

MENU JUNE 29TH - JULY 10TH

新纽顿会心幼儿园 2015年6月29日—7月10日学生食谱
(pn/n)

PN / N

		Monday, 29th, June	Tuesday, 30th, June	Wednesday, 1st, July	Thursday, 2nd July	Friday, 3rd, July
Week 1 & 3	Morning Breakfast	Cornflakes w. milk & raisins	Strawberry roll & Yoghurt.	Steamed bun w. dragon fruit & milk.	Scallion egg pancake & Yoghurt .	Ham steamed roll & milk.
	早点	好客家玉米片+葡萄干+牛奶	草莓卷+酸奶	紫米刀切+火龙果+牛奶	葱油蛋饼+酸奶	火腿小花卷+牛奶
	Lunch	Pork meat in eggplant sauce & broccoli & gourd soup w.egg & millet rice	Beef pie w. carrot & Braised water bamboo & short rib soup w. vegetable & rice	Braised diced chicken sauce & fried sweet pepper potato w. eggplant & miso shiru w. rice	Bacon spaghetti w. mushroom & Roasted chicken wing in honey sauce & shredded pork meat soup w. mushroom	Fried shrimp meat w. tofu & fried egg w. gourd & pork meat soup w. tomato & potato & rice
	午餐	茄汁里脊肉+上汤西兰花+丝瓜蛋汤+小米米饭	胡萝卜牛肉饼+油焖茭白+鸡毛菜排骨汤+米饭	酱爆鸡丁+地三鲜+味噌汤+米饭	蘑菇培根烩意面+蜜汁烤鸡翅+菌菇肉丝汤	虾仁豆腐+丝瓜炒蛋+番茄土豆瘦肉汤+米饭
	Snack	Chocolate cake & grapes.	Fried creamy corn & bananas.	Mashed chicken congee w. carrot & melon	Sponge cake & seedless watermelon	Red bean pastry & apples
点心	巧克力蛋糕+夏黑葡萄	奶油玉米酪+香蕉	胡萝卜鸡茸粥+翠玉瓜	黄松糕+无籽西瓜	红豆酥+苹果	
Week 2 & 4	Morning Breakfast	Egg pie. & milk.	Steamed meet bun & yoghurt.	Steamed minor cereal bun & milk & honey melon	Steamed red bean bun & yoghurt.	Cornflakes w. milk & raisin
	早点	鸡蛋羌饼+牛奶	鲜肉小笼包+酸奶	杂粮小馒头+哈密瓜+牛奶	红豆沙包+酸奶	好客家玉米片+葡萄干+牛奶
	Lunch	Steamed pork meat ball w. stick rice & lettuce in black bean sauce & sliced fish soup & rice.	Fried shrimp meat & braised vegetables w. pork meat mince & pork meat soup w. yam & rice	Sliced beef meat in sweet sour sauce & edible amaranth in onion sauce & steamed egg & rice	Fried noodle w. water bamboo shrimp meat mushroom & cauliflower w. broccoli & pork meat ball w. winter melon	Small pork meat ball in sweet sour sauce & bean sprout & pork rib soup w. Carrot & rice
	午餐	刺毛肉丸+豉油生菜+三丝银鱼羹+小米米饭	五彩虾仁+红烧肉末扁蒲+山药瘦肉汤+米饭	鱼香牛肉丝+蒜蓉苋菜+炖水蛋+米饭	什锦炒面+双色花菜+冬瓜肉丸汤	糖醋小肉丸+翡翠豆芽+胡萝卜玉米排骨汤+米饭
	Snack	Pan fried dumpling & fresh fruit juice	Sweet sago w. coconut & grapes	Deep fried wonton skin & melon	Butter cake & cherry tomatoes	Pump cake congee & homemade cookie
点心	牛肉锅贴+鲜榨果汁	椰汁西米露+夏黑葡萄	香酥巧果+伊丽莎白瓜	黄油蛋糕+圣女果	南瓜粥+自制饼干	

