

**Menu From 2018, 20<sup>th</sup> of August to 2018, 31<sup>st</sup> of August (Newton Hui Xin Campus) 新纽顿会心幼儿园 2018 年 8 月 20 日—8 月 31 日 学生食谱**

餐次	Monday 周一(8/20)	Tuesday 周二(8/21)	Wednesday 周三(8/22)	Thursday 周四(8/23)	Friday 周五(8/24)
Breakfast	Cornflakes serve with milk, raisins and dried pineapple/banana piece	Steamed bun served with milk and honey melon	Blanched broccoli, slices of quality pork sausages served with homemade bread and milk	Muesli with yogurt, blueberries and rice-crisps served with apple juice	Steamed carrot, pancake served with milk
	玉米片+牛奶+葡萄干+菠萝/香蕉干	小刀切+牛奶+甜瓜	西兰花+香肠+自制面包+牛奶	Muesli 麦片+酸奶+无籽提+脆爆米+苹果汁	蒸胡萝卜+葱油饼+牛奶
	Steamed rice with braised pork in soy sauce, served with marinated egg, shepherd's purse and tofu soup	Roast beef served with roasted potato, carrot with tomato sauce, steamed corn and Three-delicacy soup	Braised beef noodles served with fried greens and pancake	Beef and mushroom pizza served with vegetables, salad and tomato and mushroom soup	Fried Sole fish in Soy Sauce with edamame fried gourds, mushroom and pork soup with rice
	台式卤肉饭+卤鸡蛋+荠菜豆腐汤	烤鸡排+烤土豆、胡萝卜配番茄酱+蒸玉米段+三鲜汤	红烧牛肉汤面+炒青菜+葱油饼	牛肉蘑菇披萨+蔬菜沙拉+番茄金针菇汤	香煎龙利鱼+丝瓜毛豆+蘑菇肉片汤+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	<i>Apples, cherry tomatoes &amp; carrot sticks</i>	<i>Oranges, green grapes &amp; cucumber sticks</i>	<i>Blueberries, apples &amp; sweet red/yellow pepper fruit with cheese.</i>	<i>Apples, red grapes &amp; celery sticks</i>	<i>Banana's, apples &amp; grape fruit slices.</i>
Snack	Crispy garlic bread served with honey melon and orange juice	Steamed dumplings served with apple juice and pear pieces	Homemade waffle served with vanilla ice-cream, peach pieces and lemonade	Vegetable bun served with apple juice and grapes	Vanilla milk shake served with egg tart and dragon fruit
	蒜香面包+哈密瓜+橙汁	三鲜蒸饺+苹果汁+梨片	自制华夫饼+香草冰激凌+桃片+柠檬水	菜包子+苹果汁+葡萄	香草奶昔+蛋挞+火龙果
	Monday 周一(8/27)	Tuesday 周二(8/28)	Wednesday 周三(8/29)	Thursday 周四(8/30)	Friday 周五(8/31)
Breakfast	Rice-crispees served with milk, raisins and dried banana pieces	Vegetable pancake served with milk and blueberry	Toast bread served with slice of cheese, piece of crispy bacon, cherry tomato and milk	Mixed oats/seeds Muesli served with milk and honeydew	Cranberry bread served with yogurt and banana
	脆爆米+牛奶+葡萄干+香蕉	蔬菜饼+牛奶+蓝莓	吐司+芝士片+熏肉培根+樱桃番茄+牛奶	Muesli 什锦燕麦+牛奶+甜瓜	蔓越莓面包+酸奶+香蕉
Lunch	Japanese mild curry with potato, carrot, pineapple and pork served with rice, broccoli, tomato and egg soup	Beef lasagna with béchamel sauce served with mushroom and tofu soup	Fresh scallops, asparagus & smoked bean curd served with rice, winter melon and pork soup	Fried pork balls, fried water spinach in garlic flavor and sponge gourd and egg soup	Fried rice with sliced sausage and vegetables, soup with rib and Chinese yam
	日式咖喱猪肉+西兰花+番茄蛋汤+米饭	牛肉千层面+菌菇豆腐汤	酱香鲜贝+香干芦笋+冬瓜肉片汤+米饭	红烧小肉丸+蒜泥空心菜+丝瓜蛋汤+米饭	上海菜饭+山药骨头汤
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	Graham crackers served with mango/chocolate milk shake	Homemade bread served with honeydew and orange juice	Homemade pudding served with dragon fruit and apple juice	Sushi served with honey melon and grape juice	Homemade cake served with Yakult sour milk and seedless grapes
	全麦饼干+芒果/巧克力奶昔	自制面包+哈密瓜+橙汁	自制布丁+火龙果+苹果汁	寿司+甜瓜+葡萄汁	自制蛋糕+养乐多+无籽提子
	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	