

Menu From 2017, 14th August to 31st August (Newton Hui Xin Campus)

新纽顿会心幼儿园 2017 年 8 月 14 日 — 8 月 31 日 学生食谱

餐次	Monday 周一 (8/14、8/28)	Tuesday 周二 (8/15、8/29)	Wednesday 周三 (8/16、8/30)	Thursday 周四 (8/17、8/31)	Friday 周五 (8/18、9/1)
Breakfast	Cornflakes serve with milk, raisins and dried pineapple/banana pieces 玉米片+牛奶+葡萄干+菠萝/香蕉干	Steamed bun served with milk and honey melon 小刀切+牛奶+甜瓜	Blanched broccoli, slices of quality pork sausages served with homemade bread and milk 西兰花+香肠+自制面包+牛奶	Muesli with yogurt, blueberries and rice-crisps served with apple juice Muesli 麦片+酸奶+无籽提+脆爆米+苹果汁	Steamed carrot, spring onion pancake served with milk 蒸胡萝卜+葱油饼+牛奶
	Steamed rice with braised pork in soy sauce, served with marinated egg, shepherd's purse and tofu soup 台式卤肉饭+卤鸡蛋+荠菜豆腐汤	Roast beef served with roasted potato, carrot with tomato sauce, steamed corn and Three-delicacy soup 烤鸡排+烤土豆、胡萝卜配番茄沙司+蒸玉米段+三鲜汤	Braised beef noodles served with green onion pancake 红烧牛肉汤面+葱油饼	Beef and mushroom pizza served with green vegetables and tofu soup 牛肉蘑菇披萨+青菜豆腐汤	Fried Sole fish in Soy Sauce with edamame fried gourds, mushroom and pork soup with rice 香煎龙利鱼+丝瓜毛豆+蘑菇肉片汤+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 served with honeydew and orange juice 蒜香面包+哈密瓜+橙汁	Steamed dumplings served with apple juice and pear pieces 三鲜蒸饺+苹果汁+梨片	Homemade waffle served with vanilla ice-cream, peach pieces and lemonade 自制华夫饼+香草冰激凌+桃片+柠檬水	Vegetable bun served with apple juice and grapes 菜包子+苹果汁+葡萄	Vanilla milk shake served with egg tart and cherries 香草奶昔+蛋挞+樱桃
	Monday 周一 (8/21)	Tuesday 周二 (8/22)	Wednesday 周三 (8/23)	Thursday 周四 (8/24)	Friday 周五 (8/25)
Breakfast	Rice-crisps served with milk, raisins and dried banana pieces 脆爆米+牛奶+葡萄干+香蕉	Vegetables pancake served with milk and blueberry 蔬菜饼+牛奶+蓝莓	Hard-boiled egg, 1/2toast bread served with slice of cheese, 1/4 piece of crispy bacon, cherry tomato and 1/2 glass of milk 白煮蛋+吐司+芝士片+片熏肉培根+樱桃番茄+杯牛奶	Mixed oats/seeds Muesli served with milk and honeydew Muesli 什锦燕麦+牛奶+甜瓜	Cranberry bread served with yogurt and banana 蔓越莓面包+酸奶+香蕉
	Japanese mild curry with potato, carrot, pineapple and pork served with rice, broccoli, tomato and egg soup 日式咖喱猪肉+西兰花+番茄蛋汤+米饭	Beef lasagna served with celery and fish ball soup 牛肉千层面+芹菜鱼丸汤	Fresh scallops, asparagus & smoked bean curd served with rice, winter melon and pork soup 酱香鲜贝+香干芦笋+冬瓜肉片汤+米饭	Tuna and avocado sandwich served with corn kernels and kelp soup 牛油果金枪鱼三明治+甜玉米粒+海带汤	Chicken fried rice served with vegetables soup 鸡肉沙爹炒饭+蔬菜芙蓉汤
	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	Graham crackers served with vanilla milk shake 全麦饼干+香草奶昔	Homemade bread served with honey melon and orange juice 自制面包+哈密瓜+橙汁	Homemade pudding served with dragon fruit and apple juice 自制布丁+火龙果+苹果汁	Sushi roll served with honey melon and grape juice 寿司+甜瓜+葡萄汁	Homemade cake served with Yakult sour milk and seedless grapes 自制蛋糕+养乐多+无籽提子
	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	