

Menu From 2018,2 July to 2018, 27 July (Newton LLW Campus) 新纽顿玲珑湾幼儿园2018年7月2日 —7月27日学生食谱

餐次	Monday 周一 (7/2, 7/16)	Tuesday 周二 (7/3、7/17)	Wednesday 周三 (7/4、7/18)	Thursday 周四 (7/5,7/19)	Friday 周五 (7/6,7/20)
Breakfast	cereal, milk, blueberry ----- 全麦谷物圈+牛奶+蓝莓	coco cake, yoghurt, grapes, ----- 可可松糕+酸奶+无籽葡萄	seasome cake, cashew, milk, orange ----- 黑芝麻薄饼+腰果+牛奶+甜橙	coconut bun, yoghurt, sweet melon, ----- 椰香刀切+酸奶+甜瓜	bread with seaweed, milk, tomato ----- 海苔法式小面包+牛奶+小番茄
	mushroom with braised pork, broccoli, shrimp with winter melon soup, rice ----- 野生菌烩肉+上汤西兰花+虾皮扁尖冬瓜汤+芝麻饭	fish with tomato sauce, tofu with Minced Meat, little greens with meat soup, rice ----- 茄汁龙利鱼+肉末豆腐+鸡毛菜肉丝汤+杂粮饭	bread, potato mush with cheese and ham, borsch ----- 切片面包+芝士火腿土豆泥+罗宋汤	taro with meat, little greens, yam& woodears&chicken soup, rice ----- 香芋烧肉+清炒小青菜+山药木耳鸡块汤+糙米饭	pasta,bacon with raspberry, miso soup ----- 牛肉通心粉+培根烩芦笋+味噌汤
Snack	lemon honey cake, honeymelon ----- 柠檬蜂蜜蛋糕+哈密瓜	egg pizza, watermelon, ----- 面包脆鸡蛋披萨+西瓜	cookies, soybean soup, banana ----- 蝴蝶酥+清凉绿豆汤+香蕉	dried fruits cake, apple ----- 果干糯米糕+苹果	cake, honeymelon ----- 燕麦能量球+西州密瓜
	Monday 周一 (7/9,7/23)	Tuesday 周二 (7/10,7/24)	Wednesday 周三 (7/11,7/25)	Thursday 周四 (7/12,7/26)	Friday 周五 (7/13,7/27)
Breakfast	meat bread roll, yoghurt, orange ----- 肉松卷+酸奶+甜橙	vegetable pancake, milk, blueberry ----- 荠菜苜麦饼+牛奶+蓝莓	bread, yighurt, melon ----- 切片面包+酸奶+网纹瓜	corn, broccoli, milk ----- 黄油玉米+西兰花+牛奶	muesli cereal, milk, grapes ----- muesli水果麦片+牛奶+葡萄
	potato with beef and curry, pepper with yam with woodears, lotusand meatbone soup, rice ----- 咖喱土豆炖牛腩+青椒山药炒木耳+莲藕薏米大骨汤+米饭	fresh scallop, pumpkin, cabbage with duck soup, oats rice ----- 芙蓉鲜贝+葱香南瓜+枸杞白菜鸭块汤+燕麦饭	tomato with egg, meat, corn and vegetable soup, rice (apple, cranberry, peas, pumpkin) ----- 番茄炒蛋+红烧肉+玉米杂蔬汤+缤纷水果饭(苹果,蔓越莓干,豌豆,南瓜)	fried chicken, rice cake, seaweed and ribs soup ----- 香酥炸鸡块+韩式炒年糕+海带枸杞排骨汤	shrimp rice, mushroom with tofu, noodle soup ----- 虾仁什锦炒饭+香菇烩豆腐+鸭血粉丝汤
Snack	cheese pancke, plum syrup ----- 番茄芝士玉米饼+酸梅汤	Yogurt Cake , watermelon ----- 酸奶蛋糕+西瓜	cookies, grapes ----- 趣豆饼干+无籽提	pumpkin jelly, apple ----- 南瓜奶冻+苹果	scone bread, grapes ----- 杂粮司康饼+马奶青提
	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	