

MENU JULY 13rd - JULY 31st 新纽顿会心幼儿园 2015 年 7 月 13 日 — 7 月 31 日 暑假班学生食谱

	Monday, July 13rd-27th	Tuesday, July 14th-28th	Wednesday, July 15th-29th	Thursday, July 16th-30th	Friday, July 17th-31st	
Week 1 & 3	Morning Breakfast 早点	Rice roll & milk 香松饭团+牛奶 	Steamed dumpling & Yoghurt 二仙蒸饺+酸奶 	Steamed bun & milk 椰香小馒头+牛奶 	Red bean bun & Yoghurt 豆沙包+酸奶 	Flaky pastry & milk 蟹壳黄酥饼+牛奶 
	Lunch 午餐	Pork meat ball in sweet sour sauce & cabbage & fish soup w. tofu & millet rice 糖醋小肉+手撕包菜+鲫鱼豆腐汤+小米米饭	Fried shrimp meat w. celery & sliced potato w. tomato & beef soup w. vegetable & rice 芹菜爆基围虾+番茄土豆丝+西湖牛肉羹+米饭	Steamed pork meat dumpling & sparerib soup w. winter melon 鲜肉水饺+冬瓜骨头汤	Fish in eggplant sauce & braised tofu & turnip duck soup w. rice 茄汁龙利鱼+金银豆腐+小萝卜水鸭汤+米饭	Braised beef w. potato & bacon w. mushroom & egg soup w. cucumber & rice 红烧土豆牛肉+培根杏鲍菇+黄瓜蛋汤+米饭
	Snack 点心	Milk pudding & cherry tomatoes 牛奶布丁+圣女果 	Pineapple bread & fresh fruit juice. 菠萝面包+鲜榨果汁 	Red bean congee & grapes 红豆薏仁粥+夏黑葡萄 	Green bean cake & apples 绿豆糕+苹果 	steamed dumpling & fresh fruit juice. 自制烧卖+鲜榨果汁 
Week 2 & 4	Morning Breakfast 早点	Monday July 20th Scallion oil steamed roll. & milk. 葱油小花卷+牛奶 	Tuesday, July 21st Steamed pork meat bun & yoghurt. 鲜肉小包+酸奶 	Wednesday, July 22nd Cake & milk 蛋糕+牛奶 	Thursday, July 23rd Susi & yoghurt. 寿司+酸奶 	Friday, July 24th Banana pie & milk 香蕉派+牛奶 
	Lunch 午餐	Braised pork meat w. bean curd & carrot fried yam w. black fungus w. chicken soup w. mushroom & millet rice 素鸡烧肉+木耳胡萝卜炒山药+菌菇鸡汤+小米米饭	Roasted chicken wing & celery w. bean curd & tomato soup w. egg & rice 香烤鸡中翅+香干美芹+番茄蛋汤+米饭	Wonton & broccoli 小馄饨+上汤西兰花	Fresh scallop w. mushroom & garlic water spinach & steamed egg & rice 香菇鲜贝+蒜蓉空心菜+炖蛋+米饭	Braised sliced beef & gourd w. sourdough & vegetable soup w. pumpkin & rice 彩椒牛柳+面筋丝瓜+南瓜什蔬汤+米饭
	Snack 点心	Sliced chicken noodle w. mushroom & fresh fruit juice 香菇鸡丝软面+鲜榨果汁 	Sweet lotus root & grapes 桂花糖藕+夏黑葡萄 	Steamed creamy bun & melon 水晶奶黄包+伊丽莎白 	Toast bread w. fruit & fresh fruit juice 水果土司+鲜榨果汁	Egg Bun & apples 蛋黄酥+苹果 
	<p>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.</p>					

\* Hand made by Newton's pastry chef

