














# Menu From 29<sup>th</sup> Feb. To 31<sup>st</sup> Mar. (Newton Hui Xin Campus K1 & K2 levels)

新纽顿会心幼儿园 2016 年 2 月 29 日 – 3 月 31 日 学生食谱(中大班)

		Monday 周一 (2/29、3/14、3/28)	Tuesday 周二 (3/1、3/15、3/29)	Wednesday 周三 (3/2、3/16、3/30)	Thursday 周四 (3/3、3/17、3/31)	Friday 周五 (3/4、3/18、4/1)
Week 1/3/5	餐次					
	Breakfast	Cornflakes w. raisins & milk  好客家玉米片+提子干+牛奶	Pork floss bread & yogurt  肉松面包+酸奶	Ham rolls & milk  火腿小花卷+牛奶	Honey oats cake & yogurt  玉米蜂糕+酸奶	Bread with raisins & milk  提子面包+牛奶
	Lunch	Arrowhead with pork, Bean curd with cabbage, Beef soup with tofu & Millet rice 茨菰烧肉+香干包菜+西湖牛肉羹+小米米饭	Stew chicken wings with chestnut, broccoli, Soybean and pork chop soup & Rice 板栗红烧鸡中+上汤西兰花+黄豆猪手汤+米饭	Sweet pea with beef, mushrooms and greens, served with fish soup (carrot, mushroom, winter bamboo shoots) & rice 甜豆炒牛肉粒+蘑菇青菜+开胃鱼羹(胡萝卜、香菇、冬笋)+米饭	Braised pork noodles, flavored eggs, mushroom and spare ribs soup 台式卤肉面+卤鸡蛋+菌菇仔排汤	Fried codfish steak, mashed garlic spinach, cabbage and shredded meat soup & rice with cereal 香酥雪鱼排+蒜泥菠菜+白菜肉丝汤+麦片米饭
Snack	Homemade bread & apples  自制蛋糕+苹果	Noodles with tomato and egg & Honey melon  番茄鸡蛋面条+哈密瓜	Creamy corn stick & dragon fruit 奶油玉米棒+火龙果	Red bean pancakes with citrus  红豆酥饼+芦柑	Butter biscuit & oranges  黄油切片饼干+甜橙	
Week 2/4		Monday 周一 (3/7、3/21)	Tuesday 周二 (3/8、3/22)	Wednesday 周三 (3/9、3/23)	Thursday 周四 (3/10、3/24)	Friday 周五 (3/11、3/25)
	Breakfast	Purple rice steamed bun & Milk  粗粮小刀切+牛奶	Red bean cake & Yogurt  红豆松糕+酸奶	Cheese bread & Milk  芝士面包+牛奶	Egg-Yolk puff & Yogurt  蛋黄酥+酸奶	Meat bun & Milk  小肉包+牛奶
	Lunch	Pork with cherry juice and greens, Sheppard's-purse and tofu soup & Millet rice 樱桃汁肉+面筋青菜+荠菜豆腐羹+小米米饭	Shrimp with carrot, pea, corn. Minced meat with baby cabbage & Shallot with mushroom soup 三色虾仁(胡萝卜、青豆、玉米粒)+肉末娃娃菜+圆葱蘑菇汤	Grilled chicken wings, Sweet pepper, Corn horseshoe ribs soup, & Rice 香烤鸡翅+油焖甜椒+玉米马蹄排骨汤+米饭	Pasta with tomato sauce, Broccoli, Chicken soup with mushroom 茄汁肉酱意面上汤西兰花+珍珠炖鸡汤	Curry beef fried rice, braised chinese cabbage, Egg custard 咖喱牛肉炒饭+卤白菜+炖蛋
Snack	Strawberry cake & pear  草莓蛋糕+雪梨	Honey pumpkin & banana  蜂蜜小南瓜+香蕉	Sweetened bean paste bun & apple  豆沙小包+苹果	Baked sweet potato & oranges 烤红薯+甜橙	Pork floss pancake & Dragon fruit  肉松酥饼+火龙果	
<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>	