

MENU

May4th - 29th

新纽顿会心幼儿园 2015 年 5 月 4 日 — 5 月 29 日 学生食谱

		Monday, May4th-18th	Tuesday, May5th-19th	Wednesday, May6th-20th	Thursday, May7th-21st	Friday, May8th-22nd
Week 1 & 3	Morning Breakfast	Cornflakes w. raisins. & milk	Minced chicken con gee w. vegetable & steamed bun	Egg waffles & Dragon fruit & milk.	Steamed meet bun & Yoghurt .	Cheese rice cake& milk
	早点	好客家麦片+提子干+牛奶	青菜鸡蓉粥+奶油小刀切	鸡蛋饼+火龙果+牛奶	鲜肉小包子+酸奶	芝士米蜂糕+草莓+牛奶
	Lunch	Sweet sour pork w. water bamboo(k1/k2)&mushroom w.vegetables(k1/k2)&meat ball in sweet sour sauce(pn/n) & squash in sesame sauce(pn/n)& miso shiru & rice	Sliced fish w. sweet pepper(k1/k2)+braised potato(k1/k2) &diced fish w. sweet pepper in curry sauce(pn/n)&lettuce in black bean sauce(pn/n) &meat ball soup w. mushroom & oat rice	Pork mince spaghetti w. shrimp meat & celery w. bacon & chicken soup w. yam	Braised sirloin (k1/k1) &.vegetables in soup (k1/k1)& sliced beef w. onion mushroom(pn/n)&bean in eggplant sauce (pn/n)&steamed egg & rice	Braised chicken wing (k1/k1)& garbage in sweet sour sauce(k1/k2)&diced chicken in eggplant sauce & carrot w. cabbage(p/n) & sliced fish soup w. sliced egg & rice
	午餐	茭白糖醋小肉 (k1/k2) +香菇青菜 (k1/k2) +糖醋小肉丸味 (pn/n) +香油西葫芦 (pn/n) 味增汤+米饭	甜椒鱼柳 (k1/k2) +红烧土豆 (k1/k2) +咖喱甜椒鱼丁 (pn/n) +豉汁油麦菜 (pn/n) +菌菇肉丸汤+麦片饭	虾仁肉酱蝴蝶面+培根西芹+山药仔鸡汤	红烧牛腩 (k1/k2) +上汤茼蒿菜 (k1/k2) +洋葱蘑菇牛肉丝 (pn/n) +茄汁酥黄豆 (pn/n) +炖蛋+米饭	红烧鸡中翅 (k1/k2) +醋溜包菜 (k1/k2) +茄汁鸡丁 (pn/n) +胡萝卜包菜 (pn/n) +三丝鱼羹+米饭
	Snack	Meat moon cake & honey melon.	Flaky pastry & pears.	Raisins sponge cake & oranges	Fruit milk pudding & kiwi	Chocolate cake & apples
	点心	鲜肉小月饼+哈密瓜	自制桃酥+水晶梨	提子白松糕+新奇士橙	水果牛奶布丁+猕猴桃	巧克力蛋糕+苹果
Week 2 & 4	Morning Breakfast	Chocolate cereal w. milk & Dragon fruit.	Gold bread w. fried egg& yoghurt	Steamed cereal bun & milk.	Boiled dumpling & yoghurt	Steamed roll w. Strawberry sauce & milk.
	早点	巧克力谷物球+火龙果+牛奶	胡萝卜鸡蛋煎饼+酸奶	杂粮小馒头+牛奶	三鲜虾饺+酸奶	草莓卷+牛奶
	Lunch	Braised pork (k1/k2) & squash in sesame sauce( k1/k1). Corn beef pie(pn/n)&mushroom vegetables(pn/n)&russian soup	Roasted chicken wing (k1/k2)&lettuce in black bean sauce(k1/k2)&chicken in seafood sauce (pn/n)&braised potato(pn/n)&fish fillet soup & carrot rice	Fried beef fillet w. lettuce (k1/k1)&potato w. sweet pepper(k1/k2)&diced beef w. corn (pn/n)&broccoli w, bacon(pn/n)& tofu soup w. rice	Butter shrimp(k1/k2)&beans in eggplant sauce (k1/k2)& scallop in oyster sauce(pn/n)&vegetables in soup (pn/n)&turnip sparerib soup w. rice	Fried rice w. shredded chicken in curry sauce & braised pork meat mince w. eggplant & shrimp skin soup w winter melon.
	午餐	素肠烧肉 (k1/k2) +香油西葫芦 (k1/k2) +粟米蒸肉饼 (pn/n) +香菇青菜 (pn/n) +罗宋汤+米饭	香烤鸡根 (k1/k2) +豉汁油麦菜 (k1/k2) +海鲜酱烩鸡 (pn/n) +红烧土豆 (pn/n) +番茄鱼片汤+胡萝卜饭	翠玉牛柳 (k1/k2) +甜椒土豆 (k1/k2) +金粟牛肉粒 (pn/n) +培根西兰花 (pn/n) +五彩豆腐羹+米饭	黄油焗虾 (k1/k2) +茄汁酥黄豆 (k1/k2) +蚝油翡翠鲜贝 (pn/n) +上汤茼蒿菜 (pn/n) +萝卜排骨汤+米饭	咖喱鸡丝炒饭+肉末茄子+冬瓜虾皮汤
	Snack	Red bean puff & seedless grapes	Chocolate pudding & bananas	Butter cookies& melon	Water chestnut cake & apples	Steamed creamy bun w. coconut sauce& cherry pot
	点心	红豆酥饼+无籽提子	巧克力布丁+香蕉	黄油曲奇饼干+伊丽莎白瓜	马蹄蛋糕+苹果	椰汁奶黄包+圣女果
<p>Morning breakfast is served at 9:10 and is a simple serving to provide a healthy start of the day. Lunch is served at 11:30, teachers and students eat together in the class-rooms. Snack is served at 14:00 (14:15 for PN) after noon break.</p>						
						<p>* Hand made by Newton's pastry chef</p>