

**Menu From 2018,4 June to 2018, 29 June (Newton LLW Campus) 新纽顿玲珑湾幼儿园2018年6月4日 —6月29日学生食谱**

餐次	Monday 周一 (6/4)	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	scallion pancakes, milk, cherry	cheerios, dried cranberry, milk, grapes	whole wheat bread, yoghurt, banana	carrots& egg pancakes, milk, blueberry	buns, yoghurt, sweet melon
	自制葱油饼+牛奶+樱桃	谷物多麦圈+蔓越莓干+牛奶+无籽提	自制全麦面包+酸奶+香蕉	胡萝卜鸡蛋饼+牛奶+蓝莓	荞麦刀切+酸奶+甜瓜
Lunch	fried quail egg with meat, mushroom with raspberry, tomato soup with beef , rice	salangid with fried eggs, amaranth, duck soup, red beans rice	cashews with diced chicken, sweet pepper with potato, winter melon soup with ribs, rice	meatballs with tomato sauce, udon noodles, miso soup (seaweed, tofu, raddish, mushroom)	fried chicken wings, rice with sweet pepper and corn, sponge cucumber soup with egg
	虎皮鹌鹑蛋烧肉+口蘑炒芦笋+西红柿牛腩汤+金银饭	银鱼炒蛋+苋菜+扁尖老鸭煲汤+红豆饭	腰果鸡丁+甜椒土豆片+冬瓜仔排汤+米饭	茄汁小肉圆+日式乌冬面+味噌汤(海带, 豆腐, 萝卜, 香菇)	红烧鸡翅+甜椒玉米饭+丝瓜蛋汤
Snack	matcha cakes, sweet melon	apricot cookie, apple, orange and cucumber water	corn pancakes, watermelon	millefeuell sticks with red beans jam, dragon fruits	water grain cake, passion fruit juice
	抹茶蛋糕+甜瓜	杏元饼+苹果+自制甜橙黄瓜茶	玉米烙+西瓜	豆沙千层条+火龙果	水纹蛋糕+自制百香果汁
	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)
Breakfast	kellogg's creal, baadaam almond, milk, blueberry	buns, yoghurt, pineapples	sliced baguette , milk, grapes	coconut sticky rice cakes, yoghurt, cherries	potato and ham pancakes, milk, honeymelon
	谷维兹+牛奶+蓝莓	馒头+牛奶+凤梨	法棍切片+酸奶+无籽提	椰丝方糕+酸奶+樱桃	香蕉松饼+牛奶+哈密瓜
Lunch	diced beef with black pepper and mushroom, celery with dried egg, tomato and tofu soup, coix seed rice	meatball with lofous root& baby corn with tofu, spinach and mushroom soup, rice	Muxurou(earwood, meat, carrots, egg) broccoli, yam& rib soup, rice with other grains	stewed meat with soy saurce, shrimps with winter melon, borsch, rice	corn salad, spaghettti carbarnara, bone soup with seafood and chinese wolf berry
	红椒杏鲍菇牛肉粒+西芹蛋干+西红柿豆腐汤+薏米饭	红烧猪肉藕圆+玉米笋烧豆腐+青菜蘑菇汤	木须肉(木耳, 肉片, 胡萝卜, 鸡蛋)+上汤西兰花+山药排骨汤+杂粮饭	酱爆红烧肉+虾皮冬瓜+牛肉粉丝汤+米饭	玉米沙拉+奶油培根意面+海带枸杞大骨汤
Snack	egg tart, sliced kiwi fruits	sushi, watermelon	date cakes, oranges	coconut cookies, yoghurt, apple	croissant with yolk, mint and lemon water
	蛋挞+猕猴桃片	寿司+西瓜	红枣发糕+伦晚鲜橙	番茄年糕汤+苹果	蛋黄可颂+薄荷柠檬水+千禧
	Morning breakfast is served at 9:10 and is a simple serving to provide a nutritious start of the day. Lunch is served at 11:20 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	