

**Menu From 16th of July to 17th of August, 2018 (Newton Hui Xin Campus) 新纽顿会心幼儿园 2018 年 7 月 16 日—8 月 17 日学生食谱**

餐次	Monday 周一(7/16、7/30)	Tuesday 周二(7/17、7/31)	Wednesday 周三(7/18、8/1)	Thursday 周四(7/19、8/2)	Friday 周五(7/20、8/3)
Breakfast	Cheerios served with milk, fresh sliced banana and raisins	Japanese rice roll, yogurt and cantaloupe	Savory Chinese crepes served with milk and watermelon	Muesli served with yogurt, fresh blueberries and rice-crisps and apple juice	Meat bun served with soybean milk and cherry tomato
	全谷物燕麦圈+葡萄干+切片香蕉+牛奶	香松饭团+酸奶+哈密瓜	煎饼盒子+牛奶+西瓜块	Muesli 麦片+酸奶、新鲜蓝莓+脆爆米+苹果汁	豆浆+小肉包+千禧果
Lunch	Fried sliced pork with brown sauce, stewed white gourd in soy sauce, mushroom and tomato soup	Beef noodles /noodles with tomato and egg, steamed twisted rolls	Braised out-of-shell shrimps, fried amaranth with mashed garlic served with luffa cucumber and egg soup	Stewed beef with potato, fried celery and lily, seaweed and tofu soup	Pan fried salmon, pesto pasta served with bean curd and greens soup
	酱爆肉丝+红烧冬瓜+番茄金针菇汤+小米米饭	红烧牛肉汤面/番茄鸡蛋汤面+葱油花卷	清炒虾仁+蒜蓉茼蒿菜+丝瓜蛋汤+米饭	土豆炖牛肉+西芹百合+紫菜豆腐汤+米饭	香煎三文鱼排+青蒜酱意面+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	Blueberries, apples & sweet red/yellow pepper fruit with cheese.	Apples, red grapes & celery sticks	Banana's, apples & grape fruit slices.
Snack	Baked custard pie served with watermelon juice and grapes	Homemade avocado sushi served with yakult and peach slices	Homemade spring rolls served with honey lemonade and cantaloupe	Fruits pizza with banana milkshake and watermelon	Fried dumplings with homemade plum juice and dragon fruit
	葡式蛋挞+榨西瓜汁+葡萄	自制牛油果寿司+养乐多+桃片	自制春卷+蜂蜜柠檬水+哈密瓜	水果披萨+香蕉奶昔+西瓜片	熟煎包+自制酸梅汁+火龙果
	Monday 周一(7/23、8/13)	Tuesday 周二(7/24、8/14)	Wednesday 周三(7/25、8/15)	Thursday 周四(7/26、8/16)	Friday 周五(7/27、8/17)
Breakfast	Cornflakes with milk topped with raisins and fresh sliced banana	Thick egg burning with yogurt and melon slices	Steamed buns flavored with black sugar, milk and grapes	Muesli served with yogurt, fresh blueberries, rice-crisps and grape juice	Steamed corn/purple yam with milk and melon slices
	玉米片+牛奶+葡萄干+ 切片香蕉	自制厚蛋烧+酸奶+甜瓜块	红糖馒头+牛奶+葡萄	Muesli 麦片+酸奶、蓝莓+脆爆米饼+葡萄汁	蒸玉米段/蒸紫薯块+牛奶+甜瓜块
Lunch	fried diced pork and tofu, fried luffa cucumber and egg, dried shrimp and wax gourd soup	Steamed opiate fish with a side of Tofu and mixed beans, okra soup and rice	Fried chicken with curry and potato, cucumber with scallions served with egg and tomato soup	Fried shredded beef with sweet peppers, sweet and sour lotus root served with luffa cucumber and egg soup	Pasta with marinara sauce with a side of broccoli, fried pork balls served with mushroom and tofu soup
	肉末豆腐+丝瓜炒蛋+开洋冬瓜汤+小米米饭	清蒸鸦片鱼+豇豆炒香干+秋葵汤+米饭	咖喱土豆鸡丁+葱油黄瓜+番茄蛋汤+米饭	甜椒牛肉丝+糖醋藕丁+丝瓜蛋汤+米饭	番茄酱意面+小肉圆+煮西蓝花+菌菇豆腐汤
	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
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Snack	Peach cake with grape juice and dragon fruit	Banana muffin with vanilla ice-cream and grape	Roulade with cream filling and homemade plum juice and watermelon	Rice balls with mango , fruit juice	Homemade pumpkin pancake with watermelon juice and peach slices
	黄桃蛋糕+葡萄汁+火龙果	香蕉松饼+香草冰淇淋+葡萄	奶油卷+自制乌梅汁+西瓜片	芒果糯米饭团+缤纷水果汁	自制南瓜饼+西瓜汁+桃片
	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	