

**Menu From 2018, 4<sup>th</sup> of June to 2018, 29<sup>th</sup> of June (Newton Hui Xin Campus)新纽顿会心幼儿园 2018 年 6 月 4 日—6 月 29 日学生食谱**

餐次	Monday 周一(6/4、6/18)	Tuesday 周二(6/5、6/19)	Wednesday 周三(6/6、6/20)	Thursday 周四(6/7、6/21)	Friday 周五(6/8、6/22)
Breakfast	Cheerios served with milk, fresh sliced banana and raisins	Egg pancake with ham and steamed broccoli served with yogurt and cherry tomatoes	Whole meal bread served with butter or jam, milk and seedless grape	Muesli served with yogurt, fresh blueberries and rice-crisps	shepherd's-purse and oats pancake served with milk and melon slices
	全谷物燕麦圈+葡萄干+切片香蕉+牛奶	火腿鸡蛋饼+酸奶+煮西兰花+干糖果	全麦面包片+黄油/果酱+牛奶+无籽提	Muesli 麦片+酸奶、新鲜蓝莓+脆爆米+苹果汁	荠菜苡麦饼+牛奶+甜瓜块
	Roasted pork and bean curd knot, with fried cabbage and carrot. Soup: sponge gourd and egg soup.	Pesto pasta with a side of braised chicken served with tomato and Enoki mushrooms soup	Fried rice with curried beef served with a side of broccoli and mushroom soup	Korean fried rice cakes with a side of shredded beef and Vegetable soup (carrot, potato, onion, tomato)	Fried sole fish with a side of tofu and mixed beans. Miso soup
Lunch	豆腐结烧肉+包菜胡萝卜+丝瓜蛋汤+米饭	青蒜酱意大利面+烤鸡胸肉+番茄金针菇汤	咖喱牛肉粒炒饭+煮西兰花+菌菇汤	韩式炒年糕+俄式牛肉丝+大酱汤(蔬胡萝卜、土豆、洋葱和番茄)	香煎龙利鱼+豇豆炒香干+味增汤
	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	Blueberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & celery sticks	Banana's, apples & grape fruit slices.
Snack	Homemade sushi served with grape juice and orange	Homemade turnip strips cake served with Yakult and melon slices	Homemade peach cake served with plum juice and orange	Homemade bean bun served with apple juice and dragon fruit	Homemade dumplings served with green bean soup and watermelon
	自制寿司+葡萄汁+甜橙	自制萝卜丝饼+养乐多+甜瓜	自制黄桃蛋糕+酸梅汁+甜橙	豆沙包+苹果汁+火龙果	自制烧卖+绿豆汤+西瓜
	Monday 周一(6/11、6/25)	Tuesday 周二(6/12、6/26)	Wednesday 周三(6/13、6/27)	Thursday 周四(6/14、6/28)	Friday 周五(6/15、6/29)
Pancakes	Cornflakes with milk topped with raisins and fresh sliced banana	Homemade cranberry bread and steamed carrot served with yogurt and orange slices	Ham steamed twisted rolls served with milk and melon slices	Muesli served with yogurt, fresh blueberries, rice-crisps and grape juice	Homemade pancake served with crispy bacon, milk and cherry tomato
	玉米片+牛奶+葡萄干+切片香蕉	蔓越莓面包+蒸胡萝卜+酸奶+甜橙片	葱油小花卷+牛奶+甜瓜块	Muesli 麦片+酸奶、蓝莓+脆爆米饼+葡萄汁	自制葱油饼+脆培根+牛奶+干糖果
	Fried beef with Sautéed scallion, served with a side of Chinese vegetables with tomato and potato soup and rice.	Minestrone soup served with a choice of cheesy bread or garlic bread, Roast chicken wings	Japanese fried pork curry with a side of broccoli, carrot and garlic. With tofu and greens soup.	Beef & Mushroom Stroganoff with a side of egg and tomato soup.	Fried spare ribs with spiced salt, served with a side of Chinese cabbage and tofu. Soup: dried shrimp, egg and seaweed.
Lunch	葱爆牛肉丝+清炒时蔬+番茄土豆汤+米饭	意式什菜汤+烤芝士面包/蒜香面包+烤鸡翅	日式咖喱猪排+蒜蓉西兰花胡萝卜+青菜豆腐汤	俄式奶油蘑菇+番茄蛋汤	椒盐排条+面筋小白菜+紫菜虾皮蛋汤+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	Blueberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & celery sticks	Banana's, apples & grape fruit slices.
Snack	Corn bread served with honey lemonade and melon slices	Homemade vegetable bun served with homemade carrot juice and grape	Homemade meat bun served with apple juice and orange	Baked sweet potato puree with cheese served with Yakult and watermelon	Homemade green bean cake served with plum juice and dragon fruit
	玉米饼+蜂蜜柠檬汁+甜瓜	自制蔬菜包+榨胡萝卜汁+葡萄	小笼包+苹果汁+甜橙	芝士焗红薯泥+养乐多+西瓜	自制绿豆糕+自制酸梅汁+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	