












Menu From 1st Feb. To 5th Feb & 22nd Feb. To 26th Feb. (Newton Huixin Campus K1 & K2 levels)

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

Week 1 & 3 (第一、三周)

餐次	Monday 周一 (2/1)	Tuesday 周二 (2/3)	Wednesday 周三(2/4)	Thursday 周四 (2/5)	Friday 周五 (2/6)
Breakfast	Red bean cake roll and milk 红豆卷+牛奶	Corn & egg pancake with Yogurt  玉米鸡蛋饼+酸奶	Coconut cake and Milk  椰蓉蛋糕+牛奶	Eight treasures honey cake with Yogurt 八宝蜂糕+酸奶	Ham rolls and Milk 火腿末末花卷+牛奶
	Ube Yam meat & mushroom with greens served with miso soup 香芋烧肉+蘑菇青菜+味噌汤+米饭	Stewed chicken with cauliflower and Potato and pork rib soup served with rice 红煨鸡根+木耳炒花菜+土豆排骨汤+米饭	Sautéed noodles with minced meat, spiced corn & eggs with seaweed tofu & dried white shrimp soup 香菇卤肉炸酱面+卤鸡蛋+海带豆腐虾米汤	Crispy codfish and water bamboo with meat and celery beef bones soup served with rice 香酥鳕鱼排+银芽肉丝+西芹牛骨汤+米饭	Boiled dumplings with stewed radish chicken soup 三彩菜肉水饺+萝卜炖鸡汤
Snack	Spiced salt walnut cake with oranges  椒盐桃酥+甜橙	Sweet potatoes & honey melon 糖油山芋+哈密瓜	Homemade cake with apples  自制蛋糕+苹果	Tomato and egg noodles with pears 番茄鸡蛋面+雪梨	Pork floss bread with lime  肉松面包+芦柑
	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 好客家玉米片+香蕉+牛奶	Raisin bread with Yogurt  提子面包+酸奶	Butter cookies with Milk  黄油饼干+牛奶	Purple rice honey cake with Yogurt 紫米松糕+酸奶	Custard steamed bun with Milk  奶油刀切+牛奶
	steamed rice with red-cooked pork and Broccoli and fish tofu soup served with rice 台式卤肉饭+上汤西兰花+鲫鱼豆腐浓汤+米饭	oyster sauce fried chicken with mushrooms, curry potatoes and spinach pork rib soup served with rice 蚝油蘑菇鸡丁+淡咖喱土豆+菠菜大骨头+米饭	Fried shimp with carrot celery and corn. Chinese cabbage with chicken coup, served with rice. 三丁炒虾仁(胡萝卜、西芹、玉米)+卤白菜+鸡蓉粟米羹+米饭	shepherd's purse with bamboo and fish. Soy sauce greens with white radish and spareribs soup. 荠菜鲜笋鱼丁+豉油生菜+萝卜排骨汤	Japanese curry beef noodles braised in sweet pepper and served with kelp soup. 日式咖喱牛肉拉面+油焖甜椒+海带素烩汤
Snack	Steamed Creamy Custard Bun with strawberries 奶黄包+草莓	carrot cake with millennium fruit  胡萝卜蛋糕+千禧果	Mashed Potato with cheese and pomelo  芝士焗土豆泥+蜜柚	cream corn with banana 奶油玉米棒+香蕉	Chinese pancake with lime  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 