

Menu From 2017, 6th February to 28th February (Newton Hui Xin Campus)

新纽顿会心幼儿园 2017年2月6日—2月28日学生食谱

餐次	Monday 周一 (2/6, 2/20)	Tuesday 周二 (2/7, 2/21)	Wednesday 周三 (2/8, 2/22)	Thursday 周四 (2/9, 2/23)	Friday 周五 (2/10, 2/24)
Breakfast	Cornflakes served with milk, raisins and dried pineapple/banana pieces 玉米片+牛奶+葡萄干+菠萝/香蕉干	Scrambled eggs with 1/2 toast bread served with slice of ham, cucumber slices and 1/2 cup of milk. 炒鸡蛋+1/2 吐司+火腿+黄瓜片+1/2 杯牛奶	blanched broccoli with slices of quality pork sausages served with home baked bread and milk. 西兰花+香肠+自制面包+牛奶	Muesli with yoghurt, strawberries and rice-crispies served with a small glass of apple juice Muesli 麦片+酸奶+草莓+脆爆米+苹果汁	Homemade pancakes with blueberries and Yakult sour milk. 自制松饼+蓝莓+养乐多 
	Stir-fry with cauliflower & pork and mixed vegetables served with rice and chicken soup with mushroom 花菜肉片+香菇青菜+蘑菇鸡汤+米饭	Pad Thai Glass noodles with vegetables and shrimp (optional crushed nuts served separately) with sweet & mild Tom Yum soup. 泰式沙河粉(蔬菜、虾仁)+自选坚果碎粒+泰式冬阴功汤	Hamburger with beef, lettuce & tomatoes, served with baked French fries, ketchup and corn soup 牛肉汉堡包(生菜、番茄、牛肉)+薯条+番茄酱+玉米汤	Steak strips with caramelized onions, red/yellow pepper fruit and butter mushrooms, served with rice and oxtail soup. 彩椒牛柳+黄油蘑菇+牛尾汤+米饭	Two kinds of home-made Pizza. Margarita with tomato & cheese and Beef pizza with tomato, beef, mushroom and cheese, served with cream of corn soup. 自制两种配料披萨(玛格丽塔披萨 番茄、芝士+牛肉披萨 番茄、牛肉、蘑菇、芝士)+奶油玉米汤
Lunch	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
	Home baked cranberry butter biscuits served with peeled pomelo and warm honey lemon tea 自制蔓越莓黄油饼干+柚子+温蜂蜜柠檬茶 	Steamed sweet crispy corn with home baked bread and butter. Served with orange juice. 香糯玉米棒+自制黄油面包+橙汁	Home-made bread, served with cheese and cucumber slices and apple juice. 自制面包+芝士+黄瓜片+苹果汁	Cheese cake with sliced pear and yakult sour milk. 芝士蛋糕+梨片+养乐多 	Sushi snack roll with nonori, ham, radish, cucumber Served with warm honey lemon tea 寿司卷(海苔、火腿、日式大根、黄瓜)+温蜂蜜柠檬茶 
Snack	Monday 周一 (2/13, 2/27)	Tuesday 周二 (2/14, 2/28)	Wednesday 周三 (2/15)	Thursday 周四 (2/16)	Friday 周五 (2/17)
Breakfast	Home-made waffle with cinnamon apple sauce, served with milk. 自制华夫饼+肉桂苹果酱+牛奶 	Rice crispies served with milk, raisins and fresh strawberries. 脆爆米+牛奶+葡萄干+草莓	Hardboiled egg with 1/2 toast bread served with slice of cheese & 1/4 piece of crispy bacon, cherry tomatoes and 1/2 cup of milk. 白煮蛋+1/2 吐司+芝士片+1/4 片熏肉培根+樱桃番茄+1/2 杯牛奶	Mixed oats/seeds muesli served with milk and slices of honey melon. Muesli 什锦燕麦+牛奶+哈密瓜	Toasted caramel bread served with milk and fresh banana. 烤焦糖面包+牛奶+香蕉 
	Braised pork with chestnuts & cabbage & ribs soup with lotus roots & Rice 板栗红烧肉+卷心菜+莲藕排骨汤+米饭	Homemade steak, served with mushroom sauce & pasta with steamed broccoli, cauliflower and mixed vegetables. Vegetable, celery and dough ball soup. 自制蘑菇酱牛排+意式通心粉(西兰花、花菜)+芹菜鱼丸汤	Basa (Mekong catfish) in tomato sauce, served with steamed broccoli & carrots, served with rice and ribs/yam soup 番茄汁龙利鱼+蒸西兰花、胡萝卜+山药排骨汤+米饭	Spaghetti with tomatoes, spring onion and fresh water shrimps, served with baguette and sweet/sour tomato soup. 意大利面(番茄、葱、虾仁)+长棍面包+罗宋汤	Meatballs with choice of Yangzhou fried or fresh made potato mash, served with tomato/egg soup. 肉丸+扬州炒饭+土豆泥+番茄蛋汤
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	Xiaolong Bao served with apple juice and cherry tomato 小笼包+苹果汁+千禧果 	Home-made chocolate chip muffin, served with warm cocoa. 自制巧克力松饼+热可可 	Home baked custard pie with Dragon fruits and apple juice 自制蛋挞+火龙果+苹果汁	Homemade carrot cake, yakult sour milk & fruit compote (fresh orange, oranges, melon, apple, raisins with juice mix) 自制胡萝卜蛋糕+养乐多+什锦水果汁(橙汁、哈密瓜、苹果、葡萄干)	Strawberry Cake served with orange and warm honey lemon tea. 草莓蛋糕+甜橙+温蜂蜜柠檬茶 
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 	

