

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

## 新纽顿玲珑湾幼儿园 2022 年 2 月学生食谱

餐次	Monday 周一 (2.14/2.28)	Tuesday 周二 (2.15)	Wednesday 周三(2.16)	Thursday 周四 (2.17)	Friday 周五(2.18)
Breakfast	卡乐比水果麦片+牛奶+草莓 Dried Fruit Granola + milk +strawberry	<b>黑芝麻蛋糕</b> +牛奶+沃柑 Black sesame cake + milk + orange slices	南瓜山药粥+香蕉 Pumpkin porridge with yam + bananas	蒸玉米+牛奶+砂糖橘 Steamed corn + milk + tangerines	<b>能量棒</b> +牛奶+蜜瓜 Energy bar + milk + melon
Lunch	黑椒牛仔粒+肉末茄子+素油菠菜+菌菇肉丝汤+米饭 Diced beef with black pepper + eggplant with minced meat + Oil vegetable + mushroom soup + rice	盐焗鸡翅+甜椒肉丝+炒青菜+番茄豆皮汤+米饭 Salted chicken wings + shredded pork with sweet pepper + fried vegetables + tomato soup with bean curds + rice	茄汁鱼片+京酱肉丝+烂糊白菜+萝卜棒骨汤+芝麻饭 Sliced fish in tomato sauce + shredded pork in bean sauce + shredded cabbage + Pork bone soup with radish + sesame rice	萝卜烧肉+番茄炒蛋+双色花菜+菠菜猪肝汤+米饭 Braised pork with radish + fried eggs with tomatoes + fried broccoli and cauliflower + liver soup with spinach + rice	蜜汁叉烧+菠萝炒饭+葱油莴笋+意式蔬菜汤 Roast pork in honey + fried rice with pineapple + lettuce with scallion oil + vegetable soup
Snack	<b>鹰嘴豆面包</b> +苹果 Chick-pea bread + apple slices	赤豆小圆子+火龙果 Red bean soup with small dumplings + dragon fruit	<b>蔓越莓曲奇</b> +豆奶+佳沛绿果 Cranberry cookies + soymilk + kiwi	<b>咸味司康饼</b> +梨 Salted scone + pear	<b>焦糖燕麦包</b> +苹果热橙水 Oat bread with caramel + Orange juice with apple
餐次	Monday 周一(2.21)	Tuesday 周二(2.22)	Wednesday 周三(2.23)	Thursday 周四 (2.24)	Friday 周五(2.25)
Breakfast	<b>印度飞饼</b> +牛奶+草莓 Roti + milk + strawberry	<b>北海道吐司</b> +牛奶+香蕉 Hokkaido toast + milk + bananas	肉松粥配卤鹌鹑蛋+蓝莓 Dried meat floss congee + blueberry	蒸紫薯+牛奶+车厘子 Steamed sweet potato + milk + cherry	<b>戚风蛋糕</b> +牛奶+樱桃番茄 Chiffon cake + milk + tomato
Lunch	番茄牛腩+西芹虾仁+蒜蓉生菜+番茄芙蓉汤+米饭 Braised Beef Brisket with Tomato + Fried shrimp with celery + Garlic lettuce + tomato soup + rice	香菇炖鸡+鱼香肉丝+素油青菜+白菜豆腐汤+米饭 Braised chicken with mushroom + shredded pork with shredded vegetables + oil vegetable + tofu soup with cabbage + rice	清蒸鱼片+宫保鸡丁+清炒水芹+莲藕排骨汤+藜麦饭 Steamed sliced fish + Kungpao chicken + fried celery + ribs soup with lotus + quinoa rice	土豆烧鸭+莴笋肉片+葱油卷心菜+海带肉丝汤+米饭 Braised duck with potato + Sliced pork with asparagus lettuce + scallion oil cabbage + Kelp soup with shredded pork + rice	香酥炸鸡块+肉酱通心粉+豉油芥蓝+奶油蘑菇汤 Crispy fried chicken + pasta with meat sauce + cabbage mustard in soy sauce + cream mushroom soup
Snack	<b>提子蛋糕</b> +火龙果 Raisin cake + dragon fruit	水果芋圆汤+佳沛金果 Fruit juice with taro balls + kiwi	<b>奶香小餐包</b> +豆奶+苹果 Milk flavor bun + soymilk + apple slices	<b>杏仁蛋糕卷</b> +砂糖橘 Almond cake roll + tangerines	<b>生日蛋糕</b> +金桔雪梨饮 birthday party+ Tangerine juice with pear
	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>	