

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

新纽顿玲珑湾幼儿园 2021 年 4 月学生食谱

	餐次	Monday 周一 (4.19)	Tuesday 周二 (4.6/4.20)	Wednesday 周三(4.7/4.21)	Thursday 周四 (4.1/4.8/4.15)	Friday 周五(4.2/4.9/4.23)
	Breakfas	桂格乳酸菌麦片+牛奶+树莓  Quaker Yoghurt flavored Cereal + Milk + Raspberry	北海道吐司配奶酪+牛奶+海南千禧  Hokkaido toast with cheese + milk + Hainan Cherry Tomatoes	牛奶杂粮粥+绿宝香瓜  Milk porridge + Green Treasure Cantaloupe	贝贝南瓜配煮豌豆+牛奶+香蕉  Pumpkin and peas + milk + banana	蔓越莓曲奇+ 牛奶+蓝莓  Cranberry cookies + milk + blueberry
	Lunch	糖醋排骨+烩豆腐+素油小白菜+萝卜牛尾汤+米饭 Sweet and Sour Ribs +Stewed Tofu+ Steamed Pak Choy + Turnip and Oxtail Soup + Rice	虾仁西兰花+肉末炖蛋+油焖茭白+三鲜汤+米饭 Shrimp with Broccoli + Steamed Egg with Mince Pork + Braised Rice plant shoots + Three vegetable Soup + Rice	菌菇蒸鸡肉+鱼香肉丝+蒜蓉生菜+莲藕猪骨汤+藜麦饭 Steamed chicken with mushroom + shredded pork with fish sauce+ chopped lettuce with garlic + pork bone soup with lotus root + quinoa rice	白灼基围虾+宫保鸡丁+山药小炒+青菜瘦肉汤+米饭 White fried prawns + Kung Pao chicken + Chinese yam stir-fry + meatball and vegetable soup + rice	酸梅鸡翅+酱香牛肉炒饭+芦笋炒蘑菇+奶香玉米浓汤 Sticky chicken wings + Beef fried rice + stir-fried mushrooms with asparagus + creamy corn soup
	Snack	枣泥蛋糕+贡梨  Jujube cake + Pears	番茄疙瘩汤+佳沛绿果  Tomato and drop egg soup + Kiwi Fruit	能量棒+橙子  Energy Bar + orange	肉松蛋糕+无籽红提  Meat floss cake + seedless red grapes	披萨蛋挞+超级水果饮  Pizza-style egg Tart + Super Fruit Drink  4.2 青团 sweet green rice ball
	餐次	Monday 周一(4.12/4.26 )	Tuesday 周二(4.13/4.27)	Wednesday 周三(4.14/4.28)	Thursday 周四 (4.15/4.29)	Friday 周五(4.16/4.30)
	Breakfast	雀巢脆谷乐+牛奶+桑葚  Nestle Cheerios+ milk + mulberry	蔓越莓吐司+牛奶+菠萝蜜  Cranberry bread + milk + jackfruit	生菜牛肉蝴蝶面+沃柑  Butterfly Noodles with beef and lettuce+ tangerine	豆干卤鹌鹑蛋+牛奶+西梅  Tofu + marinated quail egg + milk + prunes	咸味芝士曲奇+牛奶+樱桃  Salted Cheese Cookies + Milk + Cherry
	Lunch	素鸡烧肉+花菜炒肉片+清炒青菜+松茸老鸡汤+米饭  Pork with tofu + Sautéed Pork with Cauliflower + Sautéed Green Vegetable + King mushroom with Chicken Soup + Rice	烩蹄筋+甜椒肉丝+西芹腰果+青菜油豆腐汤+米饭  Braised tendon + shredded pork with sweet pepper + celery with cashew nuts + bean curd soup with green vegetables + rice	雪花鸡柳+牛肉汉堡+白灼西兰花+素罗宋汤  Crispy fried chicken+ beef burger + Broccoli and cauliflower + vegetable borscht	凤梨虾球+黄瓜炒鸡丁+清炒油麦菜+西湖莼菜牛肉羹+米饭  Pineapple Shrimp + Chicken with Cucumber +stir fried lettuce+ Fried Rice + Beef Soup + Rice	土豆烧鸭+洋葱肉丝+糖醋包菜+竹笋排骨汤+燕麦饭  Braised Duck with Potato + Shredded Pork with Onion + Sweet and Sour Cabbage + Bamboo Shoot and Rib Soup + Oatmeal Rice
	Snack	古早蛋糕+苹果  Fluffy cake + apple	蜜豆芋头汤+凤梨  Honey bean and taro soup + pineapple	提子奶酥+网纹瓜  Raisin cookies + melon	焦糖燕麦面包+无籽青提  Caramel oatmeal bread + seedless green grapes	木瓜蛋挞+金桔柠檬百香果  Papaya custard tart + kumquat lemon passion fruit drink  4.30 生日蛋糕  birthday cake

		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>
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