




















Menu From 31st Aug. To 25th Sep. (Newton Huixin Campus PN & N levels)

新纽顿会心幼儿园 2015 年 8 月 31 日 — 9 月 25 日 学生食谱(托小班)

Week 1 & 3 (第一周/第三周)

餐次	Monday 周一 (8/31 & 9/14)	Tuesday 周二 (9/1 & 9/15)	Wednesday 周三 (9/2&9/16)	Thursday 周四 (9/17)	Friday 周五 (9/18)
Breakfast	Cereal with dragon fruit & Milk 	Cereal bread & yogurt 	Pork bun & Milk 	Coconut flavor red date cake & yogurt 	Greens with minced pork porridge & stir-fried egg
	甘蒂谷多麦片+火龙果+牛奶	杂粮餐包+酸奶	鲜肉小包+牛奶	椰香红枣糕+酸奶	青菜肉糜粥+炒鸡蛋
Lunch	Steamed pork, shrimps with zucchini and yam with fungus soup & wheat rice. 马蹄蒸肉饼+虾米西葫芦+山药木耳瘦肉汤+小米米饭	Shredded beef, cucumber in sauce, soup and rice. 鱼香牛肉丝+葱油黄瓜+冬瓜扁尖虾皮汤+米饭	Stir-fried Mushroom with shrimps, tomato with egg soup, & rice 蚝油香菇虾仁+家常豆腐+番茄蛋汤+米饭	Pasta with tomato and minced pork sauce, baked sausages, greens and fungus soup 西红柿肉酱意面+烤小香肠+青菜木耳汤	Stir-fried chicken, sweet gourds with minced pork, and kelp soup with pork ribs 三丁烩鸡肉+肉末扁蒲+海带排骨唐+麦片米饭
	Sweet bean Pumpkin pie & Banana 	Chocolate flavor cake and Kiwi fruit 	Red bean egg tarts and seedless grapes 	Small steamed bun with pork & pears 	Butter flavor biscuit with apples 
Snack	豆沙南瓜饼+香蕉	可可蛋糕+猕猴桃	红豆蛋挞+无籽提子	鲜肉小笼+丰水梨	黄油饼干+苹果
	Monday 周一 (9/7&9/21)	Tuesday 周二 (9/8 & 9/22)	Wednesday 周三 (9/9&9/23)	Thursday 周四 (9/10&9/24)	Friday 周五 (9/11&9/25)
Breakfast	Cereal with bananas & Milk 	Dried pork floss cake with yogurt 	Sweet bean bun with milk 	Chinese egg pancake & yogurt 	Pineapple flavor bread & milk 
	甘蒂谷多麦片+香蕉+牛奶	肉松面包+酸奶	豆沙包+牛奶	葱油鸡蛋羌饼+酸奶	菠萝面包+牛奶
Lunch	Spiced cucumber with bean sprouts and carrot, stir-fried broccoli and greens chicken soup, & wheat rice 五香三丝+双色花菜+青菜土鸡汤+小米米饭	Curry chicken with potato, carrot with cabbage, gourd soup with pork ribs & rice 咖喱土豆鸡丁+胡萝卜牛心菜+冬瓜排骨汤+米饭	Ham cheese sandwich and borscht soup 火腿芝士三明治+罗宋汤	Sweet pepper with Longley fish, baby cabbage with minced pork, steamed egg and cereal rice 彩椒龙利鱼丁+肉末娃娃菜+炖蛋+麦片米饭	Beef ball with greens, stir-fried sweet pepper with bamboo shoots, mushroom tofu soup and rice 蔬菜牛肉丸+甜椒炒茭白+蘑菇豆腐汤+米饭
	Banana pie & fruit cucumber 	Moon cake & Hami melon 	Sweet sago cream with coconut milk & proper fruit 椰汁西米露+香酥巧果	Sushi & grapes 	Muffin & Dragon fruit 
Snack	香蕉派+水果黄瓜	鲜肉月饼+哈密瓜	椰汁西米露+香酥巧果	寿司+葡萄	玛芬蛋糕+火龙果
<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 in the class-rooms. Snack is served at 14:00 (14:15 for PN) after naptime/noon break.</p>				<p>* Hand made by Newton's pastry chef </p>	