

新纽顿幼儿园 2018 年 9 月 1 日 — 2018 年 9 月 30 日学生食谱 Newton's June (1st -----30th)

第三周、第五周 Week 3 / 5	餐次 Date	周一 Monday (9/3、9/17)	周二 Tuesday (9/4、9/18)	周三 Wednesday (9/5、9/19)	周四 Thursday (9/6、9/20)	周五 Friday (9/7、9/21)
	早餐 Breakfast	家乐氏玉米片+红心火龙果+牛奶 Cereal + Dragon fruit + Milk	自制豆沙包+翠冠梨+牛奶 Homemade steamed bun with red beans + Pear + Milk	三丁粥+水煮蛋 Gruel with corn, ham and carrot + Spoiled egg	自制红糖枣泥窝头+苹果+酸奶 Homemade brown sugar bun + Apple + Yogurt	香煎萝卜丝饼+奇异果+牛奶 Carrot pancake + Kiwi + Milk
	午餐 Lunch	自制糖醋莲藕仔排+素炒有机花菜+鲫鱼木耳豆腐汤+米饭 Sweet and Sour pork ribs + Fried cauliflower + Fish tofu soup	★鲑鱼水饺+胡萝卜排骨汤 Homemade fish dumplings + Carrot pork ribs soup	秘制基围虾+胡萝卜牛心菜 + 番茄土豆牛腱汤+燕麦饭 Shrimps + Carrot and potato tendon soup	★自制照烧洋葱猪排饭+番茄丝瓜瘦肉汤 Rice with onion, pork and special soil sauce + Tomato pork soup	★自制章鱼小丸子+★自制手擀蔬菜三色面+菌菇蛋花汤 octopus balls + Vegetable noodles + Mushroom egg soup
	点心 Snack	培根芝士披萨+自制柠檬菊花饮 Bacon pizza + chrysanthemum with lemon tea	薏米南瓜粥+玫瑰香提 Ricebean pumpkin gruel + Scent	蔓越莓黄油饼干+香蕉牛奶 Cranberry cookies + Banana milk shake	自制过桥米线+哈密瓜 Rice noodles + Melon	桂花糖芋艿+冬枣 Osmanthus taro soup + Jujube
第二周、第四周 Week 2 / 4	餐次 Date	周一 Monday (9/10、9/24)	周二 Tuesday (9/11、9/25)	周三 Wednesday (9/12、9/26)	周四 Thursday (9/13、9/27)	周五 Friday (9/14、9/28)
	早餐 Breakfast	家乐氏谷维滋+奇异果+牛奶 Cereal + Kiwi + Milk	自制韭菜饼+水蜜桃+牛奶 Pancake with leak + Peach + Milk	自制南瓜包+火龙果+牛奶 Homemade Galliera PM+ Dragon fruit + Milk	紫薯薏米营养粥+卤香干 Yam and ricebean gruel + Stewed tofu	自制法式面包+黄油果酱+酸奶 Homemade French baguette + Butter + Yogurt
	午餐 Lunch	清蒸鸦片鱼+菱角木耳炒肉片+西红柿牛尾汤+米饭 Steamed fish + Fried pork and mushrooms + Tomato beef soup	★自制巴西烤肉+腐竹娃娃菜+紫菜虾皮丝瓜汤+红豆饭 Roasted pork + Fried tofu and cabbage + Seaweed soup	★自制鲜虾五彩炒饭+南瓜蔬菜汤+养乐多 Fried rice with shrimp + Pumpkin and vegetable soup + Yakult	茶树菇牛肉丝+番茄烧豆腐+筒骨冬瓜胡萝卜汤+米饭 Fried mushrooms and beef + Tomato with tofu + Carrot soup	★自制法式迷迭香煎羊排+法式蒜香小天使意面+法式奶油蘑菇汤 Lamp chop with rosemary + Garlic pasta + Cream of mushroom soup
	点心 Snack	自制葡式蛋挞+哈密瓜 Homemade tarts + Melon	燕麦小米粥+夏黑 Oat gruel + Summer Black	生日蛋糕/三鲜小馄饨+冬枣 Cake/Wonton + Jujube	自制杂粮烧麦+牛奶水果羹 Sui-Mai + Mixed fruit with milk	自制舒芙蕾蛋糕+翠冠梨 Homemade cake + Cuiguan Pear