
















Menu From 8th Oct. To 30th Oct. (Newton Huixin Campus K1 & K2 levels)

新纽顿会心幼儿园 2015 年 10 月 8 日 – 10 月 30 日学生食谱(中大班)

Week 1 & 3 (第一册第二册)

Week 2 & 4 (第一册第四册)

餐次	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)
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
	Chestnut with soy sauce pork, mushroom with greens, vegetables and pork soup & wheat rice. 板栗红烧肉+香菇青菜+芥菜肉丝汤+小米米饭	Onion and cane shoots, sweet pepper with potato, okra and egg soup&rice 洋葱茭白肉丝汤+甜椒土豆+秋葵蛋花汤+米饭	Mushroom with chicken, sour and sweet lotus root ,steamed egg with pork &rice 蘑菇鸡丁+糖醋莲藕+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	Curry fish, baby cabbage with chicken flavor sauce, yam and pork rib soup & rice 咖喱鱼柳+鸡汁娃娃菜+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 cakes & Grapes  大理石蛋糕+无籽葡萄
	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	Red-bean cake 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
	Sour and sweet pork,chrysanthemum with garlic, cream mushroom soup,& wheat rice 糖醋小肉+蒜蓉茼蒿+奶油蘑菇汤+小米米饭	Chicken wings with soy sauce,broccoli with chicken soup, baby cabbage and shrimp soup & rice 红烧鸡根+上汤西兰花+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	Shrimp with garlic , stir- fried cabbage with onion and carrot, tomato soup with potato and mushroom, wheat rice 蒜香大头虾+洋葱胡萝卜炒包菜+番茄土豆木耳汤+米仁米饭	Stir- fried beef with carrot, soy sauce bean-curd wax gourd and duck soup& rice 胡萝卜炒牛柳+卤汁小素鸡+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
	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.				* Hand made by Newton's pastry chef 