



Menu From 8th Oct. To 30th Oct. (Newton Huixin Campus PN & N levels)

新纽顿会心幼儿园 2015 年 10 月 8 日 — 10 月 30 日 学生食谱(托小班)

		Monday 周一 (10/8 & 10/20)	Tuesday 周二 (10/9 & 10/20)	Wednesday 周三 (10/21)	Thursday 周四 (10/22)	Friday 周五 (10/23)
Week 1 & 3 (第一周/第三周)	餐次					
	Breakfast	Chocolate cereal with raisins & Milk  好客家巧克力球+提子干+牛奶	Purple rice cake & yogurt  紫米蜂巢糕+酸奶	Carrot egg pan cake & Milk  胡萝卜鸡蛋饼+牛奶	Homemade cake & yogurt  自制蛋糕+酸奶	Savory pastry+Milk 葱油小花卷+牛奶
	Lunch	Steamed Pork, Stir-fried taro with shepherd's-purse and pork soup & wheat rice. 清蒸小肉饼+葱油芋仔+荠菜肉丝汤+小米米饭	Stir-fried sweet beans with beef, Sour cabbages, okra and egg soup & rice 甜豆酱爆牛肉+醋溜卷心菜+秋葵蛋花汤+米饭	Fried chicken, sweet pepper with cane shoots and bean-curd, steamed egg with pork & rice 香酥鸡米花+茭白甜椒炒素肠+肉末炖蛋+米饭	Fried noodles with greens and pork, mushroom and spinach with chicken balls & tomato and fish soup 青菜肉末炒面+香菇菠菜丸子+番茄鱼片汤	Scallop with tofu, Squash with eggs, yam and pork rib soup & rice. 瑶柱烩豆腐+西葫芦炒蛋+山药排骨汤+米饭
Snack	Coconut flavor bun & Dragon Fruit  椰香奶黄包+火龙果	Chinese Pork pancake & Pear  肉松酥饼+皇冠梨	Chinese bun with yolk & Orange  蛋黄桃酥+甜橙	Cream popcorn stick & Hami melon  奶油玉米棒+哈密瓜	Walnut cake & Grapes  大理石蛋糕+无籽葡萄	
Week 2 & 4 (第二周/第四周)		Monday 周一 (10/12&10/26)	Tuesday 周二 (10/13 & 10/27)	Wednesday 周三 (10/14&10/28)	Thursday 周四 (10/15&10/29)	Friday 周五 (10/16&10/30)
	Breakfast	Chocolate cereal, raisins & Milk 好客家谷物球+提子干+牛奶	Cheese ham sandwich with yogurt  芝士鸡蛋三明治+酸奶	Honey pan with milk  甘露酥+牛奶	Raisins bread & yogurt  提子早餐包+酸奶	Red bean bun & milk  红豆沙卷+牛奶
	Lunch	Spicy baked pork, stir-fried lettuce with beancurt oil, cream mushroom soup & wheat rice 五香烤小肉+豉油生菜+奶油蘑菇汤+小米米饭	Water chestnut with sour flavor chicken, mushroom with green, Baby cabbage and shrimp soup & rice 马蹄糖醋鸡丁+蘑菇小青菜+娃娃菜虾皮汤+米饭	Egg and rice with tomato sauce, sweet beans and cane shoots with pork & mushroom soup with tofu and pork 茄汁蛋包饭+茭白甜豆烩肉丁+菌菇豆腐肉丝汤	Sweet pepper with shrimps, stir-fried bacon with broccoli, tomato soup with potato and mushroom, wheat rice 彩椒芙蓉虾仁+培根西兰花+番茄土豆木耳汤+米仁米饭	Stir-fried corn with beef, lily with celery, wax gourd and duck soup & rice 栗米牛肉粒+百合西芹+冬瓜老鸭汤+米饭
Snack	Cookies & apples  曲奇饼干+苹果	Beef floss pancake & Orange 牛肉酥饼+新奇士橙	Red bean pancake & Dragon fruit 豆沙拉糕+火龙果	Carrot cake & watermelon  胡萝卜蛋糕+西瓜	Pork dumplings & sweet melon  鲜肉锅贴+白玉瓜	
<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>	