

Menu From 2nd Nov. To 27th Nov. (Newton Huixin Campus PN & N levels)

新纽顿会心幼儿园 2015 年 11 月 2 日 —11 月 27 日学生食谱(托小班)

餐次		Monday 周一 (11/2 & 11/16)	Tuesday 周二 (11/3 & 11/17)	Wednesday 周三 (11/4 & 11/18)	Thursday 周四 (11/5 & 11/19)	Friday 周五 (11/6 & 11/20)
Week 1 & 3 (第一周/第三周)	Breakfast	Cereal with raisins & Milk 甘蒂谷多麦片+提子干+牛奶	Cheese & ham sandwich & yogurt 芝士火腿三明治+酸奶	Roulade w. jam & Milk 粗粮刀切+牛奶	Pork Floss rice ball & yogurt 香松饭团+酸奶	Honey cake & Milk 千层蜂糕+牛奶
	Lunch	Steamed pork, fried vegetables and miso soup with wheat rice. 粉蒸小肉+炒三丝+味增汤+小米米饭	Stir-fried chicken with lemon sauce, spinach with egg, pork and yam soup & rice 西柠汁软鸡+蛋丝菠菜+山药排骨汤+米饭	Fried rice with bacon and greens, fish cutlet, borsch soup 青菜咸肉炒+香酥鱼排+罗宋汤	Stir-fried beef with corn, Onion oil asparagus, steamed egg & cereal rice 金粟牛肉饼+葱油莴笋丁+炖蛋+麦片米饭	Broccoli with shrimps, cabbage with pork balls and stretched noodles 西兰花炒虾+白菜肉圆汤+拉面
	Snack	Red bean bun & Banana 红豆小包+香蕉	Cone shape cake & Orange 卷筒蛋糕+蜜桔	Tomato and egg noodles with Hami Melon 西红柿鸡蛋面+哈密瓜	Baked sweet potato & Apple 烤红薯+苹果	Walnut cakes & Orange 春卷+新奇士橙
		Monday 周一 (11/9 & 11/23)	Tuesday 周二 (11/10 & 11/24)	Wednesday 周三 (11/11 & 11/25)	Thursday 周四 (11/12 & 11/26)	Friday 周五 (11/13 & 11/27)
Week 2 & 4 (第二周/第四周)	Breakfast	Cereal, dragon fruit & Milk 甘蒂谷多麦片+火龙果+牛奶	Fried egg pancake & yogurt 鸡蛋煎饼+酸奶	Floss cake & milk 肉松面包+牛奶	Spring-onion bun & yogurt 葱油花卷+酸奶	Homemade cake & milk 自制蛋糕+牛奶
	Lunch	Stir-fried pork, greens with mushroom, seaweed and rib soup & wheat rice 酱爆肉丝+蘑菇青菜+海带排骨汤+小米米饭	Fried shrimps with bamboo shoots with egg, corn and chicken soup & rice 芦笋丁炒虾仁+茭白丝炒蛋+鸡茸粟米羹+米饭	Egg and rice with tomato sauce, sweet beans and cane shoots with pork & mushroom soup with tofu and pork 西红柿肉酱烩意面+培根炒绿豆芽+山药排骨汤	Fried fish cutlet, greens and bean curd, beef and carrot soup & wheat rice 炸鱼饼+百叶炒大青菜+萝卜片牛肉汤+麦片米饭	Steamed pork, cauliflower and egg, lettuce with ribs soup & rice 清蒸肉饼+花菜炒蛋+莲藕仔排骨汤+米饭
	Snack	Cookies & Grapes 曲奇饼干+无籽提子	Shrimp dumplings & Pear 虾饺+冰糖雪梨	Coconut cake & Pomelo 南瓜饼+柚子	Pineapple bread & orange 菠萝面包+新奇士橙	Raisin bun & Millennium fruit 提子白松糕+千禧果
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	

Menu From 2nd Nov. To 27th Nov. (Newton Huixin Campus K1 & K2 levels)

新纽顿会心幼儿园 2015 年 11 月 2 日 —11 月 27 日学生食谱(中大班)

餐次		Monday 周一 (11/2 & 11/16)	Tuesday 周二 (11/3 & 11/17)	Wednesday 周三 (11/4 & 11/18)	Thursday 周四 (11/5 & 11/19)	Friday 周五 (11/6 & 11/20)
Week 1 & 3 (第一周/第三周)	Breakfast	Cereal with raisins & Milk 甘蒂谷多麦片+提子干+牛奶	Cheese ham sandwich & yogurt  芝士火腿三明治+酸奶	Roulade with jam & Milk  粗粮刀切+牛奶	Pork Floss rice ball & yogurt  香松饭团+酸奶	Honey cake & Milk  千层蜂糕+牛奶
	Lunch	Pork with radish, vegetables, and miso soup & wheat rice. 萝卜烧肉+三色时蔬+味噌汤+小米米饭	Baked chicken wings, spinach with egg, pork and yam soup & rice 香烤鸡中翅+蛋丝菠菜+山药排骨汤+米饭	Fried rice with bacon and greens, fish cutlet, borsch soup 青菜咸肉炒+香酥鱼排+罗宋汤	Stir-fried beef with corn, Green soybean, steamed egg & cereal rice 金粟牛肉饼+煮带壳毛豆+炖蛋+麦片米饭	Celery with shrimps, cabbage with pork balls and stretched noodles 香芹爆大虾+白菜肉圆汤+拉面
	Snack	Red bean bun & Banana  红豆小包+香蕉	Cone shape cake & Orange  卷筒蛋糕+蜜桔	Tomato and egg noodles & Hami Melon 西红柿鸡蛋面+哈密瓜	Baked sweet potato & Apple  烤红薯+苹果	Walnut cakes & Orange  春卷+新奇士橙
Week 2 & 4 (第二周/第四周)		Monday 周一 (11/9 & 11/23)	Tuesday 周二 (11/10 & 10/24)	Wednesday 周三 (11/11 & 11/25)	Thursday 周四 (11/12 & 11/26)	Friday 周五 (11/13 & 11/27)
	Breakfast	Cereal, dragon fruit & Milk 甘蒂谷多麦片+火龙果+牛奶	Fried egg pancake & yogurt  鸡蛋煎饼+酸奶	Floss cake & milk  肉松面包+牛奶	Spring onion bun & yogurt  葱油花卷+酸奶	Homemade cake & milk  自制蛋糕+牛奶
	Lunch	Pork with sweet sauce, greens with mushroom, seaweed and rib soup & wheat rice. 蜜汁四喜肉+蘑菇青菜+海带大骨汤+小米米饭	Fried shrimps with bamboo, cane shoots cone and chicken soup & rice 芦笋炒虾仁+油焖茭白+鸡茸粟米羹+米饭	Egg and rice with tomato sauce, sweet beans and cane shoots with pork & mushroom soup with tofu and pork 西红柿肉酱烩意面+培根炒绿豆芽+山药排骨汤	Steamed fish, greens and bean curd, beef and carrot soup & wheat rice 清蒸鲈鱼+百叶炒大青菜+萝卜片牛肉汤+麦片米饭	Sweet and sour pork, cauliflower and egg, lettuce with ribs soup & rice 咕咾肉+花菜炒蛋+莲藕仔排汤+米饭
	Snack	Cookies & Grapes 曲奇饼干+无籽提子	Shrimp dumplings & Pear  虾饺+冰糖蒸梨	Coconut cake & Pomelo  南瓜饼+柚子	Pineapple bread & orange  菠萝面包+新奇士橙	Raisin bun & Millennium fruit  提子白松糕+千禧果
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