

Menu From 2017, 5th April to 28th April (Newton Hui Xin Campus)

新纽顿会心幼儿园 2017 年 4 月 5 日 — 4 月 28 日 学生食谱

餐次	Monday 周一 (4/17)	Tuesday 周二 (4/18)	Wednesday 周三 (4/19)	Thursday 周四 (4/20)	Friday 周五 (4/21)
Breakfast	Homemade bread with butter & jam. Served with yoghurt and banana slices. 自制黄油果酱面包+酸奶+1/2 香蕉	Blanched baby carrots with spring-onion pancake, served with milk 小胡萝卜+葱油饼+牛奶	Cornflakes served with milk, raisins and dried pineapple/banana pieces 玉米片+牛奶+葡萄干+菠萝/香蕉干	blanched broccoli with slices of quality pork sausages served with home baked bread and milk. 西兰花+香肠+自制面包+牛奶	Scrambled eggs with 1/2 toast bread served with cherry tomatoes and 1/2 cup of milk 1/2 面包+炒鸡蛋+小番茄+1/2 杯牛奶
	Spaghetti Bolognese or Yangzhou fried rice, served with tomato/egg soup. 肉酱意大利面/炒饭+番茄鸡蛋汤	Sweet and sour pork & pineapple with potato & greens. Served with meat ball soup & rice 凤梨古老肉+甜椒土豆片+娃娃菜肉圆汤	Meatballs with choice of Yangzhou fried or fresh made potato mash, served with 3-kind mushroom soup. 肉丸搭配扬州炒饭或土豆泥+蘑菇汤	Steak strips with caramelized onions, red/yellow pepper fruit and butter mushrooms, served with rice and oxtail soup. 彩椒牛柳+黄油蘑菇+牛尾汤+米饭	Two kinds of home-made Pizza. Margarita with tomato & cheese and Beef pizza with tomato, beef, mushroom and cheese, served with cream of corn soup. 自制两种配料披萨(玛格丽塔披萨/芝士牛肉披萨)+奶油玉米汤
	Optional mixed salad w. tuna(served at teachers discretion) 金枪鱼什锦沙拉	Optional mixed salad w. ham(served at teachers discretion) 火腿什锦沙拉	Optional mixed salad w. cold cooked pasta and egg(served at teachers discretion) 螺丝通心粉+鸡蛋什锦沙拉	Optional mixed salad w. Tuna(served at teachers discretion) 金枪鱼什锦沙拉	Optional mixed salad w. Egg(served at teachers discretion) 鸡蛋什锦沙拉
Snack	Homemade carrot cake with Yakult sour milk 胡萝卜蛋糕+养乐多	French baguette with butter, cheese, sweet grapes and a cup of mixed fruit juice. 法棍黄油面包+葡萄+混合果汁	Cheese cake with sliced pear and yakult sour milk. 芝士蛋糕+梨片+养乐多	Sushi snack roll with nori, ham, radish, cucumber Served with warm honey lemon tea 寿司卷(海苔、火腿、日式大根瓜)+温蜂蜜柠檬茶	Home baked raisin butter biscuits served with dragon fruit and apple juice. 自制烤黄油饼干+火龙果+苹果汁
	Monday 周一 (4/10, 4/24)	Tuesday 周二 (4/11, 4/25)	Wednesday 周三 (4/12, 4/26)	Thursday 周四 (4/13, 4/27)	Friday 周五 (4/14, 4/28)
Breakfast	Cornflakes served with milk, raisins and dried pineapple/banana pieces 玉米片+牛奶+葡萄干+菠萝/香蕉干	Mini pancakes with maple syrup and raspberries served with a small glass of milk. 小煎饼+枫糖浆+牛奶	blanched broccoli with slices of quality pork sausages served with home baked bread and milk. 水煮西兰花、香肠、自制面包+牛奶	Home baked blueberry/cranberry roll bread, served with milk and banana. 自制烤蓝莓/蔓越莓卷面包+牛奶+1/2 香蕉	Muesli with yoghurt, blueberries and rice-crispies served with a small glass of apple juice Muesli 麦片+酸奶、蓝莓+脆爆米饼+苹果汁
	Braised lean pork with potatoes & cabbage & mushroom soup with lotus roots & Rice 土豆炖肉+卷心菜+蘑菇莲藕汤+米饭	Simplified Beijing noodles with meat sauce, cucumber and carrot. Served with spare rib soup 北京炸酱面(肉末、黄瓜、胡萝卜)+排骨汤	Oven grilled chicken wings with broccoli stir-fry, served with rice and tofu soup. 奥尔良烤鸡翅+西兰花+米饭+豆腐汤	Japanese mild curry with potato, carrot, pineapple and pork. Served with rice, red pickled radish and steamed cauliflower with sweet & mild tomato soup 日式咖喱猪肉+腌制红萝卜+清蒸花菜+番茄汤+米饭	Pulled pork roast served with oven baked potatoes and carrots with steamed corn. Served with ketchup, choice of rice and stewed egg soup 烤猪肉、土豆、胡萝卜+玉米+番茄酱 自选米饭和炖蛋
Lunch	Optional mixed salad w. tuna(served at teachers discretion) 金枪鱼什锦沙拉	Optional mixed salad w. ham(served at teachers discretion) 火腿什锦沙拉	Optional mixed salad w. cold cooked pasta and egg(served at teachers discretion) 螺丝通心粉+鸡蛋什锦沙拉	Optional mixed salad w. Tuna(served at teachers discretion) 金枪鱼什锦沙拉	Optional mixed salad w. Egg(served at teachers discretion) 鸡蛋什锦沙拉
	Home-made chocolate chip muffin served with sliced pear and yakult sour milk. 自制巧克力玛芬蛋糕+梨片+养乐多	Home-made pizza bread with cheese, ketchup, tomato and ham served with grape juice 自制火腿披萨+葡萄汁	Steamed sweet crispy corn with home baked bread and butter. Served with orange juice. 香糯玉米棒+烤黄油面包片+橙汁	Home-made waffle with cinnamon apple sauce, served with milk. 自制华夫饼+肉桂苹果酱+牛奶	Home-made bread, served with cheese and cucumber slices and apple juice. 自制面包+芝士+黄瓜片+苹果汁
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	