

MENU JUNE 1<sup>ST</sup> - JUNE 30<sup>TH</sup>

新纽顿会心幼儿园 2015 年 6 月 1 日 — 6 月 30 日学生食谱(PN/N)

	Monday, June 1st/15th	Tuesday, June 2nd/16th	Wednesday, June 3rd/17th	Thursday, June 4th/18th	Friday, June 5th/19th	
Week 1 & 3	Morning Breakfast	Bread & milk.	Purple rice congee & Yoghurt.	Steamed bun w. pork & milk.	Egg pie w. corn & Yoghurt	Cornflakes w. dragon fruit & milk.
	早点	手撕面包+牛奶	紫米粥+脆皮香蕉 	三丁包子+牛奶 	玉米鸡蛋饼+酸奶 	谷物玉米片+火龙果+牛奶
	Lunch	Pork meat pie in BBQ sauce & creamy potato in curry sauce & black mushroom egg soup w. tomato & rice	Braised onion beef sliced & fried garbage w. mushroom & fish soup w. rice	Braised diced chicken w. water chestnut pineapple & pork mince w. tofu & rib soup w. winter melon & rice	Noodles w. three different sliced & vegetable soup & steamed egg w. whitebait	Fried mushroom shrimps w. egg & cauliflower & sea weed soup w. tofu & rice
	午餐	沙茶酱肉饼+淡奶油咖喱土豆+番茄木耳蛋汤+米饭	洋葱牛肉丝+蘑菇小白菜+五彩鱼羹+米饭	菠萝马蹄鸡丁+肉末豆腐+冬瓜仔排汤+米饭	三丝乌冬面+上汤龙须菜+银鱼炖蛋	芙蓉蘑菇虾仁+双色花菜+海带豆腐汤+米饭
	Snack	Cake & pineapples & bananas. 	Dates, pumpkin & bananas 	Red bean tart & dragon fruit 	Steamed bread roll & apple 	Blue berry yam & honey melon 
点心	彩针蛋糕+菠萝 	红枣金瓜+香蕉 	红豆蛋挞+火龙果 	杂粮窝窝头+苹果 	蓝莓山药+哈密瓜 	
Week 2 & 4	Morning Breakfast	Chocolate cereal w. raisins. & milk.	Steamed dumpling stuffed shredded sea foods & yoghurt. 	Egg sandwich & milk. 	Steamed scallions bun rolls & yoghurt. 	Purple rice honey cake & milk. 
	早点	可可谷物球+提子干+牛奶	三鲜蒸饺+酸奶 	鸡蛋三明治+牛奶 	葱花小花卷+酸奶 	紫米蜂巢糕+牛奶 
	Lunch	Small pork meat ball in eggplant sauce & fried water bamboo w. sweet pepper & egg soup w. tower gourd & ice.	Spaghetti in tomato sauce & cabbage in vinegar sauce & tofu soup w. vegetable	Beef pie & fried assorted vegetables & potato pork meat soup w. tomato & rice	Fried rice w. shrimps in soy sauce & deep fried chicken meat & pork meat ball w. vegetable soup	Braised fresh scallop w. sweet pepper & fried squash w. ham & chicken soup w. yam & rice
	午餐	茄汁小肉丸+甜椒炒茭白+丝瓜蛋汤+米饭	番茄蝴蝶面+醋溜牛心菜+翡翠白玉汤	自制牛肉饼+炒什锦菜+乡下浓汤+米饭	酱油虾仁炒饭+香炸里脊肉+肉丸青菜汤	甜豆绘鲜贝+火腿西葫芦+山药仔鸡汤+米饭
	Snack	Butter cookies & seedless grapes 	Sushi & seedless watermelon 	Sliced chicken congee w. vegetable & steamed bun 	Carrot cake & grapes 	Pork moon cake & pineapples 
点心	黄油饼干+无籽提子 	寿司+无籽西瓜 	鸡丝青菜粥+刀切馒头 	胡萝卜蛋糕+葡萄 	鲜肉小月饼+菠萝 	

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, teachers and students eat together in the class-rooms.

