











Menu From 1st July to 31st July. (Newton Hui Xin Campus PN & N levels)

新纽顿会心幼儿园 2016年7月4日-7月15日学生食谱(脱小班)

		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 
		好客家脆谷乐+提子干+牛奶	粗粮刀切+酸奶	奶酪面包+无籽西瓜	切片面包+果酱、黄油+酸奶	葱油羌饼+牛奶
	Lunch	Shredded pork with young bamboo & Water bamboo served with Towel gourd and egg soup and rice.	Oyster sauced mushroom and chicken & Garlic zucchini served with yam and ribs soup and rice	Noodles with braised beef & Garlic broccoli & Wax gourd soup.	Braised fish with mushroom & Gourd with minced pork served with Tomato mushroom soup and rice.	Spaghetti with tomato and minced beef & Fried chicken served with Tofu and salad soup with rice.
		芦笋炒肉丝+油焖茭白+丝瓜开洋蛋汤+米饭	蚝油蘑菇鸡肉+葱香西葫芦+山药排骨汤+米饭	红烧牛肉拉面+蒜香西兰花+冬瓜素烩汤	菌菇红烧鱼+肉末扁蒲+番茄木耳龙骨汤+米饭	西红柿肉酱通心面+香酥鸡米花+青菜豆腐汤
Snack	Cupcakes with White melon 	Creamy corn with Watermelon 	Chocolate cookies with Yogurt 	Creamy bun served with Apples 	Green bean cake with cherry tomato 	
	海绵蛋糕+翠玉白瓜	奶油玉米棒+西瓜	巧克力饼干+酸奶	奶黄金角+苹果	绿豆糕+千禧果	
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 	Steamed 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 
		全麦饼干+火龙果+牛奶	火腿小花卷+酸奶	豆沙面包+牛奶	蛋黄酥+绿豆薏仁粥	番茄三明治+牛奶
	Lunch	Steamed pork with rice flour in lotus leaf & Greens and mushrooms served with tomato and egg soup with rice.	Fried shrimp with corn & vinegary cabbage served with wax gourd and rib soup and rice.	Curry beef udon & Cucumber with soya sauce served with Miso soup.	Soya sauced chicken & Bean sprouts with sweet peppers served with greens and ribs soup and rice.	Braised eels & Carrots and water bamboo and beans served with mushroom and eggs soup and rice.
		荷叶粉蒸肉+木耳青菜+西红柿蛋汤+米饭	玉米炒虾仁+醋溜卷心菜+冬瓜小排汤+米饭	咖喱牛肉乌冬面+面酱黄瓜+味增汤	酱爆鸡丁+甜椒银芽+鸡毛菜排骨汤+米饭	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	
	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 	