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新纽顿会心幼儿园 2016年7月4日-7月15日学生食谱(中大班)

		Monday 周一 (7/4)	Tuesday 周二 (7/5)	Wednesday 周三 (7/6)	Thursday 周四 (7/7)	Friday 周五 (7/8)
Week 1	餐次					
	Breakfast	Corn flakes & Raisin & Milk 	Coarse grain steamed bun & Yogurt 	Creamy bread & Watermelon 	Sliced bread & Jam、Butter & Yogurt 	Green onion oil pancake & Milk 
	Lunch	好客家脆谷乐+提子干+牛奶 Braised pork with bean curd & Water bamboo served with Towel gourd and egg soup and rice. 豆干烧肉+油焖茭白+丝瓜开洋蛋汤+米饭	粗粮刀切+酸奶 Oyster sauced mushroom and chicken & Garlic zucchini served with yam and ribs soup and rice 蚝油蘑菇鸡肉+葱香西葫芦+山药排骨汤+米饭	奶酪面包+无籽西瓜 Noodles with braised beef & Garlic broccoli & Wax gourd soup. 红烧牛肉拉面+蒜香西兰花+冬瓜素烩汤	切片面包+果酱、黄油+酸奶 Sweet and sour fish & Gourd with minced pork served with Tomato mushroom soup and rice. 糖醋黄金鱼+肉末扁蒲+番茄木耳龙骨汤+米饭	葱油羌饼+牛奶 Spaghetti with tomato and minced beef & Fried chicken served with Tofu and salad soup with rice. 西红柿肉酱通心面+香酥鸡米花+青菜豆腐汤
Snack	Cupcakes with White melon 	Corn stick with Watermelon 	Chocolate cookies with Yogurt 	Creamy bun served with Apples 	Green bean cake with cherry tomato 	
Week 4		Monday 周一 (7/11)	Tuesday 周二 (7/12)	Wednesday 周三 (7/13)	Thursday 周四 (7/14)	Friday 周五 (7/15)
	Breakfast	Crackers of wheat & Pitaya served with milk 	Ham floss rolls with ham served with Yogurt 	bean bread served with milk 	Egg yolk crispy served with Bean and Barley Porridge 	Tomato sandwich served with milk 
	Lunch	全麦饼干+火龙果+牛奶 Braised pork ribs with greens and mushrooms served with tomato and egg soup with rice. 红烧大排+木耳青菜+西红柿蛋汤+米饭	火腿小花卷+酸奶 Brine shrimp & vinegary cabbage served with wax gourd and rib soup and rice. 盐水基围虾+醋溜卷心菜+冬瓜小排汤+米饭	豆沙面包+牛奶 Curry beef udon & Cucumber with soya sauce served with Miso soup. 咖喱牛肉乌冬面+面酱黄瓜+味增汤	蛋黄酥+绿豆薏仁粥 Soya sauced chicken & Bean sprouts with sweet peppers served with greens and ribs soup and rice. 酱爆鸡丁+甜椒银芽+鸡毛菜排骨汤+米饭	番茄三明治+牛奶 Braised eels & Carrots and water bamboo and beans served with mushroom and eggs soup and rice. 响油鳝鱼丝+炒三丁(胡萝卜、茭白、青豆)+菌菇鸡蛋汤+米饭
	Snack	Crispy beans with raisins. 	Blueberry cake with melon 	Egg tart with Sagos in Coconut milk 	Pumpkin with jujube with bean soup 	Green onion oiled cookies served with Yogurt 
		豆沙酥饼+夏黑葡萄 蓝莓蛋糕+哈密瓜	葡式蛋挞+椰汁西米露	红枣小南瓜+绿豆汤	葱油曲奇+酸奶	
<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>	