


















Menu From 2017, 3rd January To 20th January (Newton Hui Xin Campus)

新纽顿会心幼儿园 2017 年 1 月 3 日 – 1 月 20 日学生食谱

餐次	Monday 周一 (1/16)	Tuesday 周二 (1/3, 1/17)	Wednesday 周三(1/4, 1/18)	Thursday 周四 (1/5, 1/19)	Friday 周五 (1/6, 1/20)
Breakfast	Blanched baby carrots with spring-onion pancake, served with milk  有机胡萝卜+洋葱薄煎饼+牛奶	Cheerios served with milk, fresh slices of banana and raisins. 晶磨全谷物燕麦圈+牛奶+新鲜香蕉片+葡萄干	Muesli with yoghurt, blueberries and rice-crispies served with a small glass of apple juice 木斯里麦片+酸奶+蓝莓+脆爆米饼+苹果汁	Homemade bread with butter & jam. Served with yoghurt and banana slices.  自制黄油面包+果酱+酸奶+切片香蕉	Scrambled eggs with 1/2 toast bread served with slice of ham, cherry tomatoes and 1/2 cup of milk.  炒鸡蛋+1/2 烤面包+切片火腿+樱桃番茄+1/2 杯牛奶
	Pad Thai Glass noodles with vegetables and shrimp (optional crushed nuts served separately) with sweet & mild Tom Yum soup. 泰式炒河粉+蔬菜+虾(可选粉碎坚果分开放)+泰式冬阴功汤	Homemade beef lasagna with béchamel sauce, served with crispy garlic bread and borsch soup. 自制牛肉千层面+酥脆蒜味面包+罗宋汤	Home-made Pizza with two kind toppings, sausage, onion, mushroom & ham/pineapple with tomato sauce and cheese, served with cream of mushroom soup.  自制两种配料披萨+香肠+洋葱+蘑菇+菠萝+番茄酱+芝士+奶油蘑菇汤	Japanese beef ramen broth, served with pickled radish, slice of beef, mushrooms & noodles and mini sandwich. 日本牛肉味干拉汤+牛肉片+腌制萝卜片+蘑菇+小块三明治	Meatballs with choice of Yangzhou fried or fresh made potato mash, served with tomato/egg soup. <i>* Jan. 20th will be Dumplings! *1月20日是饺子</i> 肉丸+扬州炒饭+自制土豆泥+番茄蛋汤
	Optional mixed salad w.Tuna(served at teachers discretion)金枪鱼什锦沙拉	Optional mixed salad w.Egg(served at teachers discretion)鸡蛋什锦沙拉	Optional mixed salad w.Bacon(served at teachers discretion)培根什锦沙拉	Optional mixed salad w.Tuna(served at teachers discretion) 金枪鱼什锦沙拉	Optional mixed salad w.Egg(served at teachers discretion) 鸡蛋什锦沙拉
Snack	Home baked crispy garlic bread and spring onion crème cheese/fraise dip. served with warm milk tea.  自制香脆蒜蓉面包+小葱奶酪/草莓蘸酱+温牛奶茶	Steamed sweet crispy corn with home baked bread and butter. Served with orange juice.  蒸甜脆玉米+烤黄油面包片+橙汁	Home baked cranberry butter biscuits served with peeled pomelo and yakult sour milk.  自制蔓越莓黄油饼干+柚子+养乐多	Homemade carrot cake, Yakult sour milk & fruit compote(fresh oranges, melon, apple, raisins with juice mix)  自制胡萝卜蛋糕+养乐多+橙汁(苹果+葡萄干+甜瓜)	<i>* Traditional Chinese sweet sticky rice ball with black sesame filling, served with milk tea and oranges.</i>  芝麻汤圆+奶茶+橙子
	Monday 周一 (1/9)	Tuesday 周二 (1/10)	Wednesday 周三(1/11)	Thursday 周四 (1/12)	Friday 周五 (1/13)
Breakfast	Mixed oats/seeds muesli served with milk and slices of fresh orange.  什锦木斯里燕麦片+牛奶+新鲜切片橙子	Hardboiled egg with 1/2 toast bread and slice of ham served w cucumber sticks and 1/2 cup of milk.  水煮蛋+1/2 烤吐司+切片火腿+切片黄瓜+1/2 杯牛奶	Home baked blueberry/cranberry roll bread, served with milk and banana.  自制烤蓝莓/蔓越莓卷面包+牛奶+香蕉	Blanched broccoli with slices of quality pork sausages served with home baked bread and milk.  水煮花菜+香肠+牛奶+自制面包	
	Steak strips with caramelized onions, red/yellow pepper fruit and butter mushrooms, served with rice and oxtail soup. 焦糖洋葱牛排条+红/黄胡椒水果+黄油蘑菇+米饭+牛尾汤	Tossed pasta with broccoli, baked cherry tomatoes and shredded BBQ chicken, served with meatball soup. 拌意大利面+花菜+烤樱桃小番茄+BBQ 鸡块+肉圆汤	Hamburger with beef, tomato, onion, pickled cucumber and dressing, served with oven baked French fries, ketchup and corn soup 牛肉汉堡+番茄+洋葱+腌制黄瓜片+烤炉薯条+番茄酱+玉米汤	Orleans grilled chicken wing with eggs and tomatoes, served with rice and pork rib turnip soup. 奥尔良烤鸡翅+番茄鸡蛋+米饭+排骨汤	CHARITY DRIVE SCHOOL EVENT 游园会
Optional mixed salad w.Tuna(served at teachers discretion)金枪鱼什锦沙拉	Optional mixed salad w.Egg(served at teachers discretion)鸡蛋什锦沙拉	Optional mixed salad w.Bacon(served at teachers discretion)培根什锦沙拉	Optional mixed salad w.Tuna(served at teachers discretion) 金枪鱼什锦沙拉		
Snack	Sushi snack roll with nori, ham, radish, cucumber and crème cheese. Served with warm milk tea.  自制寿司(海苔+火腿+胡萝卜+黄瓜+芝士奶酪)+奶茶	Home-made chocolate chip muffin, served with warm cocoa.  自制巧克力马芬小蛋糕+热可可奶茶	Home baked custard pie with sliced pear and warm milk w. honey.  蛋塔+切片梨+热蜂蜜奶茶	Chinese sesame cake & Dragon fruits, served with Yakult sour milk  芝麻蛋糕+火龙果+养乐多	
	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.				<i>* Hand made by Newton's pastry chef</i> 