

新纽顿玲珑湾幼儿园2018年3月5日-2018年3月30日学生食谱

Newton Bayside students menu for March 5th to March 30th

餐次 meal	周一Monday (3/5, 3/19)	周二Tuesday (3/6, 3/20)	周三Wednesday (3/7, 3/21)	周四Thursday (3/8, 3/22)	周五Friday (3/9, 3/23)	用餐时间 Time
早餐 breakfast	牛奶燕麦粥+核桃仁+蓝莓 milk and oats congee, walnuts, blueberries	胡萝卜煎饼+甜橙+牛奶 pancakes with carrot, oranges, milk	蛋黄卷+牛奶+蜜桔 egg roll, milk, orange	烤紫薯+玉米汁+火龙果 baked purple potato, corn juice, dragon fruit	杂粮馒头+酸奶+香蕉 bun, yoghurt, banana	8:45
午餐 lunch	香芒汁银鳕鱼+绿笋百合+木 耳炖鸡汤+米饭 silver pout with mango sauce, asparagus with lily, chicken soup with wood ears, rice	三色蛋炒饭+西兰花拌胡萝卜 +茄汁豆腐牛尾浓汤 fried rice with assorted vegetables and diced chicken,	板栗鸡丁+腐皮菠菜+干贝火 腿炖蛋+小米饭 diced chicken with chestnuts, dried beancurd skin with spinach, steamed ham custard	时令酱汁肉+松仁玉米粒+ 茼蒿粉皮鱼片汤+米饭 pork with sauce, corn with pine nuts, sliced fish soup with greens and sheet jelly	咖喱牛肉饭+姜汁菠菜+菌菇草 鸡汤+米饭 curry beef rice, spinach with ginger sauce, chicken soup with mushroom, rice	11:10
午点 snack	芝士蛋糕+无籽提cheese cake, grapes	美式软曲奇+蜜瓜American soft cookies, honey melon	豆沙拉糕+草莓sticky rice cake with red beans, strawberries	蔬菜饼+糖心苹果 vegetable cookies, apples	果仁克朗奇+杏仁奶露+雪梨 cookies with assorted nuts almond milk, snow pear	13:50
餐次 meal	周一Monday (3/12, 3/26)	周二Tuesday (3/13, 3/27)	周三Tuesday (3/14, 3/28)	周四Thursday (3/15, 3/29)	周五Friday (3/16, 3/30)	用餐时间 Time
早餐 breakfast	小米粥+香干+新奇士橙 millet congee, dried smoked beancurd, orange	黑米盅+牛奶+红心火龙果 black rice congee, milk, dragon fruit	蛋汁花卷+牛奶+草莓 steamed roll, milk, strawberries	黄油蛋糕+酸奶+蓝莓 butter cake, yoghurt, blueberries	南瓜饼+牛奶+蜜瓜 pumpkin cake, milk, honey melon	8:45
午餐 lunch	鹰嘴豆烧肉+三丝金针菇+番 茄土豆仔排汤+米饭 chickpeas with pork, flammulina velutipes with sliced carrot and beancurd, pork ribs soup with tomato and potato, rice	牛肉千层面+自制蒜香面包+ 罗宋汤 lasagna, Newton chef made garlic bread, borsch	杏鲍菇松阪肉+葱油包菜+蘑 菇虾皮豆腐汤+米饭 pork with mushroom, cabbage with scallion, beancurd soup with mushroom and dried shrimp, rice	细露虾仁+木耳黄瓜+山药 鸭块汤+杂粮饭 fried shrimps, cucumber with wood ears, duck soup with yam, coarse cereal rice	法兰克福烤肠+罗勒番茄意面+ 意式蔬菜汤 roasted sausage, spaghetti with tomato sauce, vegetable soup	11:10
午点 snack	苏式酥油饼+雪梨 su style crispy cake, snow pear	菠菜鸡丝汤面+香蕉 noodles with spinach and sliced chicken, banana	椰蓉香妃酥+巴西柠檬水+圣 女果 crispy cake with coconut, lemonade, cherry tomatoes	芝麻烤饼+新奇士橙 baked cookies with sesame, orange	蛋黄可颂+糖心苹果 yolk bread, apple	13:50