

新纽顿玲珑湾幼儿园2018年4月食谱

Newton Bayside kindergarten student

food menu for April

餐次 meal	周一Monday (4/2,4/16)	周二Tuesday (4/3,4/17)	周三Wednesday (4/4,4/18)	周四Thursday (4.19)	周五Friday (4/8,4/20)	用餐时间 Time
早餐 breakfast	谷维滋+蔓越莓干+温牛奶+新奇士橙 Cereal,milk, dried cranberries, sliced orange	时蔬燕麦饼+酸奶+无籽提Oats cookies, yought, grapes	自制水蒸蛋糕+牛奶+小香蕉steamed cake, milk, banana	土豆火腿早餐饼+酸奶+片切哈密瓜potato and ham pancake, yought, sliced cantaloupe	葱花花卷+牛奶+凤梨片Chinese bun with scallion, milk, sliced pineapple	8:45
午餐 lunch	百叶结烧肉+清炖小白菜+玉米排骨汤+米饭Soybean leaf with meat, cabbage,rib soup with corn, rice	☆香煎三文鱼+上汤西兰花+菠菜肉圆汤+薏米饭panfried salmon, broccooli, spinch and meatball soup, steamed coix seed and rice	双菇烩鸡片+香干小青菜+莲藕黄豆猪蹄汤+米饭sliced chicken with mushrooms, little greens with dried bean, pig feet soup with lotus and soybean, rice	蒜香面包+千层面+黄瓜段+罗宋汤garlic bread,lasagna, cucumber, borsch	番茄花菜炖牛腩+肉汁萝卜+荠菜豆腐羹+米饭beef stew with tomato and cauliflower	11:10
午点 snack	港式马拉糕+阿克苏苹果 Cantonese sponge cake, apple	杂粮馒头+片切火龙果bun made of coarse grains, sliced honeymelon	牛奶巧克力蛋糕+千禧milk and chocolote cake, fruit tomato	青团子/自制寿司+火龙果green sticky rie ball/ sushi made by Newton chef, dragonfruits	木耳鸡丝面+耙耙柑chicken noodle with woodears, orange	13:50
餐次 meal	周一Monday (4/9,4/23)	周二Tuesday (4/10,4/24)	周三Wednesday (4/11,4/25)	周四Thursday (4/12,4/26)	周五Friday (4/13,4/27)	用餐时间 Time
早餐 breakfast	奶香刀切+牛奶+片切贡梨milk bun, milk, sliced pear	印度飞饼+酸奶+蓝莓Indian pie, yoghourt, blueberries	谷物多麦圈+核桃仁+牛奶+香蕉段cereal, walnuts, milk, banana	香甜玉米棒+牛奶+玉菇瓜corn stick, milk, jade mushroom melon,	自制蔓越莓面包+酸奶+香蕉段cranberry bread, yought, banana	8:45
午餐 lunch	☆腐皮肉卷+西芹百合+山药木耳草鸡汤+杂粮饭meat roll, celery with Lily bulbs, chicken soup with yam and woodear, steamed coarse grains	茄汁龙利鱼+清炒紫青菜+腌笃鲜(排骨, 鲜咸肉, 莴笋, 春笋, 百叶)+米饭BASA fish with eggplant saurce, purple greens, preserved meat with ribs, rasperry, bamboo shoots, soybean leaf	冰梅酱鸭脯+干丝娃娃菜+干贝炖蛋+米饭duck chest with plum, cabbage with shredded dried beancurd,steamed egg curtard, rice	☆西柠煎软鸡+番茄炒莴笋+青菜肉丝蛋花汤+小米饭fried chichen with lemon, tomato with rasperry, egg soup with greens and shredded meat, steamed millet and rice	酱香肉圆+虾仁什锦炒饭+杂蔬菌菇豆腐汤meatball,fried rice with shrimp and vegetables, tofu soup with vegetable and mushroom	11:10
午点 snack	紫米粥+阿克苏苹果purple rice congee, apple	绿豆酥+千禧Green bean cake, fruit tomato	蓝莓软曲奇+片切甜橙blueberry cookies, sliced orange	椰香蛋挞+火龙果egg tart with coconut	芝士萝卜丝饼+无籽提raddish cake with cheese, grapes	13:50