

# Menu From 2017, 2<sup>nd</sup> May to 26<sup>th</sup> May (Newton Hui Xin Campus)

新纽顿会心幼儿园 2017 年 5 月 2 日 — 5 月 26 日 学生食谱

餐次	Monday 周一 (5/15)	Tuesday 周二 (5/2、5/16)	Wednesday 周三(5/3、5/17)	Thursday 周四 (5/4、5/18)	Friday 周五 (5/5、5/19)
Breakfast	Cornflakes served with milk, raisins and dried pineapple/banana pieces 玉米片+牛奶+葡萄干+菠萝/香蕉干	Floss rolls with milk and blueberry 葱油花卷+牛奶+蓝莓	Homemade pancakes with blueberries and apple juice. 自制松饼+蓝莓+苹果汁	Muesli with yoghurt, grape and rice-crispies served with a small glass of apple juice Muesli 麦片+酸奶+无籽提+脆爆米+苹果汁	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
	Fried good quality shrimp with cucumber, carrots and vegetables, served with mushroom and bean sprout soup and rice. 三色虾仁+炒青菜+香菇银芽汤+米饭	Homemade beef lasagna with béchamel sauce, served with crispy garlic bread and borsch soup. 自制牛肉千层面+香脆蒜蓉面包+罗宋汤	Braised meat noodles or choice of Yangzhou Fried rice served with baked glazed pork and fish ball soup 苏式焖肉面/扬州炒饭+青菜鱼丸汤	Turkey breast sandwich with cheese, cucumber and miracle whip. Cooked sweet green pea & corn side dish with tofu soup 火鸡火腿片三明治(芝士、黄瓜、卡夫奇妙酱)+豇豆甜玉米粒+豆腐汤	Oven baked rice with bacon and grilled cheese served with BBQ chicken wings and cream soup 芝士培根焗饭+香烤鸡翅+奶油浓汤
	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 custard pie with Dragon fruit and apple juice 自制黄桃蛋挞+苹果汁+火龙果	Sushi snack roll served with Yakult sour milk 寿司卷(海苔、火腿、日式大根、黄瓜)+养乐多	Home-made cheese cake served with sweet melon and orange juice 自制芝士蛋糕+伊丽莎白白瓜+养乐多	Red bean with Taro porridge served with cookie and slice of pear. 红豆薏仁芋头汤+曲奇饼干+梨片	French baguette with butter, cheese and sweet grapes and apple juice 黄油法棍面包+葡萄+果汁
	Monday 周一 (5/8、5/22)	Tuesday 周二 (5/9、5/23)	Wednesday 周三(5/10、5/24)	Thursday 周四 (5/11、5/25)	Friday 周五 (5/12、5/26)
Breakfast	Rice crispies served with milk, raisin and banana 脆爆米+牛奶+葡萄干+香蕉	Vegetables pancake with milk and cherry tomato 蔬菜饼+牛奶+樱桃番茄	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	Cranberry bread with Yogurt and banana 蔓越莓面包+酸奶+香蕉
	Thai pineapple Seafood Fried Rice with steamed corn served with mild tom yum soup 泰式菠萝海鲜炒饭+蒸玉米段+冬阴功汤	Tortilla wrap with shredded chicken, choice of vegetables, served with rice on the side (K1 & K2 will make the wrap by themselves) served with corn soup 墨西哥鸡肉卷+玉米汤	Lotus & meat ball with sticky dough balls. Served with duck soup and rice 莲藕狮子头+青菜油面筋+老鸭扁尖汤+米饭	Homemade steak, served with mushroom sauce & pasta with steamed broccoli, cauliflower and carrot mixed vegetables 自制蘑菇酱牛排+意大利面+蒸时蔬	sweet and sour spareribs served with cabbage and Crucian tofu soup, rice 糖醋排骨+卷心菜+鲫鱼豆腐汤+米饭
	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	Crispy garlic bread with orange juice and honey melon 香蒜面包+橙汁+甜瓜	Hone-made carrot cake with apple juice and Cucumber slices 胡萝卜蛋糕+苹果汁+黄瓜片	Home-made pizza bread served with dragon fruit and Yakult sour milk 自制披萨+火龙果+养乐多	Xiao Long Bao served with apple juice and cherry tomatoes 小笼包+苹果汁+千禧果	Strawberry cake served with orange and Grape Juice 草莓蛋糕+甜橙+葡萄汁
	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	