

Menu From 2019, 18th of February to 1st of March (Newton Hui Xin Campus)

新纽顿会心幼儿园 2019 年 2 月 18 日 —3 月 1 日 学生食谱

餐次	Monday 周一 (2/18)	Tuesday 周二 (2/19)	Wednesday 周三(2/20)	Thursday 周四 (2/21)	Friday 周五 (2/22)
Breakfast	全谷物燕麦圈+葡萄干+切片香蕉+牛奶 Cheerios served with milk, raisins and banana slices.	杂粮小馒头+牛奶+草莓 Coarse cereals bun served with milk and strawberries.	自制全麦面包+脆培根+牛奶+千禧果 Homemade bread served with bacon, cherry tomatoes and milk.	Muesli 麦片+酸奶、新鲜蓝莓+脆爆米饼+苹果汁 Muesli served with yogurt, fresh blueberries and rice-crisps and apple juice.	火腿小花卷+牛奶+车厘子 Steamed twisted ham rolls served with milk and cherries.
Lunch	萝卜炖牛腩+炒青菜+茶树菇鸡汤 Stewed radish with beef and fried vegetables served with mushroom and chicken soup with a side of rice.	茄汁意面配烤鸡排+煮西兰花+菌菇豆腐汤 Pasta in tomato sauce with an option of roasted chicken and a side of blanched broccoli served with mushroom and tofu soup.	莲藕肉饼+香干卷心菜+玉米胡萝卜排骨汤+米饭 Pork meat pie with lotus root, served with fried cabbage and smoked bean curd, sweet corn, carrot and ribs soup	香煎三文鱼排配意面/土豆泥+蒜蓉芥蓝+罗宋汤 Pan fried salmon with tossed pasta and an option of fresh pesto sauce or mashed potato served with Sautéed Chinese broccoli with crushed garlic and borscht soup.	咖喱土豆肉丁+炒有机花菜+冬笋排骨汤+米饭 Stewed sirloin with curry and potato, fried cauliflower served with winter bamboo shoots and spareribs soup.
	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	Optional mixed salad w. Bacon(served at teachers discretion)培根什锦沙拉	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
Fruit Cooler	Apples, cherry tomatoes & carrot sticks	Oranges, green grapes & cucumber sticks	Blueberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & celery sticks	Banana's, apples & grape fruit slices.
Snack	自制素蒸饺+蜂蜜柠檬茶+梨片 Homemade dumplings served with honey lemonade and pear slices	自制香蕉松饼+热可可+甜橙 Homemade banana pie served with hot cocoa and sweet oranges	自制小肉包+水果热饮+火龙果 Homemade pork meat bun served with fruit juice and dragon fruit	橘皮海绵蛋糕+椰汁西米露+甜橙 Homemade orange glazed chiffon sponge cake served with coconut Tapioca and sweet oranges	自制葱葱肉松蛋糕+冰糖雪梨水+猕猴桃 Homemade pork meat floss bread served with stewed rock sugar and snow pear and kiwi fruit
餐次	Monday 周一 (2/25)	Tuesday 周二 (2/26)	Wednesday 周三 (2/27)	Thursday 周四 (2/28)	Friday 周五 (3/1)
Breakfast	玉米片+牛奶+葡萄干+切片香蕉 Cornflakes served with milk, raisins and bananas.	香松饭团+牛奶+草莓 Homemade rice balls with grilled fish sticks served with milk and strawberry	自制面包配果酱和芝士+水煮西兰花+圣女果+牛奶 Homemade bread served with butter, jam and sliced cheese, blanched broccoli, cherry tomatoes and milk	Muesli 麦片+酸奶+卜卜米+蓝莓+葡萄汁 Muesli served with yogurt, fresh blueberries and rice-crisps and grape juice	自制葱油鸡蛋饼+牛奶+千禧果 Homemade pancake served with milk and cherry tomatoes.
Lunch	笋干烧肉丁+时令杂蔬+自制虾丸汤+米饭 Grilled pork belly with bamboo shoots, fried seasonal vegetables, shrimp balls soup	自制牛肉千层面+蒜香面包+罗宋汤 Homemade beef lasagna with béchamel sauce served with garlic bread and borscht soup.	茄汁龙利鱼+上汤娃娃菜+萝卜大骨头汤+米饭 Sole fish in tomato sauce served with braised baby cabbage in broth, radish and ribs soup	蒜香意面配奥尔良烤鸡翅+煮西兰花+三鲜汤 Pasta in pesto sauce served with barbecue chicken wings and a side of blanched broccoli. Mushroom soup	牛肉汤面+炒青菜+小花卷 Beef soup noodles served fried vegetables and twisted rolls.
	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	Optional mixed salad w. Bacon(served at teachers discretion)培根什锦沙拉	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
Fruit	Apples, cherry tomatoes & carrot sticks	Oranges, green grapes & cucumber sticks	Blueberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & celery sticks	Banana's, apples & grape fruit slices.
Snack	自制萝卜丝饼+冰糖雪梨水+甜橙 Homemade turnip strips cake served with stewed rock sugar and snow pear and sweet oranges	葡式蛋挞+温牛奶+香蕉 Baked custard pie served with warm milk and bananas	烤红薯+温蜂蜜柠檬水+甜橙 Baked sweet potato served with honey lemonade and orange	自制蟹壳黄酥饼+水果热饮+梨片 Homemade crab meat pie served with fruit juice and slices of pear.	自制巧克力蛋糕+冰糖雪梨水+火龙果 Homemade chocolate cake served with stewed rock sugar and snow pear and dragon fruit.
	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	