

Menu From 2018, 2nd of May to 1st of June (Newton Hui Xin Campus) 新纽顿会心幼儿园 2018年5月2日—6月1日学生食谱

餐次	Monday 周一(5/14、5/28)	Tuesday 周二(5/15、5/29)	Wednesday 周三(5/2, 5/16、5/30)	Thursday 周四(5/3, 5/17、5/31)	Friday 周五(5/4, 5/18、6/1)
t Breakfast	Cheerios served with milk, fresh sliced banana and raisins 全谷物燕麦圈+葡萄干+切片香蕉+牛奶	Coarse cereals bun served with fried eggs and milk 杂粮窝窝头+炒鸡蛋+牛奶	Blanched broccoli and homemade buns served with sliced sausages and milk 水煮西兰花+自制面包+切片香肠+牛奶	Muesli served with yogurt, fresh blueberries and rice-crisps Muesli 麦片+酸奶、新鲜蓝莓+脆爆米+苹果汁	Pancake with vegetables and crispy bacon served with milk and cherry tomato 蔬菜葱油饼+脆培根+牛奶+圣女果
	Beef stroganoff with mushrooms sautéed in butter with sour cream served on a choice of rice or pasta with bean curd and greens soup 土豆烧小肉丁+紫青菜+番茄洋葱土豆汤+米饭	Home-made thin crust mozzarella & tomato pizza with choice of vegetarian or pepperoni topping and broccoli, fresh garden salad and potato soup. 自制披萨(马苏里拉芝士、番茄、蔬菜/香菜)+西兰花+花园沙拉+土豆汤	Fried shredded beef with sweet peppers with a side of fried eggs and tomatoes, served with mushroom soup and rice. 甜椒牛肉丝+番茄炒蛋+菌菇汤+米饭	Pan fried salmon steak with Italian tomato penne pasta with blanched asparagus and spring onions, served with a side of shrimp and egg soup. 香煎三文鱼排配意面+葱油莴笋+开洋蛋丁汤	Braised pork and potato with a side of purple pakchoi. Served with tomato, potato and onion soup and rice. 俄式牛肉条配米饭或意面+青菜豆腐汤
	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 chocolate cake served with apple juice and dragon fruit 自制巧克力蛋糕+苹果汁+火龙果	Homemade waffles served with low-sugar Yakult and cherries 自制华夫饼+低糖养乐多+樱桃	Red bean and coconut cake served with fresh carrot juice and oranges 红豆椰子糕+榨胡萝卜汁+甜橙	Spring rolls served with home-made pear juice (with ice-sugar) and muskmelon 三丝春卷+冰糖梨汁+甜瓜	Homemade steamed creamy custard buns served with milk and dragon fruit 自制奶黄包+葡萄汁+火龙果
	Monday 周一(5/7、5/21)	Tuesday 周二(5/8、5/22)	Wednesday 周三(5/9、5/23)	Thursday 周四(5/10、5/24)	Friday 周五(5/11、5/25)
Breakfast	Cornflakes with milk topped with raisins and fresh sliced banana 玉米片+牛奶+葡萄干+切片香蕉	Homemade cranberry bread served with yogurt and cherry tomatoes 自制蔓越莓面包+甜橙+酸奶+干禧果	Fried breakfast rice with carrot, corn and eggs served with cucumber slices and milk 蒸胡萝卜条+鸡蛋饼+牛奶	Muesli served with yogurt, fresh blueberries, rice-crisps and grape juice Muesli 麦片+酸奶、蓝莓+脆爆米饼+葡萄汁	Steamed bun with pieces of ham inside, milk and cherries 火腿小花卷+牛奶+樱桃
	Fried diced pork in soy sauce with a side of cauliflower and cheese Served with Miso Soup. 酱爆小肉丁+芝士花菜+味噌汤+米饭	Homemade beef lasagna with béchamel sauce with a side of stewed broccoli and carrot. Served with tomato, potato and onion soup. 自制牛肉千层面+胡萝卜西兰花+番茄土豆洋葱汤	stewed pork balls with chickpeas, string beans, smoked bean curd and carrots, served with mushroom and greens soup 鹰嘴豆狮子头+酱炒三丁(豇豆、香干、胡萝卜)+木耳窝笋汤+米饭	Thick minestrone soup served with pasta and cheese & garlic bread for dipping. 意大利杂蔬汤+芝士/蒜香面包	Honey-stewed chicken wings, with a side of fried zucchini served with spinach and tofu soup. 蜜汁鸡翅+清炒西葫芦+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
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Snack	Peach egg tart with celery/apple juice mix and orange slices. 黄桃蛋挞+榨西芹苹果汁+甜橙	Corn tortilla chips with baked cheese served with tomato and sour-cream dipping and honey lemonade with pear slices 玉米片烤芝士配番茄/酸奶油酱+蜂蜜柠檬汁+梨片	Homemade Swiss roll served with grape juice and muskmelon 自制瑞士卷+葡萄汁+甜瓜	Homemade Xiao long Bao served with lemonade and orange 自制小笼包+柠檬水+甜橙	Homemade butterfly puff pastry served with low-sugar Yakult and dragon fruit 自制蝴蝶酥+低糖养乐多+火龙果
	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	