

新纽顿幼儿园 2018 年 5 月 1 日 — 2018 年 5 月 31 日学生食谱 Newton's May (1st -----31st)

第三周、第五周 Week 3 /5	餐次 Date	周一 Monday (5/14、5/28)	周二 Tuesday (5/15、5/29)	周三 Wednesday (5/2、5/16、5/30)	周四 Thursday (5/3、5/17、5/31)	周五 Friday (5/4、5/18)
	早餐 Breakfast	雀巢蛋奶星星+奇异果+牛奶 Cereal + Kiwi + Milk	自制韭菜饼+香蕉牛奶 Leek pancake + Banana milk	自制紫薯刀切+苹果+牛奶 yam bun + Apple + Milk	鸡毛菜肉糜粥+火龙果 Vegetables and meat gruel + Dragonfruit	自制红糖松糕+酸奶 brown sugar soup + Yogurt
	午餐 Lunch	自制蛋黄狮子头+腐竹炒小白菜+三鲜老鸭汤+米饭 Meatball with yolk + Fried tofu and Cabbage + Duck soup	虾仁炒鸡蛋+胡萝卜冬瓜排骨汤+青菜炒饭 Fried shrimps and eggs + Carrot melon and ribs soup + Fried rice	美芹牛肉片+蒜蓉空心菜+鲢鱼粉皮汤+米饭 Fried Celery and beef + Water spinach + Fish soup	★自制龙利鱼滑+肉碎地三鲜+青瓜木耳蛋花汤+燕麦饭 Fish balls + Fried eggplant and potatoes + Papaya mushroom egg soup	自制香酥猪排+番茄肉酱烩蝴蝶面+菌菇豆腐汤 Fried pork chop + Farfalle + Mushroom tofu soup
	点心 Snack	木瓜水果西米露+黄油饼干 Papaya sago soup + Butter cookies	南瓜小圆子+麒麟瓜 Pumpkin balls + Melon	自制过桥米线+玉露雪梨 Rice noodles + Pear	葱油桃酥+牛奶红枣枸杞汤 walnut cookie + Jujube soup	生日蛋糕/松仁八宝粥+无籽红提 Cake + Eight treasure gruel + Grape
第二周、第四周 Week 2 /4	餐次 Date	周一 Monday (5/7、5/21)	周二 Tuesday (5/8、5/22)	周三 Wednesday (5/9、5/23)	周四 Thursday (5/10、5/24)	周五 Friday (5/11、5/25)
	早餐 Breakfast	家乐氏谷维滋+红心火龙果+牛奶 Cereal + Dragonfruit + Milk	自制芋头糕+银耳雪梨汁 Taro cake + Mushroom pear juice	莲藕红豆粥+水果拼盘 Lotus root red bean gruel + Mixed fruit	自制南瓜包+酸奶 Homemade Pumpkin bread + Yogurt	自制椰汁娘惹糕+香蕉+牛奶 Homemade coconut nyonya cake +Banana + Milk
	午餐 Lunch	自制荷叶粉蒸肉+胡萝卜扒西兰花+紫菜虾皮汤+米饭 lotus leaf with meat + Fried carrot and broccoli + Seaweed shrimp soup	清蒸鸦片鱼+甜椒绿豆芽+西红柿土豆瘦肉汤+薏米饭 fish + Fried sweet pepper + Tomato potato pork soup	自制菲力牛扒+豚骨拉面+黑鱼豆腐汤 Fillet steak + Pork bone noodles + Fish tofu soup	★自制鲍汁响螺片+上汤米苋+冬瓜排骨汤+小米饭 Fried snail + Fried Amaranth + Melon ribs soup	★沙爹烤肉+新加坡肉骨茶+海鲜杂蔬炒饭 BBQ + Singaporean Bak Kut The + Seafood fried rice
	点心 Snack	自制蜂蜜紫薯汁+戚风蛋糕 Honey with yam juice + Cake	黄花菜香菇火腿粥+黄河蜜瓜 Vegetables and mushroom ham gruel + Melon	自制葡式蛋挞+牛奶西米露 Homemade tarts + Milk sago soup	毛菜肉丝细面+桂圆 Vegetables and meat noodles +Cinnamon	自制新加坡萝卜糕+无籽青提 Homemade Singaporean carrotcake + Grapes