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 29TH -JULY 10TH

新纽顿会心幼儿园 2015 年 6 月 29 日 — 7 月 10 日 学生食谱
(k1/k2)

K1 / K2

		Monday, 29th, June	Tuesday, 30th, June	Wednesday, 1st, July	Thursday, 2nd July	Friday, 3rd, July
Week 1 & 3	Morning Breakfast	Chocolate cereal w. milk & Dragon fruit	Strawberry roll & Yoghurt.	Steamed bun w. dragon fruit & milk.	Scallion egg pancake & Yoghurt .	Ham steamed roll & milk.
	早点	好客家麦片+葡萄干+牛奶	草莓卷+酸奶	紫米刀切+火龙果+牛奶	葱油蛋饼+酸奶	火腿小花卷+牛奶
	Lunch	Pork meat in eggplant sauce & broccoli & gourd soup w.egg & millet rice	Braised beef diced w. carrot & winter melon & short rib soup w. vegetable & rice	Braised pork meat w. bean curd & lettuce in black bean sauce & miso shiru w. rice	Bacon spaghetti w. mushroom & Roasted chicken wing in honey sauce & shredded pork meat soup w. mushroom	Braised shrimp & sourdough w. gourd & pork meat soup w. tomato & potato & rice
	午餐	茄汁里脊肉+上汤西兰花+丝瓜蛋汤+小米米饭	胡萝卜炖牛肉丁+开洋冬瓜+鸡毛菜排骨汤+米饭	素鸡烧肉+豉油生菜+味增汤+米饭	蘑菇培根烩意面+蜜汁烤鸡翅+菌菇肉丝汤	红烧基围虾+面筋丝瓜+番茄土豆瘦肉汤+米饭
	Snack	Chocolate cake & grapes.	Fried creamy corn & bananas.	Mashed chicken congee w. carrot & melon	Sponge cake & seedless watermelon	Red bean pastry & apples
点心	巧克力蛋糕+夏黑葡萄	奶油玉米酪+香蕉	胡萝卜鸡茸粥+翠玉瓜	黄松糕+无籽西瓜	红豆酥+苹果	
Week 2 & 4	Morning Breakfast	Egg pie. & milk.	Steamed meet bun & yoghurt.	Steamed minor cereal bun & milk & honey melon	Steamed red bean bun & yoghurt.	Creamy bun & milk.
	早点	鸡蛋羌饼+牛奶	鲜肉小笼包+酸奶	杂粮小馒头+哈密瓜+牛奶	红豆沙包+酸奶	好客家麦片+葡萄干+牛奶
	Lunch	pork meat in red sweet sauce & scallion oil sliced cucumber & sliced fish soup & rice.	Chicken wing in eggplant sauce & fried celery w. bean curd & pork meat soup w. yam & rice	Sliced beef meat w. sweet pepper & fried pork meat mince w. tofu & mushroom & steamed egg & rice	Fried noodle w. water bamboo shrimp meat mushroom & cauliflower w. broccoli & pork meat ball w. winter melon	Braised scallop w. mushroom & water spinach & pork rib soup w. Carrot & rice
	午餐	酱汁肉+葱油黄瓜片+三丝银鱼羹+小米米饭	茄汁鸡翅根+香干西芹+山药瘦肉汤+米饭	甜椒牛柳+香菇肉末豆腐+炖水蛋+米饭	什锦炒面+双色花菜+冬瓜肉丸汤	香菇烩鲜贝+蒜蓉空心菜+胡萝卜玉米排骨汤+米饭
	Snack	Pan fried dumpling & fresh fruit juice	Sweet sago w. coconut & grapes	Fried huntun skin & melon	Butter cake & cherry tomatoes	Pump cake congee & homemade cookie
点心	牛肉锅贴+鲜榨果汁	椰汁西米露+夏黑葡萄	香酥巧果+伊丽莎白瓜	黄油蛋糕+圣女果	南瓜粥+自制饼干	
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