











Menu From 1st Feb. To 5th Feb & 22nd Feb. To 26th Feb. (Newton Huixin Campus PN & N levels)

新纽顿会心幼儿园 2016年2月1日—2月5日/2016年2月22—26日学生食谱(托小班)

		Monday 周一 (2/1)	Tuesday 周二 (2/2)	Wednesday 周三(2/3)	Thursday 周四 (2/4)	Friday 周五 (2/5)
Week 1	餐次					
	Breakfast	Red bean cake roll and milk	Corn & egg pancake with Yogurt 	Coconut cake and Milk 	Eight treasures honey cake with Yogurt	Ham rolls and Milk
		红豆卷+牛奶	玉米鸡蛋饼+酸奶	椰蓉蛋糕+牛奶	八宝蜂糕+酸奶	火腿末末花卷+牛奶
	Lunch	Steamed Meat with Egg Yolk and mushroom with greens and miso soup served with rice	Minced chicken fried with Cauliflower and potatoes. Pork rib soup served with rice.	Sautéed noodles with minced meat, spiced corn & eggs with seaweed tofu & dried white shrimp soup	Crispy codfish and water bamboo with meat and celery beef bones soup served with rice	Boiled dumplings with stewed radish chicken soup
		肉饼蒸蛋+蘑菇青菜+味噌汤+米饭	芙蓉鸡丁+木耳炒花菜+土+豆排骨汤+米饭	香菇卤肉炸酱面+卤鸡蛋+海带豆腐虾米汤	香酥鳕鱼排+银芽肉丝+西芹牛骨汤+米饭	三彩菜肉水饺+萝卜炖鸡汤
	Snack	Spiced salt walnut cake with oranges 	Sweet potatoes & honey melon	Homemade cake with apples 	Tomato and egg noodles with pears	Pork floss bread with lime 
椒盐桃酥+甜橙		糖油山芋+哈密瓜	自制蛋糕+苹果	番茄鸡蛋面+雪梨	肉松面包+芦柑	
Week 4		Monday 周一 (2/22)	Tuesday 周二 (2/23)	Wednesday 周三(2/24)	Thursday 周四 (2/25)	Friday 周五 (2/26)
	Breakfast	Cornflakes, bananas and milk	Raisin bread with Yogurt 	Butter cookies with Milk 	Purple rice honey cake with Yogurt	Custard steamed bun with Milk
		好客家玉米片+香蕉+牛奶	提子面包+酸奶	黄油饼干+牛奶	紫米松糕+酸奶	奶油刀切+牛奶
	Lunch	steamed rice with red-cooked pork and Broccoli and fish tofu soup served with rice	oyster sauce fried chicken with mushrooms, curry potatoes and spinach pork rib soup served with rice	Fried shimp with carrot celery and corn. Chinese cabbage with chicken coup, served with rice.	shepherd's purse with bamboo and fish. Soy sauce greens with white radish and spareribs soup.	Japanese curry beef noodles braised in sweet pepper and served with kelp soup.
		台式卤肉饭+上汤西兰花+鲫鱼豆腐浓汤	蚝油蘑菇鸡丁+淡咖喱土豆+菠菜大骨头+米饭	三丁炒虾仁(胡萝卜、西芹、玉米)+卤白菜+鸡蓉粟米羹+米饭	荠菜鲜笋鱼丁+豉油生菜+萝卜排骨汤	日式咖喱牛肉拉面+油焖甜椒+海带素烩汤
	Snack	Steamed Creamy Custard Bun with strawberries	carrot cake with millennium fruit 	Mashed Potato with cheese and pomelo 	cream corn with banana	Chinese pancake with lime 
奶黄包+草莓		胡萝卜蛋糕+千禧果	芝士焗土豆泥+蜜柚	奶油玉米棒+香蕉	葱油酥饼+无核贡橘	
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 