pork dumplings, whole meal country bread and vegetable soup. 荠菜猪肉饺子, 全麦乡村面包, 蔬菜汤。
	水果 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 蓝莓、苹果、红黄甜椒	Apples, red grapes & tangerines. 苹果、红葡萄、耙耙柑	Oranges, apples & grape fruit slices. 橙子、苹果、葡萄柚
	点心	Steamed bun sandwich with onion, carrot, spring onion and sliced roast pork served with slices of pitaya fruit and infused orange juice with fresh lemon. 中国馒头三明治(洋葱、胡萝卜、葱、烤肉片), 红火龙果, 橙子柠檬汁.	Homemade chocolate cake served with warm lemon flavored water and sweet orange 自制法式巧克力蛋糕、温柠檬水、甜橙.	Basque cheese birthday cake with homemade cherry sauce, fresh cherries, sliced grapefruit and a glass of fruit and vegetable juice . 巴斯克芝士生日蛋糕配自制樱桃酱, 混合果蔬汁, 切片葡萄柚和车厘子。	No gluten pancakes made with oat flour, served with raspberries on the side and infused water (kiwi fruit, blueberry, and watermelon) 无麸质燕麦煎饼, 浆果, 气泡水(猕猴桃、蓝莓、树莓和西瓜)	Pumpkin, cinnamon pie (reduced sugar) served with green hami melon cubes, banana and pumpkin smoothie. 南瓜肉桂派(少糖)配青瓜块和哈密瓜块, 香蕉南瓜奶昔
	早餐	Monday 周一(2.22)	Tuesday 周二(2.23) * Fish Tuesday	Wednesday 周三 (2.24)	Thursday 周四 (2.25) * No meat Thursday	Friday 周五(2.26)
	早餐	Kellogg's cornflakes served with yogurt, fresh strawberries, blueberries, raspberries and raisins. 家乐氏脆玉米片, 酸奶, 新鲜蓝莓, 草莓&树莓和葡萄干	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	Chinese pork mince noodles in onion and garlic sauce served with cucumber, summer radish and optional leek, sweet cherry tomatoes and orange juice. 葱油肉酱拌面配黄瓜和小萝卜(加选京葱), 甜樱桃番茄和橙汁。	French toast with butter, cheese and yellow pepper fruit served with an egg, apple slices and chilled milk. 吐司面包, 黄油, 芝士, 黄甜椒, 鸡蛋, 苹果片&牛奶	Red bean congee, pickled sweet and sour garlic, steamed lotus root with a cup of soya milk. 红豆粥, 蒸莲藕, 糖蒜, 豆奶。
	午餐	Braised pork belly with cherry sauce, fried Bok Choy and mushroom, tomato, Nori seaweed and egg soup served with brown rice. 红烧肉、青菜炒蘑菇、番茄紫菜蛋汤、糙米饭	Shrimp pie with corn and peas, stir-fried asparagus lettuce and white sweet potatoes with Italian minestrone soup. Served with coarse grain rice. 虾泥饼, 地瓜炒莴苣, 意式蔬菜汤, 杂粮饭。	Roasted beef steak with oven baked mashed potatoes, fried purple Pak Choi, bamboo shoot, mushroom and vegetable soup, served with oats bread. 烤土豆泥, 烤牛排, 炒紫菜苔, 冬笋蘑菇蔬菜汤, 燕麦面包。	French croquette and vegetable curry with rice. Tofu vegetable soup with kelp served with crispy whole-wheat baguette. 可乐饼, 蔬菜咖喱配米饭, 豆腐海带汤, 全麦法棍。	Sweet and sour boneless chicken pieces with thin stir fried noodles with onion, broccoli, carrot, bell pepper and sweet peas their shell. Bean seedling and slow cooked corn with pork bone soup, served with a slice of dark rye bread. 糖醋鸡柳, 炒细面(洋葱、西兰花、胡萝卜、甜椒, 带壳甜豌豆), 炒豆苗, 玉米猪骨浓汤, 黑麦面包。
	水果 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. 蓝莓、苹果、红黄甜椒	Apples, red grapes & tangerines. 苹果、红葡萄、沃柑	Oranges, apples & grape fruit slices. 橙子、苹果、葡萄柚
	点心	Red dates cake served with banana and rock sugar tremella with lotus seed soup. 红枣蛋糕, 香蕉, 冰糖银耳莲子羹。	Steamed pork meat buns served with carrot sticks, apple slices and Meiji strawberry yogurt. 自制猪肉包, 胡萝卜条, 苹果片 & 草莓酸奶	Homemade egg tart served with sour milk beverage and kiwi. 自制蛋挞, 乳酸菌饮品, 猕猴桃	Moist cacao bread with dark chocolate chips inside with mascarpone cheese, sugarcane water, cherry tomatoes and infused cucumber juice with fresh oranges. 湿软可可巧克力豆面包, 马斯卡朋芝士, 樱桃番茄, 甘蔗水。	Homemade Chinese dumplings served with fruit infused water and dragon fruit. 自制广东虾饺, 水果热饮(苹果、橙子、柠檬) & 火龙果.
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.	