

新纽顿幼儿园 2018 年 2 月 1 日 — 2018 年 2 月 28 日学生食谱 Newton's February (1st -----28th)

第三周、第五周 Week 3/5	餐次 Date	周一 Monday (2/12. 2/26)	周二 Tuesday (2/13. 2/27)	周三 Wednesday (2/14. 2/28)	周四 Thursday (2/1. 2/15)	周五 Friday (2/2. 2/16)
	早餐 Breakfast	蛋奶星星+红心火龙果 +牛奶 Cereal + Dragonfruit + Milk	自制萝卜丝饼+香蕉+牛奶 carrot pancake + banana + Milk	黑米松仁粥+水果拼盘 Black rice gruel + Mixed fruit	自制蜂蜜蛋糕+奇异果+牛奶 Honey cake + Kiwi + Milk	自制南瓜饼+圣女果+牛奶 pumpkin pie + tomatoes + Milk
	午餐 Lunch	自制五香烤肉+香菇大青菜+西红柿牛腩汤+米饭 Roasted pork + Fried mushroom and vegetables + Tomato beef soup + Rice	自制芙蓉虾片+豚骨拉面+玉米棒排骨汤 Shrimp + Japanese style needles + Corn pork soup	自制狮子头配菠菜+蘑菇肉糜烩豆腐+金针菇番茄肉丝汤+米饭 Homemade meat balls and vegetables + Steamed meat and tofu + Mushroom tomato soup + Rice	自制咖喱牛肉饭+美式罗宋汤+养乐多 Curry beef + Borsch + Yakult	清蒸龙利鱼配西蓝花+黄豆芽炒肉丝+菌菇乳鸽汤+薏米饭 Steamed fish and broccoli + Fried beans and meat +Mushroom pigeon soup + Rice
点心 Snack	银耳莲子羹+赣南脐橙 Mushrooms and lotus seed soup + Oranges	山药薏米红枣粥+草莓 Chinese yam and red dates gruel + Strawberries	自制火腿芝士披萨+牛奶 Homemade ham pizza + Milk	自制煎馄饨+台湾牛奶枣 Fried wonton + Taiwanese jujube	芹菜肉丝汤面+ Celery and meat noodles +Cherry	
第二周、第四周 Week 2/4	餐次 Date	周一 Monday (2/5. 2/19)	周二 Tuesday (2/6. 2/20)	周三 Wednesday (2/7. 2/21)	周四 Thursday (2/8. 2/22)	周五 Friday (2/9. 2/23)
	早餐 Breakfast	家乐氏谷维兹+香蕉+牛奶 Cereal + Banana + Milk	毛菜肉糜粥+卤香干+水果拼盘 Assorted gruel+Stewet tofu+Mixed fruit	自制杂粮小刀切+火龙果+牛奶 Steamed bun+Dragonfruit+Milk	自制烤红薯+无籽红提+牛奶 Yam+Grapes+Milk	甜玉米棒+奇异果+牛奶 Corn + Kiwi + Milk
	午餐 Lunch	自制苏式传统酱方+胡萝卜炒有机花菜+荠菜肉丝豆腐羹+米饭 Homemade Suhou style pancake +Friedcarrot and cauliflower + Celery and tofu + Rice	自制翡翠鱼滑+培根炒牛心菜+枸杞太子参乌鸡汤+小米饭 Homemade fish balls + Fries bacon with vegetables + Chicken soup + Rice	自制鸡蛋如意卷+意式肉酱蝴蝶面+意式蔬菜汤 Homemade egg rolls + Farfalle + Vegetable soup	自制烤牛肉饼配西蓝花+莴笋木耳炒肉片+粟米鸡蛋羹米饭 Roasted beef and broccoli + Fried bamboo with meat + Corn and egg soup Steamed Rice	自制荠菜鲜肉水饺+五福汤（仔排，土鸡，火腿，香菇，娃娃菜） Homemade Dumplings + Assorted soup (meat, chicken, ham, mushroom, vegetables)
点心 Snack	自制鸡汤小馄饨+台湾牛奶枣 Chicken soup wonton + Taiwanese jujube	自制葡式蛋挞+牛奶 Homemade egg tarts + Milk	鹰嘴豆小米粥+砂糖橘 Beans and millet gruel + Oranges	生日蛋糕+牛肉拉面+龙眼 Homemade cake Beef noodles + Longan	自制松仁八宝饭+车厘子 Eight-treasure rice + Cherry	