

Menu:3rd of September to 28th of September, 2018(Newton Hui Xin Campus)新纽顿会心幼儿园 2018 年 9 月 3 日—9 月 28 日学生食谱

餐次	Monday 周一(9/3、9/17)	Tuesday 周二(9/4、9/18)	Wednesday 周三(9/5、9/19)	Thursday 周四(9/6、9/20)	Friday 周五(9/7、9/21)
Breakfast	Cheerios served with milk, blueberries and raisins 全谷物燕麦圈+牛奶+蓝莓+葡萄干	Egg pancake served with fresh carrot sticks and milk 蒸胡萝卜条+鸡蛋饼+牛奶	Blanched broccoli with sliced sausages, homemade bread and milk 水煮西兰花菜+切片香肠+自制面包+牛奶	Muesli served with yoghurt, blueberries, rice-crisps and apple juice Muesli 麦片+酸奶、蓝莓+脆爆米饼+苹果汁	Toast served with fried eggs, slice of ham, cherry tomatoes and a glass of milk 炒鸡蛋+吐司面包+切片火腿+樱桃番茄+牛奶
	Stewed sirloin with tomato and potato, braised water bamboo served with rice and tofu soup 番茄土豆炖牛腩+红烧冬瓜+青菜豆腐汤+米饭	Spaghetti with cream/mushroom sauce, sliced sausage strips and blanched broccoli served with tomato soup and baguette 意大利面配奶油/蘑菇酱+切片香肠片+煮西兰花+番茄汤+法棍面包	Shrimp fried with cucumber, carrot and vegetables, curd served with rice and fish ball soup 三色炒虾仁(黄瓜、胡萝卜、蔬菜)+红烧素鸡+青菜鱼丸汤+米饭	Fried rice with kale borecole and beef, served with potato and Chinese yam soup 橄榄菜牛肉糙米炒饭+山药土豆汤	Steamed Halibut fish, sweet and sour lotus served with winter melon and dried shrimp soup 清蒸鳎片鱼+糖醋藕丁+冬瓜汤+虾仁汤+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	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	Apple pie served with Yakult and slices of pear 苹果派+养尔多+梨	Graham bread served with dragon fruit and red grape juice 全麦面包+火龙果+葡萄汁	Cookies served with apple juice and honey melon 曲奇饼干+苹果汁+哈密瓜	Carrot cake served with banana milkshake and grapes 胡萝卜蛋糕+香蕉奶昔+葡萄	Homemade banana cake served with peach slices and honey lemonade 自制香蕉蛋糕+桃片+蜂蜜柠檬汁
	Monday 周一(9/10)	Tuesday 周二(9/11、9/25)	Wednesday 周三(9/12、9/26)	Thursday 周四(9/13、9/27)	Friday 周五(9/14、9/28)
Breakfast	Cornflakes served with raisins, milk and dried banana pieces 玉米片+葡萄干+牛奶+香蕉干	Coarse cereals bun served with fried eggs and milk 杂粮窝窝头+炒鸡蛋+牛奶	Homemade waffle served with strawberry jam, cucumber sticks and yogurt 自制的华夫饼配草莓果酱+黄瓜条+酸奶	Homemade blueberry/cranberry roll served with milk and banana 自制烤蓝莓/蔓越莓卷面包+牛奶+香蕉	Hard-boiled egg with toast, 1/2 piece of baked crispy bacon, cucumber sticks and a glass of milk 煮鸡蛋配吐司+烤脆培根+黄瓜条+牛奶
	Fried pork balls with potato and stir-fried vegetables(celery, lily, lotus and gorgon fruit) served with tomato/egg soup and rice 红烧小肉丸+荷塘小炒(西芹、百合、莲藕、鸡头米)+番茄蛋汤+米饭	Turkey breast sandwich with lettuce, miracle whip, cheese and cucumber. Served with sweet corn on the cob and mushroom soup 火鸡胸肉三明治配生菜、奇妙酱、芝士和黄瓜+配甜玉米棒+蘑菇豆腐汤	Beijing noodles with pork meat sauce, cucumber and carrot, steamed bun served with spinach and egg soup 北京炸酱面+三鲜小包子(猪肉酱、黄瓜、胡萝卜)+菠菜鸡蛋汤	Pan fried salmon steak with tossed pasta, broccoli, carrot served with pumpkin soup 煎三文鱼排配意大利面、西兰花、胡萝卜配南瓜汤	Curry beef with potato, fried cauliflower with tomato served with West Lake water shield soup and rice 咖喱土豆牛肉+番茄炒花菜+西湖莼菜汤+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	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	Homemade peach pie served with chilled yoghurt and cherries 自制蜜桃派+冰镇酸奶和樱桃	Caramel biscuits served with orange juice and pear 焦糖饼干+橙汁+翠冠梨	Pumpkin pancake served with Yakult and grapes 南瓜饼+养尔多+夏黑葡萄	Creamy cake with orange peels served with yellow peaches and chilled lemon water. 橘皮蛋糕+黄桃+自制酸梅汁	Steamed dumplings served with grape juice and honey melon 素蒸饺+葡萄汁+哈密瓜
	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	