

新纽顿幼儿园 2018 年 7 月 1 日 — 2018 年 7 月 31 日学生食谱 Newton's June (1st -----31th)

		周一 Monday (7/2、7/16、7/30)	周二 Tuesday (7/3、7/17、7/31)	周三 Wednesday (7/4、7/18)	周四 Thursday (7/5、7/19)	周五 Friday (7/6、7/20)
第三周、第五周 Week 3 /5	餐次 Date					
	早餐 Breakfast	家乐氏玉米片+红心火龙果+牛奶 Cereal+Red dragon fruit+Milk	自制糯米烧麦+酸奶 Steamed pork dumplings+Yogurt	干贝细菜粥+白煮蛋 Scallops gruel+egg	自制紫薯小刀切+千禧+牛奶 bun + cherry-tomatoes +milk	自制葱油饼+苹果+牛奶 Green onion pancake+apple + milk
	午餐 Lunch	自制荷叶粉蒸肉+面筋小白菜 +西红柿牛尾汤+米饭 Steam meat with rice flour+Gluten fried cabbage +0xtail soup + rice	秘制基围虾+地三鲜+冬瓜木耳排骨汤+薏米飯 Shrimps+ Mixed vegetables+Winter melon and pork soup+rice	*自制五香烤肉+番茄肉酱烩意面+意式蔬菜汤 Barbecue +Pasta with tomato sauce +vegetables soup	冬菜豉油蒸龙利鱼+甜椒木耳炒鸡蛋+扁尖水鸭汤+米饭 Long lee fish +scrambled eggs with black fungus +duck soup + rice	咖喱牛肉饭+美式罗宋汤+养乐多 Rice with curry beef+borscht +Yakult
点心 Snack	莲子百合糯米羹+香蕉 Lotus and lily soup+banana	生日蛋糕/巧克力可颂+麒麟瓜 Birthday cake/chocolate croissants+melon	红豆凉糕+牛奶燕麦水果羹 Red bean cake +milk and oat meal soup	自制过桥米线+白玉菇 Rice noodles + melon	桂圆八宝粥+水蜜桃 Longan gruel +peach	
		周一 Monday (7/9、7/23)	周二 Tuesday (7/10、7/24)	周三 Wednesday (7/11、7/25)	周四 Thursday (7/12、7/26)	周五 Friday (7/13、7/27)
第二周、第四周 Week 2 /4	餐次 Date					
	早餐 Breakfast	雀巢蛋奶星星+西瓜丁+牛奶 Cereal + watermelon +milk	萝卜丝饼+玫瑰香提+牛奶 Turnip strips cake+ grapes + milk	香菇玉米粥(胡萝卜、香菇、玉米粒、火腿)+水果拼盘 Mushroom and corn gruel+fruits	自制松仁枣泥拉糕+酸奶 Pine nuts and jujube paste cake + yogurt	自制玉米粉刀切+火龙果+牛奶 Steamed bun + dragon fruit + milk
	午餐 Lunch	鹌鹑蛋烧小肉+糖醋牛心菜+冬瓜 海带瘦肉汤+小米飯 Pork scrambled quail eggs + cabbage +winter melon pork soup + rice	*鳝背烧肉+胡萝卜炒黄瓜+番茄 土豆排骨汤+米煩 Pork scrambled rice-field eels + fried carrots and cucumbers+ rib soup with tomatoes and potatoes	秘制萝卜牛腩+有机花菜烩胡 萝卜+鲫鱼银丝汤+米饭 Beef stew with radish + organic cauliflower stewed carrots+ fish coup + rice	*自制墨西哥鸡肉卷+自制土豆 泥+西瓜汁 Chicken rolls +mashed potato + watermelon juice	清蒸鸦片鱼+鸡毛菜火腿炒饭+丝瓜 木耳蛋丝汤 Pacific halibut+Fried rice with ham and vegetables+ vegetable and egg soup
点心 Snack	自制薏米柠檬水+自制葡式蛋挞 Lemonade+ tart	三鲜小馄饨+白玉菇 Dumplings+ melon	自制蓝莓蛋糕+麒麟瓜 Blueberry cake+ melon	紫薯薏仁营养粥+苹果 Purple sweet potato gruel+ apple	三丝龙须面+哈密瓜 Mixed vegetables noodles + Hami melon	