

**Menu From 2018, 5<sup>th</sup> of March to 2018, 30<sup>th</sup> of March (Newton Hui Xin Campus) 新纽顿会心幼儿园 2018 年 3 月 5 日 —3 月 30 日学生食谱**

| 餐次   | Monday 周一 (3/5、3/19)  | Tuesday 周二 (3/6、3/20)   | Wednesday 周三(3/7、3/21)   | Thursday 周四 (3/8、3/22)   | Friday 周五 (3/9、3/23)  |
|--|---|---|--|--|---|
| Breakfast  | Cheerios served with milk, fresh sliced banana and raisins  | Homemade cranberry/blueberry bread served with yogurt and orange slices   | Homemade pancake with vegetables, served with cherry tomato and milk                           | Muesli served with yogurt, fresh blueberries and rice-crisps   | Coarse cereals bun served with cherry tomatoes and milk   |
|  | 全谷物燕麦圈+葡萄干+切片香蕉+牛奶  | 自制蔓越莓/蓝莓面包+酸奶+切片橙子  | 蔬菜饼+干禧果+牛奶   | Muesli 麦片+酸奶、新鲜蓝莓+脆爆米  | 粗粮小馒头+干禧果+牛奶  |
| Lunch  | Fried pork balls, cauliflower and cheese gratin with baked tofu, mushroom and green leaf soup   | Pan fried steak with tossed pasta and homemade mushroom sauce served with crispy garlic bread and tofu soup                   | Fried chicken with curry, fried mushroom and leafy greens. Tomato, potato onion soup and rice. | Thick and creamy tomato soup with a side of grilled cheese on toast. Served with Chicken breast fingers. | Scallops seasoned with soy sauce, Served with a side of eggplant. Spinach and tofu soup, and rice.    |
|  | 红烧小肉丸+芝士焗花菜+蘑菇三鲜汤+米饭  | 自制蘑菇酱牛排配意面+蒜香面包+芥菜豆腐汤   | 咖喱鸡块+香菇青菜+番茄土豆汤+米饭   | 芝士吐司+蜜煎鸡胸肉+奶油番茄浓汤  | 酱香鲜贝+红烧茄子+菠菜豆腐汤+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                                    |
| Fruit Cooler   | Apples, cherry tomatoes & carrot sticks   | Oranges, green grapes & cucumber sticks   | Strawberries, apples & sweet red/yellow pepper fruit with cheese.                              | Apples, red grapes & celery sticks   | Banana's, apples & grape fruit slices.  |
| Snack  | Homemade sushi served with honey lemonade and oranges.  | Homemade peach pie served with corn juice and strawberries.   | Homemade chocolate cake served with warm milk and kiwi fruit                                   | Homemade dumplings (Shao-mai) served with hot stewed snow pear with rock sugar and dragon fruit          | Baked sweet potato served with apple juice(at room temperature) and pear slices                       |
|  | 自制寿司+蜂蜜柠檬热饮+甜橙  | 自制黄桃派+玉米汁+草莓  | 自制巧克力蛋糕+温牛奶+猕猴桃  | 自制烧卖+冰糖炖梨热饮+火龙果  | 烤红薯+常温苹果汁+梨片  |
| Breakfast  | Monday 周一 (3/12、3/26)   | Tuesday 周二 (3/13、3/27)  | Wednesday 周三(3/14、3/28)  | Thursday 周四(3/15、3/29)   | Friday 周五(3/16、3/30)  |
|  | Cornflakes with milk topped with raisins and fresh sliced banana  | Ham steamed twisted rolls served with cherry and milk   | Egg pancake served with cherry tomato and milk   | Muesli served with yogurt, fresh blueberries, rice-crisps and grape juice                                | Homemade graham bread, sliced bacon served with broccoli and milk                                     |
|  | 玉米片+牛奶+葡萄干+切片香蕉   | 火腿小花卷+车厘子+牛奶  | 自制鸡蛋卷+干禧果+牛奶   | Muesli 麦片+酸奶、蓝莓+脆爆米饼+葡萄汁   | 自制全麦面包+脆培根片+西兰花+牛奶  |
|  | Lunch   | Stir-fried pork strips in fish sauce, served with a side of curried vegetables (potatoes, carrots, cauliflower) and tofu soup | Pasta with marinara sauce and roasted chicken wings served with kelp, shrimp and tofu soup.    | Fried brown rice with vegetables served with sliced sausages and mushroom soup.                          | Pan fried salmon with tossed pasta with a fresh pesto sauce, and a side of broccoli, Chinese yam soup |
| 鱼香肉丝+咖喱土豆、胡萝卜、花菜+青菜豆腐汤+米饭  |   | 蒜香番茄意面+烤鸡翅+昆布海鲜豆腐汤  | 时蔬糙米炒饭+烤香肠+菌菇汤   | 香煎三文鱼配意面+煮西兰花+山药排骨汤  | 彩椒牛柳+清炒菜心+金针菇番茄豆腐汤+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  |   |
| Fruit Cooler   | Apples, cherry tomatoes & carrot sticks   | Oranges, green grapes & cucumber sticks   | Strawberries, apples & sweet red/yellow pepper fruit with cheese.                              | Apples, red grapes & celery sticks   | Banana's, apples & grape fruit slices.  |
| Snack  | Homemade bean bun served with hot stewed snow pear with rock sugar and dragon fruit   | Homemade turnip strips cake served with honey lemonade and pineapple  | Baked custard pie served with warm milk and pear slices  | Vegetables dumplings served with apple juice(at room temperature) and orange                             | Homemade potato pancake served with corn juice and kiwi fruit   |
|  | 自制豆沙包+冰糖炖梨热饮+火龙果  | 自制萝卜丝饼+蜂蜜柠檬热饮+菠萝块   | 葡式蛋挞+温牛奶+梨片  | 素三鲜蒸饺+常温苹果汁+甜橙   | 自制土豆饼+自制玉米汁+猕猴桃   |
|  | 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 |   |  | * All bread, pastry, cookies, pancakes and cakes are hand made by Newton's pastry chef                   |   |