Snack is served at 14:00 (14:15 for PN) after noon break.



\* Hand made by Newton's pastry chef

MENU JUNE 1<sup>ST</sup> - JUNE 30<sup>TH</sup>

新纽顿会心幼儿园 2015 年 6 月 1 日 — 6 月 30 日学生食谱 (K1/K2)

	Monday, June 1st/15th	Tuesday, June 2nd/16th	Wednesday, June 3rd/17th	Thursday, June 4th/18th	Friday, June 5th/19th	
Week 1 & 3	Morning Breakfast	Bread & milk.	Purple rice congee & Yoghurt.	Steamed bun w. pork meat & milk.	Egg pie w. corn & Yoghurt.	Cornflakes w. dragon fruit & milk.
	早点	手撕面包+牛奶	紫米粥+脆皮香蕉	三丁包子+牛奶	玉米鸡蛋饼+酸奶	谷物玉米片+火龙果+牛奶
	Lunch	Braised pork w. melon & fried cabbage w. sweet pepper & egg black mushroom soup w. tomato & rice.	Beef w. potato in curry sauce & braised assorted vegetables w. sourdough soup w. rice	Deep fried chicken wing & vegetable in garlic sauce & pork mince soup w. tofu & rice	Noodles w. sliced pork, cucumber & egg w. vegetable soup & steamed egg w. whitebait	Shrimps in salt water & fried scallions gourd & sea weed soup w. tofu & rice
	午餐	扁浦烧肉+甜椒圆葱包菜+番茄 木耳蛋汤+米饭	咖喱土豆牛肉+面筋素什锦+五彩 鱼羹+米饭	香酥鸡翅根+蒜香紫角叶+肉末豆 腐汤+米饭	三丝乌冬面+上汤龙须菜+银鱼炖 蛋	盐水基围虾+葱油丝瓜+海带豆腐 汤+米饭
	Snack	Cake & pineapples & bananas.	Dates pumpkin & bananas	Red bean tart & dragon fruits	Steamed bread roll & apples	Blueberry jam & honey melons
点心	彩针蛋糕+菠萝	红枣金瓜+香蕉	红豆蛋挞+火龙果	杂粮窝窝头+苹果	蓝莓山药+哈密瓜	
Week 2 & 4	Morning Breakfast	Chocolate cereal w. raisins. & milk.	Steamed dumpling stuffed shredded sea foods & yoghurt.	Egg sandwich & milk.	Steamed scallions bun rolls & yoghurt.	Purple rice honey cake & milk
	早点	可可谷物球+提子干+牛奶	三鲜蒸饺+酸奶	鸡蛋三明治+牛奶	葱花小花卷+酸奶	紫米蜂巢糕+牛奶
	Lunch	Roast pork meat in five spiced sauce & lettuce in soybean sauce & egg soup w. gourd & ice.	Braised scallion chicken wing & fried egg w. tomato & tofu soup w. vegetable & rice.	Beef fillet w. cabbage mustard & fried cauliflower w. black mushroom & potato pork soup w. tomato & rice	Fried rice w. shrimp in soy sauce & deep fried chicken meat & pork meat ball w. vegetable soup	Onion shredded eel w. green pepper & sourdough pakchoi & chicken soup w. yam & rice
	午餐	五香小烤肉+鼓油生菜+丝瓜蛋 汤+米饭	葱油鸡中翅+番茄炒蛋+翡翠白玉 汤+米饭	芥蓝牛柳+木耳炒花菜+乡下浓汤+ 米饭	酱油虾仁炒饭+香炸里脊肉+肉丸 青菜浓汤	青椒洋葱鳝丝+面筋小白菜+山药 仔鸡汤+米饭
	Snack	Butter cookies & seedless grapes	Sushi & seedless watermelon	Sliced chicken congee w. vegetable & steamed bun	Carrot cake & grapes	Pork moon cake & pineapples
点心	黄油饼干+无籽提子	寿司+无籽西瓜	鸡丝青菜粥+刀切馒头	胡萝卜蛋糕+葡萄	鲜肉小月饼+菠萝	

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