

新纽顿幼儿园 2018 年 3 月 1 日 — 2018 年 3 月 31 日学生食谱 Newton's March (1st -----31st)

		周一 Monday (3/12. 3/26)	周二 Tuesday (3/13. 3/27)	周三 Wednesday (3/14. 3/28)	周四 Thursday (3/15. 3/29)	周五 Friday (3/16. 3/30)
第三周、第五周 Week 3 /5	餐次 Date					
	早餐 Breakfast	家乐氏玉米片+红心火龙果 +牛奶 Cereal + Dragonfruit + Milk	自制韭菜饼+苹果+牛奶 Leek pancake + apple + Milk	南瓜燕麦粥+水果拼盘 Pumpkin with oats + Mixed fruit	自制豆沙卷+奇异果+牛奶 Red bean bun + Kiwi + Milk	自制港式蒸蛋糕+香蕉+牛奶 Homemade steamed cake + Banana + Milk
	午餐 Lunch	自制传统酱汁肉+香菇 菜笕+西红柿牛尾汤+米饭 Homemade pork with traditional sauce + Mushrooms with vegetables + Beef tail with tomatoes soup	自制三色虾片+牛肉臊子面+荠菜豆腐羹 Homemade shrimp chips + Beef noodles + Celery tofu soup	甜椒古老肉+醋溜白菜烩胡萝卜+三鲜老鸭汤+米饭 Sweet sour pork + Fried cabbage and carrot with vinegar sauce + Duck soup	葱烧海参+雪菜蘑菇烩干丝+仔排莲藕玉米汤+薏米饭 Fried sea cucumber + Fried mushrooms and tofu + Lotus root and corn pork soup	自制咖喱牛肉饭+美式罗宋汤+养乐多 Homemade curry beef + Borsch + Yakult
点心 Snack	自制巧克力可颂+草莓 Homemade chocolate croissant	香芹肉糜粥+砂糖橘 Celery and pork gruel + Oranges	生日蛋糕/自制黄油饼干+牛奶 Cake + Homemade cookies + Milk	自制荠菜鲜肉煎馄饨+脐橙 Homemade fried pork dumplings + Oranges	桂花豆沙小元宵+黑加仑 Red bean glue puddings + Grapes	
第二周、第四周 Week 2 /4	餐次 Date	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)
	早餐 Breakfast	家乐氏谷维兹+葡萄干+牛奶 Cereal + Raisin + Milk	随心所欲土豆丝饼 (土豆丝、胡萝卜、西葫芦、黑木耳、西式火腿)+香蕉+牛奶 Grain and vegetable pancake + Banana + Milk	胡萝卜鸡蓉粥+卤香干+水果拼盘 Carrot and chicken gruel + Stewed tofu + Mixed fruit	自制华夫饼+火龙果+牛奶 Waffles + Dragonfruit + Milk	自制日式关东烧+苹果+牛奶 Homemade Japanese omelet + Apple + Milk
	午餐 Lunch	自制小狮子头+培根炒芦笋+鸡毛菜木耳土鸡汤+米饭 Homemade meat balls + fries bacon with Asparagus + Mushroom chicken soup	香芋炖牛腩+里脊肉炒牛心菜+蘑菇菠菜蛋花汤+米饭 Stewed taro and beef + Fried pork and cabbage + Mushroom spinach egg soup	香芹鲜肉水饺+筒骨胡萝卜冬瓜汤 Celery pork dumplings + Carrot, melon ribs soup	清蒸龙利鱼配西兰花+金玉满堂 (莴笋、茭白、粟米、滑子菇、胡萝卜)+黄豆猪蹄汤+小米饭 Steamed fish and broccoli + Fried mixed fruit + Yellow bean and pig's feet soup	★自制天妇罗 (虾仁, 里脊肉, 甜椒, 香菇) +日式豚骨拉面+日式味噌汤 Homemade tempura (Shrimp, chicken, mushrooms, sweet pepper) Japanese style pork bones noodles + Miso soup
点心 Snack	自制红豆蛋挞+龙眼 Homemade red bean tart + Logan	自制三鲜小馄饨+砂糖橘 Homemade dumplings + Oranges	自制巧克力蛋糕+牛奶 Homemade chocolate cake + Milk	自制牛肉蒸饺+千禧 Homemade steamed beef dumplings + Tomatoes	自制日式寿司+樱桃 Homemade sushi + Cherry	